



The Thundering Years: Rituals and Sacred Wisdom for Teens

Julie Tallard Johnson

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Shows teens how to harness the intense emotions and drives of the late-teen years using wisdom from cultures around the world.

- Includes exercises, personal and community rituals, and resources that show how to successfully navigate the Thundering Years without heading toward violence, drug abuse, and other self-destructive behaviors.
- Includes inspiring quotations from many spiritual traditions as well as the words and real-life experiences of other young adults.
- Presents an honest view of the passions and pain that occur during this major life transition.

According to native traditions, the Thundering Years are the time in life to listen to intense feelings, dreams, desires, and goals--to be outrageous and even difficult. The Thundering Years are the teen years, the time when you are journeying into adulthood. They are exciting years, full of potential and creative energy, and they are painful years, full of turmoil and self-examination.

Author Julie Tallard Johnson has collected wisdom from cultures around the world to help you survive your Thundering Years with your soul, creativity, and even sense of humor intact. She offers numerous techniques and traditions to help harness the powerful energy released during this time. She shows that when you connect with your thunder in a respectful way, you are given the confidence you need to accomplish all your dreams.

Includes:

Mindfulness and energizing meditations

Vision quests

Dream weaving

Drum medicine

Initiations and rites of passage

Rituals for releasing anger and celebrating the seasons

Making your own journals and medicine bags

Finding your creative community

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