



Medium Rare: The Wisdom of Red Cloud

Margaret Sharland

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The book contains many lessons for life and can be a support system as we try to find our way through the ever stressful aspects of every day living. The words of Red Cloud are deep, touching and healing and reach to the very depths of the human condition. Within the pages lies the wisdom of Red Cloud, the spirit guide and teacher of Margaret Sharland. Each page holds a lesson for life. Together they bring many lifetimes of experience - Red Cloud as the teacher, the author as his student - to all his hundreds of pupils to date. Red Cloud was an inspirational leader to his people and his wisdom and strength still live on today. Medium Rare includes a healing workbook of powerful gemstone meditations - a unique gift from Red Cloud and his medium - together with 51 lessons from Red Cloud's wisdom. "Peace be with you and trust the process."



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