



# Quest for Harmony: Native American Spiritual Traditions

*William A. Young*

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*Quest for Harmony* provides a basic understanding of the cultures and spiritual teachings of four Native American nations--Lenape (Delaware), Ani'-Yun'-wiya (Cherokee), Lakota (Sioux), and Dine (Navajo). The text is always sympathetic, respectful, and, when possible, presented in the voices of Native Americans. Each nation is described in terms of its name, traditional location(s), present population, language, and traditional social organization. At least one story of origin is provided for each nation, followed by a survey of its history from earliest documented times until recent times.

At the heart of each chapter, the spiritual worldview and rituals of the nation being discussed are introduced, with sections on cosmology, gods and spirits, rituals, and other issues particular to that nation. Critical issues common to Native Americans such as the pan-national spiritual movements and the environment are also covered. *Quest for Harmony* makes clear that not only are Native American spiritual traditions very much alive, they are also in the midst of a dramatic revival.



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