

Table of Contents

[Headshots](#)

[Book Image](#)

[Bio](#)

[Book Description](#)

[Endorsements](#)

[News Release](#)

Interview Questions Q&A

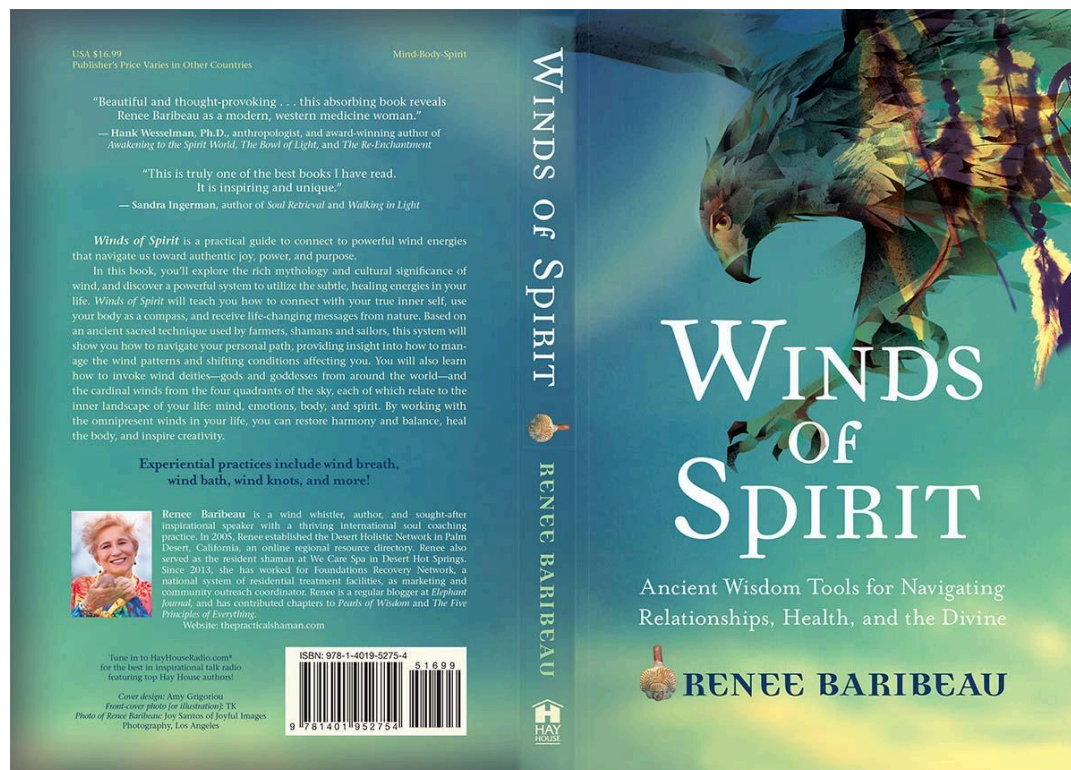
Headshots

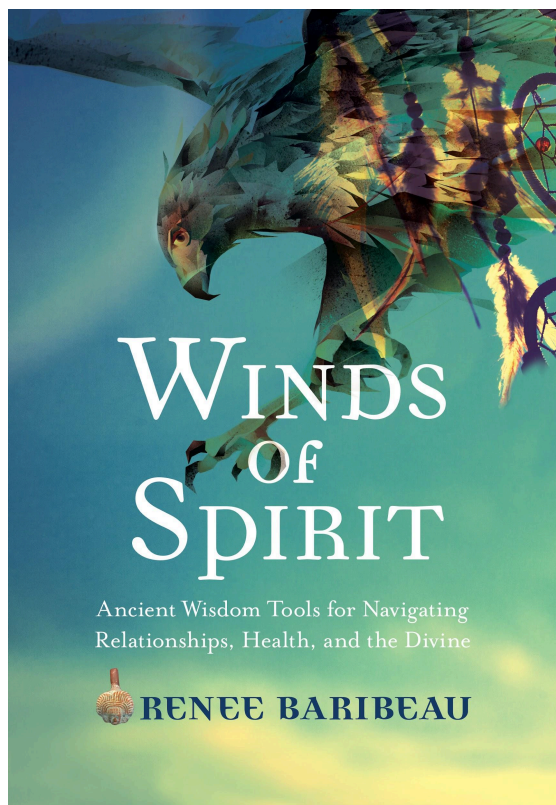






Book Image





Order Your Copy: <http://amzn.to/2x09W5L>

Bio

Short Bio

Renee Baribeau, is a Nautilus Gold Award winning Hay House author, wind whistler, inspirational speaker, respected business coach, and dynamic spiritual teacher. Renee, the Practical Shaman is well known for her no-nonsense, “tell it like it is” approach in helping others to achieve successful lifestyle practices by aligning to their sacred Magnetic North.

