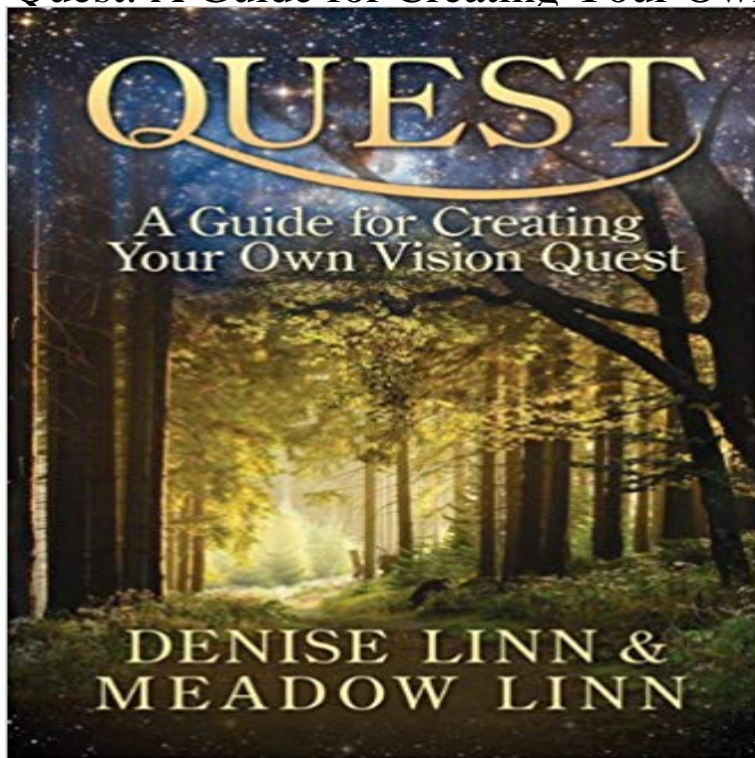


## Quest: A Guide for Creating Your Own Vision Quest



For centuries, ancient cultures embarked on rites of passage to gain entrance to the spiritual realms and attain self-knowledge. Now international lecturer and healer Denise Linn and Meadow Linn draw on their Native American roots, as well as the teachings of other cultures, to create a carefully crafted spiritual program for anyone wishing to venture on a retreat or create a uniquely personal Quest of his or her own. This practical, engaging book will show you how to: Discover your life's purpose Find mystery at the core of your life Release limiting beliefs about yourself Call for a vision Harness the power of the Sacred Circle Confront and free yourself from fears Heal emotional wounds Develop peace of mind This book gives you the necessary tools to prepare for a Vision Quest that will take you to the center of your soul.

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