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Biographies

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Ethnic & tribal religions



The Wind Is My Mother

The Life and Teachings of a Native American Shaman

By Bear Heart with Molly Larkin

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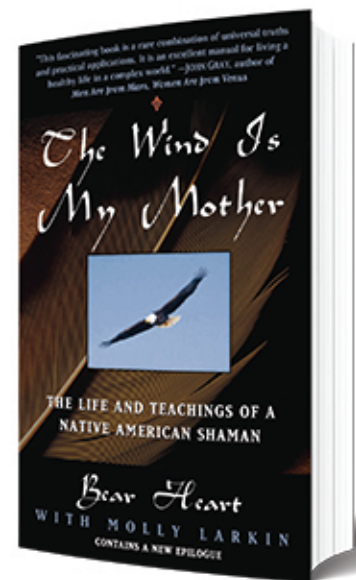
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In this book, Bear Heart Williams of the Muskogee Creek tribe tells the inspiring story of his life and training in the medicine ways of his ancestors. His inspirational teachings stress the importance of such things as self-knowledge, forgiveness, and a connection to nature.

In continuous print since 1996 and translated into 12 languages, THE WIND IS MY MOTHER has struck a chord around the world with people from all walks of life.

Bear Heart went home to his ancestors in 2008. Co-author Molly Larkin was his apprentice for 16 years. As his apprentice, and a healer, spiritual and ceremonial leader in her own right, Molly Larkin is well-qualified to share his teachings. She blogs on Ancient Wisdom for Balanced Living at www.MollyLarkin.com, podcasts on The Molly Larkin Show on iTunes, and has made numerous radio and podcast appearances.



"I host 'Inner Journey with Greg Friedman' the number one rated program on KX93.5fm in Southern California. Molly Larkin is a pleasure to spend time with on or off the air. Her insight and wisdom entertain and intrigue my audience and there was a dramatic bump in ratings when she was generous enough to make a second appearance on 'Inner Journey.'" Greg Friedman, "Inner Journey with Greg Friedman," KX93.5

"At once mystical and utterly practical, Bear Heart's message is not a call to conversion, but the testimony of a life so fully lived it can heal others. To read it is to be inspired to live one's own life with more attention, harmony and hope."

- Lorene Cary, author of *Black Ice*

"This fascinating book is a rare combination of universal truths and practical applications. It is an excellent manual for living a healthy life in a complex world."

- John Gray, author of *Men Are From Mars, Women Are From Venus*

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