In 2013, the Winds began to speak to Renee, insisting she turn her attention to their ancient wisdom teaching, resulting in a book which quickly became an Amazon bestseller, Winds of Spirit: Ancient Wisdom Tools for Navigating Relationships, Health, and the Divine which explores the rich mythology and cultural significance of Wind and reveals a powerful system to utilize these subtle, life-healing energies.

Long Bio

Renee Baribeau is a Nautilus Gold Award winning Hay House author of *Winds of Spirit: Ancient Wisdom Tools for Navigating Relationships, Health, and the Divine*. She is a wind whistler, inspirational speaker, and workshop leader, known and respected for her down-to-earth approach. During her life, the wind gods have steered Renee's recovery journey in many directions. A former chef, in 1987 she opened the first farm-to-table restaurant in Central New York, Brown Bagger's, in Syracuse. In 2005, Renee established the Desert Holistic Network in Palm Desert, California, an online regional resource directory. Renee served as the Resident Shaman at We Care Spa in Desert Hot Springs. Since 2013, Renee has worked for Foundations Recovery Network, a national system of residential treatment facilities.

As a writer, Renee is a featured contributing blogger for *Elephant Journal*. Renee has also contributed chapters to the anthologies *Pearls of Wisdom: 30 Inspirational Ideas to Live Your Best Life Now* (Hierophant Publishing, 2012) and *The Five Principles of Everything* (Five Birds Publishing, 2012). She makes her home in the CA Desert, and Whidbey Island.

Book Description

In *Winds of Spirit*, shamanic healer **Renee Baribeau** shares the rich mythology and cultural significance of wind, while also presenting a powerful system to help you recognize and utilize the subtle energies in your life to heal yourself.

The Wind Work™ system relies on an ancient sacred technique used by farmers, shamans and sailors. It will show you how to navigate your personal path, providing insight into how to manage the wind patterns and shifting conditions affecting you. *Winds of Spirit* will teach you how to connect with your true inner self (your spiritual magnetic north), use your body as a compass, and never get lost. By working with the omnipresent winds in your life, you can restore harmony and balance, heal the body, and inspire creativity.

In the book, you will learn how to invoke wind deities—gods and goddesses from around the world—and the cardinal winds from the four quadrants of the sky, each of which relate to the inner landscape of your life: mind, emotions, body, and spirit. In Part Four, there are 28 ancient wind deities for you to choose from. Open to any page to gain a deeper understanding of how these energies might be influencing your thoughts, feelings, and actions.

Experiential practices include wind breath, wind bath, wind knots, and more.

Order: <http://amzn.to/2x09W5L>

News Releases

June 22, 2019

Winds of Spirit: Ancient Wisdom Tools for Navigating Relationships, Health and the Divine Breezes to a Gold Medal in the Prestigious Nautilus Book Awards

Renee Baribeau's Elegant Book on Aligning with Wind Power for Mastering a Life of Ease, Grace and Fulfillment has also been honored by the Body Mind Spirit President's Choice and the Readers' Choice Awards

Palm Springs, CA --Renee Baribeau's elegant and original book ***Winds of Spirit: Ancient Wisdom Tools for Navigating Relationships, Health and the Divine*** has breezed to a Gold Medal in the prestigious Nautilus Book Awards.

Topping the highly-competitive *Religion/Spirituality or Other Traditions* category, ***Winds of Spirit*** has not only sailed ahead of the field in this annual awards that honors *Better Books for a Better World*, but has also captured the Body Mind Spirit President's Choice and the Readers' Choice Awards.

In ***Winds of Spirit (Hay House, 2018)***, readers can learn the ancient secrets of the winds, helping them to find their true pathway through life and achieving their own complete healing. Baribeau reveals her Wind Work® system, which relies on wisdom that has been used for centuries by shamans for ritual and by sailors for navigation.

