



# Compass of the Heart: Embodying Medicine Wheel Teachings

*Loren Cruden*

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Arranged in the form of a medicine wheel, *Compass of the Heart* uses the teachings of the six directions-East, South, West, North, Sky, and Earth-as it explores what it means to be consciously engaged in the life that swirls around us each and every moment. Cruden discusses daily spiritual practices-meditation, work with chakras, even teaching children or gardening-as ways of maintaining a connectedness to truth through the ups and downs of experience. These practices deepen one's relationship with the Earth so that spiritual awareness occurs not just in rare moments of inspiration but as an integral and ongoing part of life itself. More than a guide, this is the perfect companion to those following the compass of their hearts toward a union of body, earth, and spirit.

For those who feel a desire for a natural spirituality in their lives, *Compass of the Heart* offers insights and suggestions based on Loren Cruden's lifetime of work with Native American and other Earth-oriented traditions.

Further develops the ideas and practices set forth in the author's previous work, *The Spirit of Place*.

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