



# **Meditations with the Lakota: Prayers, Songs, and Stories of Healing and Harmony**

*Paul Steinmetz*

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# Meditations with the Lakota: Prayers, Songs, and Stories of Healing and Harmony

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**Meditations with the Lakota: Prayers, Songs, and Stories of Healing and Harmony** Paul Steinmetz

- Native American meditations that help the reader find spirit in everyday life.
- Intimate meditations offer insight into the symbology of the Lakota religious experience.
- Lakota elders present the ancient prayers that weave together psyche and spirit.
- New Edition of *Meditations with Native Americans*.

The Lakota, people of the sacred buttes of the Black Hills, hold a rich tradition that connects the world of visible creation to the world of spirit. A century after the battle at Wounded Knee, Lakota elders are beginning to speak their belief that this spirituality is indigenous to every man and woman. By inviting all nations to recognize their interdependence with one another and with the earth, Native Americans can help modern man and woman find a personal relationship with nature and a willingness to view creation as sacred. Many feel that this spirituality is not a luxury but a necessity.

From impressions and teachings gathered over decades of living with the Oglala Sioux and participating in their ceremonies, author Paul Steinmetz has compiled a book of provocative meditations centered on creation spirituality. Lakota elders join the author in evoking the essence of the sweat lodge ceremony, the vision quest, *yuwipi* meetings, and the teachings of Buffalo Calf Woman and the sacred pipe, offering the reader a focus for prayerful intention in finding spirit in everyday life. This insider's view reveals the Lakotas' profound interconnectedness with all matter, a weaving of psyche and spirit that is the call to consciousness so crucial at this time.

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