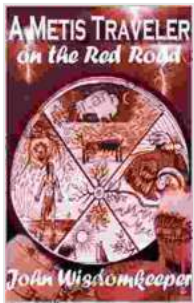


# A Hopeful Journey: Suicide Saving The Sundancers

In this powerful and moving memoir, author shares her personal story of struggling with suicidal thoughts and how she found hope and healing through the Sundance ceremony.



## A Metis Traveler on the Red Road: Includes Suicide - Saving the Sundancers by John Wisdomkeeper

★★★★☆ 4.5 out of 5

Language : English  
File size : 2985 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 109 pages  
Lending : Enabled



As a young woman, the author found herself in a dark place. She was struggling with depression, anxiety, and PTSD. She had lost all hope and felt like there was no way out. One day, she was invited to attend a Sundance ceremony. She was hesitant at first, but she eventually decided to go.

The Sundance ceremony is a traditional Native American ceremony that involves fasting, prayer, and dancing. It is a powerful ceremony that can help people to heal from trauma and addiction. The author found the

ceremony to be a life-changing experience. It helped her to connect with her spirituality and to find a new sense of purpose.

In this book, the author shares her story of hope and healing. She writes about her struggles with suicidal thoughts, her experiences with the Sundance ceremony, and the lessons she has learned along the way. Her story is a powerful reminder that there is always hope, even in the darkest of times.

### **What is the Sundance Ceremony?**

The Sundance ceremony is a traditional Native American ceremony that involves fasting, prayer, and dancing. It is a powerful ceremony that can help people to heal from trauma and addiction. The ceremony is typically held over a period of four days and nights.

During the ceremony, participants fast from food and water. They also pray and dance for long periods of time. The dancing is often done in a circle around a central pole. The pole represents the Tree of Life.

The Sundance ceremony is a sacred ceremony. It is a time for participants to connect with their spirituality and to find healing. The ceremony can be a life-changing experience for many people.

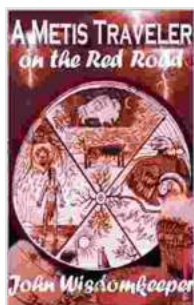
### **How the Sundance Ceremony Saved My Life**

I was first introduced to the Sundance ceremony in 2004. I was struggling with depression, anxiety, and PTSD. I had lost all hope and felt like there was no way out. I was invited to attend a Sundance ceremony by a friend. I was hesitant at first, but I eventually decided to go.

The Sundance ceremony was a life-changing experience for me. It helped me to connect with my spirituality and to find a new sense of purpose. I learned that I am not alone and that there are people who care about me. I also learned that there is hope, even in the darkest of times.

I have attended the Sundance ceremony every year since 2004. The ceremony has helped me to stay sober and to live a healthy and happy life. I am grateful for the Sundance ceremony and for the people who have helped me along the way.

**If you are struggling with suicidal thoughts, please know that there is help available. There are many resources available to help you get through this difficult time. Please reach out for help if you need it.**



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