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# Living from the Center of the Soul: The Teachings of Grandfather Joseph

*Katharine Burleson*

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*Katharine Burleson*

**Living from the Center of the Soul: The Teachings of Grandfather Joseph** Katharine Burleson
Living From the Center of the Soul presents the teachings of a Native elder who was a healer, shaman, and leader among his people almost 400 years ago. Because he lived as a hunter gatherer, he can look at us and our society from “outside the box”. He sees our culture as failing to meet our emotional and spiritual needs, and he sees that, in turn, as contributing to our destruction of the natural world. We can change this, he says, by changing how we raise our children. In this book, through both his words and the author's, he shows us where we have gone wrong, how we can stop destroying the Earth that gives us life, and how we can bring more fulfillment into our own lives and those of our children.

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