



Sweat Expreb

Raymond A. Bucko



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The Lakota Ritual of the Sweat Lodge Raymond A. Bucko, 1998-04-01 For centuries a persistent and important component of Lakota religious life has been the Inipi the ritual of the sweat lodge The sweat lodge has changed little in appearance since its first recorded description in the late seventeenth century The ritual itself consists of songs prayers and other actions conducted in a tightly enclosed dark and extremely hot environment Participants who sweat together experience moral strengthening physical healing and the renewal of social and cultural bonds Today the sweat lodge ritual continues to be a vital part of Lakota religion It has also been open to use often controversial by non Indians The ritual has recently become popular among Lakotas recovering from alcohol and drug addiction This study is the first in depth look at the history and significance of the Lakota sweat lodge Bringing together data culled from historical sources and fieldwork on Pine Ridge Reservation Raymond A Bucko provides a detailed discussion of continuity and changes in the sweat ritual over time He offers convincing explanations for the longevity of the ceremony and its continuing popularity [American Culture, Canons, and the Case of Elizabeth Stoddard](#) Robert McClure Smith, Ellen Weinauer, 2014-09-30 Reconsiders the centrality of a remarkable American writer of the ante and postbellum periods Elizabeth Stoddard was a gifted writer of fiction poetry and journalism successfully published within her own lifetime esteemed by such writers as William Dean Howells and Nathaniel Hawthorne and situated at the epicenter of New York s literary world Nonetheless she has been almost excluded from literary memory and importance This book seeks to understand why By reconsidering Stoddard s life and work and her current marginal status in the evolving canon of American literary studies it raises important questions about women s writing in the 19th century and canon formation in the 20th century Essays in this study locate Stoddard in the context of her contemporaries such as Dickinson and Hawthorne while others situate her work in the context of major 19th century cultural forces and issues among them the Civil War and Reconstruction race and ethnicity anorexia and female invalidism nationalism and localism and incest One essay examines the development of Stoddard s work in the light of her biography and others probe her stylistic and philosophic originality the journalistic roots of her voice and the elliptical themes of her short fiction Stoddard s lifelong project to articulate the nature and dynamics of woman s subjectivity her challenging treatment of female appetite and will and her depiction of the complex and often ambivalent relationships that white middle class women had to their domestic spaces are also thoughtfully considered The editors argue that the neglect of Elizabeth Stoddard s contribution to American literature is a compelling example of the contingency of critical values and the instability of literary history This study asks the question Will Stoddard endure Will she continue to drift into oblivion or will a new generation of readers and critics secure her tenuous legacy **How to Create Manga: Drawing Facial Expressions** NextCreator Henshubu, 2020-04-21 This book shows you how to accurately render human faces and emotions to create complex characters and add compelling immediacy to your work The ability to draw realistic and powerful facial

expressions is essential for every manga artist All artists will tell you that human faces are the most important and challenging element of any drawing How to Create Manga Drawing Facial Expressions is an essential resource for artists who want to bring their skills to the next level Thirteen professional Japanese artists have contributed their expertise to this book which contains 1 250 drawings with several detailed tips and comments on every drawing It includes a comprehensive opening section on all the basic expressions budding manga artists need to master Sections dedicated to detailed emotions and playing up the intensity and drama of more animated facial expressions follow Tuttle s How to Create Manga series guides users through the process of reaching a professional looking final drawing through actual sketch progressions practical tips and common missteps to avoid Other books in the series include How to Create Manga Drawing the Human Body How to Create Manga Drawing Clothing and Accessories and How to Create Manga Drawing Action Scenes and Characters Official Gazette of the United States Patent and Trademark Office ,1997 **The Mindful Path Through Anxiety** Tanya J. Peterson MS, NCC,2020-08-11 Find peace and calm in 8 weeks an essential guide to mindfulness Curb the anxiety in your life and resist the things that are worrying you with mindfulness The Mindful Path Through Anxiety gives you everything you need to bring this soothing and stress relieving practice into your life Mindfulness can help you find calm by teaching you how to focus on the present moment while muting the mentally exhausting thoughts swirling around you Over eight weeks you ll gain a better understanding of your anxiety learn how to confront negative thoughts and embrace a simple mindfulness practice through compassionate and understanding lessons The Mindful Path Through Anxiety features 8 Weeks to peace Take things one week at a time with a plan that walks you through overcoming your anxiety by focusing on one success at a time Master mindfulness Get comprehensive guidance that teaches you essential strategies for living in the moment and fostering a soothing sense of peace Practical techniques Discover a medication free way to manage your anxiety with simple straightforward and calming exercises that anyone can do Start down the path to peace and freedom from anxiety today *The Insiders' Guide to South Carolina's Myrtle Beach & the Grand Strand* Kimberly D. Altman,Denise Mullen,1996-04 **New York** ,2000 *Glamour* ,1992-05 *Legacy* ,1991 Bowker's Complete Video Directory, 1998 ,1998 *The Video Source Book* David J. WEINER,1990 **The Doctor's Book of Home Remedies for Women** Prevention Magazine,Sharon Faelten,1998 Following in the tradition of The Doctors Book of Home Remedies this book focuses on the symptoms diseases and health issues that most often affect women Written by some of the most accomplished female doctors in the world and their alternative therapy counterparts The Doctors Book of Home Remedies for Women gives the most effective home remedies for migraines gingivitis PMS dry skin and much much more No woman should be without this immensely helpful and wise book *United Asia* ,1962 *Tobacco* ,1923 *Shape* ,1996 *Carpenter* Peter James McGuire, Frank Duffy,2007 **Media Review Digest** C. Edward Wall,1993 Library Journal ,1994-07 Standard Directory of Advertisers ,1991 Video Source Book ,2006 A guide to programs currently available on video in the areas of

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