



Quest: A Guide for Creating Your Own Vision Quest

Denise Linn, Meadow Linn

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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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