Says Renee: "Like shamans and sailors, we can rely on wind, a natural force, for guidance. To orient our life, instead of using the magnetized

needle of the compass...we can utilize the intelligence and astute sensitivity of our own bodies. ***Winds of Spirit*** teaches you how to connect with your true inner self, your spiritual magnetic north. By viewing the world from the perspective of this “sweet spot,” you will safely navigate through life and never get lost....No matter what wind may be blowing, traversing any situation is possible if you have proper bearings...you will find your way to clear blue skies, calm waters and safe harbors.”

Providing an entirely new approach to mastering a life of ease, grace and fulfillment ***Winds of Spirit***, offers a deep look at how cultures have relied on wind for guidance through history, how the wind can be deployed for one’s benefit and inner knowing, how to engage with the wind to heal trauma and overcome challenges, how to enact wind rituals that can be used to point you on the path to happiness and prosperity, and much more!

Readers learn how to invoke 28 unique Wind Deities from around the world, as well as the Cardinal Winds from the four quadrants of the sky. Each Wind Deity relates to the inner landscape of life: Mind, Emotions, Body, and Spirit. You can open ***Winds of Spirit*** to any page to gain a deeper understanding of how these energies might be influencing their thoughts, feelings, and actions. And how to shift them!

“A truly magical book for the modern seeker,” says multiple bestselling Hay House author Collette Baron-Reid. And Sandra Ingerman, author of *Soul Retrieval* and *Walking in the Light* lauds ***Winds of Spirit*** as “a fabulous book that will transform you into a lover of the wind. Renee Baribeau is an exquisite wordsmith. Her writing emerges from the depth of her heart and soul as she writes about her life experience and how she healed herself....Truly one of the best books I have ever read...inspiring and unique.”

Baribeau, in fact, has been her own wind power laboratory. Wounded deeply by an absentee and estranged father, she carried anger, resentment and low self-esteem into a career as a restaurant owner and chef. Unchecked emotions nearly cost her everything, but it was aligning with the wisdom of the wind through shamanic practices that enabled her to learn about herself, touch her true heart, forgive and grow.

Renee went on to capture all of what she learned and more of what she discerned intuitively from her Divine connection into the Wind Work® system that provides her readers with simple and powerful steps for finding and keeping to their true north for a joyful, spiritually rewarding and purposeful life.

Today, Renee Baribeau is a wind whistler, soul coach, inspirational speaker, and workshop leader, known and respected for her down-to-earth approach. During her life, the wind gods have steered Renee’s recovery journey in many directions. A former chef, in 1987 she opened the first farm-to-table restaurant in Central New York, Brown Bagger’s, in Syracuse. In 2005, Renee established the Desert Holistic Network in Palm Desert, California, an online regional resource

directory. Renee served as the Resident Shaman at We Care Spa in Desert Hot Springs. Since 2013, Renee has worked for Foundations Recovery Network, a national system of residential treatment facilities. More information is available on Renee and *Winds of Spirit* at www.thepracticalshaman.com .

Winds of Spirit, priced at \$16.55, is available at selected bookstores nationwide, on Amazon.com and BarnesandNoble.com. It is also available at Kindle for \$9.99.

Contact:

Renee Baribeau

760 574 6168

ThePracticalShaman@gmail.c

- **Title:** *Winds of Spirit: Ancient Wisdom Tools for Navigating Relationships, Health and the Divine*
- **Author:** Renee Baribeau
- **Paperback:** 272 pages
- **Publisher:** Hay House Inc. (February 6, 2018)
- **Language:** English
- **ISBN-10:** 1401952755
- **ISBN-13:** 978-1401952754

February 2018

Practical shaman set to release her book "Winds of Spirit" from the Caves of Time

Readers will be exposed to the ancient secrets of the winds, which will help them find the pathway to life and gain total healing

In ancient times there were winds. They influenced our lives and showed us the path to success and happiness. But then, then they disappeared, along with their peace and secrets. Renee Baribeau, a long time desert resident, a practical shaman, coach, and inspirational speaker is proud to announce the upcoming release of her book titled "Winds Of Spirit." The book contains the ancient secrets of Shaman and how the wind is used to navigate the pathways of life, to discover one's self. Winds of Spirit will teach readers how to connect with their true inner self (the spiritual magnetic north), use the body as a compass, and never get lost. By working with the omnipresent winds, anyone can restore harmony and balance, heal the body, and inspire creativity. Hay House release date for the book is on Feb 6, 2018.

