

**Spiritual Frontiers Fellowship International - Raleigh Chapter**  
*presents*

# Coming Full Circle and Cherokee Indian Medicine

*The traditional Cherokee teachings of harmony and balance are based on 'old wisdom' in Cherokee Indian Medicine, with a focus on the Four Directions 'way' of physical, mental, spiritual, and natural Medicine.*

Little is really known about Indian Medicine, although it has been a way of life for American Indian and Alaska Native for many generations. Suggestions are that the native people here on 'Turtle Island' or America date back tens of thousands of years. Hence survival has been a helper in creating some very practical teachings for physical, mental, spiritual and natural harmony and balance.

Dr. J.T. Garrett will share with us some of these practical teachings from an earlier way of life by Native Americans that we can integrate into our own lives. In fact we already follow many of these ways as we seek wellness in our lives today. He will take us through the 'Four Directions' as a way for us to better describe ourselves in our environment. Several activities with group participation will help us to better understand and appreciate the way of life of our native ancestors.

J.T. will talk about some traditional uses of plant 'Medicine' that are still used today for maintaining harmony and balance. He says that Indian Medicine is more of a wellness model than an illness model, using numerous ways such as song-chants, drumming, the use of feathers and crystals or stones as helpers, along with natural plants. He will lead us in an old ceremonial 'way' or teaching as an example of these 'old ways' taught by the Cherokee ancestors.

J.T. Garrett is a member of the Eastern Band of Cherokee Indians who has unique experience working with American Indians and Alaska Natives in health, community and cultural/traditional activities. He is coauthor with his son Michael Garrett, Ph.D. of *Medicine of the Cherokee* and *Cherokee Full Circle*. Dr. Garrett is author of *Meditations with the Cherokee* and a new book entitled *The Cherokee Herbal*.



## **Dr. J.T. Garrett**

Member of the Eastern  
Band of Cherokee Indians

**Thursday, March 6, 2003**

Doors Open - 6:45 p.m.

Meeting - 7:15 p.m.

Early Meditation - 6:30 p.m.

The Raleigh Chapter of SFFI holds meetings on the first Thursday of each month (except July) at the **Community United Church of Christ** 814 Dixie Trail, Raleigh, NC. There is a \$5 charge at the door. Meditations begin at 6:30 p.m. Lectures begin at 7:15 p.m.  
We look forward to seeing you! Find us online at: <http://www.spiritual-frontiers.com/>