For more information on how to order the book, please visit the website at <http://thepracticalshaman.com/>.

"Wind is the invisible force of nature whose thumbprint leaves an indelible mark on time and space. Winds of Spirit is a fabulous book that will transform you into a lover of the wind. In the book I shared the rich mythology and cultural significance of wind, while also presenting a powerful system to help you recognize and utilize the subtle energies in your life to heal yourself," said Renee Baribeau, book author. The Wind Work system relies on an ancient sacred technique used by farmers, shamans, and sailors. It will show readers how to navigate their path, providing insight into how to manage the wind patterns and shifting conditions affecting the quality of life. In the book, readers will learn how to invoke wind deities—gods and goddesses from around the world—and the cardinal winds from the four quadrants of the sky. Each of spirits relates to the inner landscape of life: mind, emotions, body, and spirit. In Part Four, there are 28 ancient wind deities for the reader to choose from. The reader can open any page to gain a deeper understanding of how these energies might be influencing their thoughts, feelings, and actions.

"Beautifully written. Truly Inspiring. Practical and applicable. This book will help guide you to the true path of finding your own inner wisdom and verified faith. Read it, apply the wisdom and together we shall create a positive change on this planet from the inside out," said Noah L, from Refuge Recovery.

About Renee Baribeau

Renee Baribeau is a soul coach, author, inspirational speaker, entrepreneur, and workshop leader, known and respected for her down-to-earth approach. Since 2013, Renee has worked for Foundations Recovery Network, a national system of residential treatment facilities. In her work with clients, she witnessed that most people have lost their faith, and needed a way back towards ritual and ceremony.

Renee Baribeau is available as a Guest for Radio Show, Television Spot, FB Live, etc. For more information, please contact 760-574-6168, Renee@thepracticalshaman.com, or visit <http://thepracticalshaman.com>.

Order Your Review Copy Today: Renee@thepracticalshaman.com

Facebook: <https://www.facebook.com/Thepracticalshaman/>

LinkedIn: <https://www.linkedin.com/in/thepracticalshaman/>

Twitter: @practicalshaman

Instagram @thepracticalshaman

The Wind Clan

###

Media Contact

Renee Baribeau

760-574-6168

Renee@thepracticalshaman.com

<http://thepracticalshaman.com>

Winds of Spirit: Ancient Wisdom Tools for Navigating Relationships, Health, and the Divine, is a breath of fresh air during this time of fear, polarized beliefs, and mass turmoil. The author, Renee Baribeau, known as The Practical Shaman, has done a masterful job of combining multicultural mythology, tradition, and folklore with practical tools that optimize wellness. This

book presents sage advice for navigating change, and offers plausible healing techniques based on ancient wisdom backed by 30 years of professional and personal experience. Baribeau's personal journey is a story of overcoming chronic depression, emotional disorder, and addiction through the use of these powerful tools. Wind is one of nature's most profound and powerful forces.

Winds of Spirit will guide and connect you to powerful wind energies that gracefully navigate us toward authentic joy, power, and purpose.

Winds of Spirit is divided into four parts. Part one explains essential wind meteorology in terms of speed, intensity and flow. Part two examines the enduring relationship of the cardinal winds as the archetypal structure of experience. Part three provides simple effective exercises that can be incorporated into your daily life to help you breathe more easily during times of transition. In the final section, I introduce 28 unique Cross Cultural Wind Gods that you can beckon whenever you need clarity and guidance.

Humankind has always sought to understand our place and purpose in the universe, and to identify, invoke, pursue, or create more favorable conditions to improve our lives. *Winds of Spirit* is designed to help you get the answers you need, by working with divine forces of nature—namely, wind.

Endorsements



"Winds of Spirit has something for everyone."

" A unique and fascinating book to help you re-set your inner compass and navigate the uncharted seas of your life. "Winds of Spirit" invites you to meet the wind gods of ancient times who will help you find grace and wisdom in any situation if you invoke them. A truly magical book for the modern seeker.

-- Colette Baron-Reid, best selling author of numerous books and oracle decks including Messages from Spirit, The Map, Uncharted, Wisdom of The Oracle, Postcards from Spirit and many more; founder of Oracle School.

"Winds of Spirit" is a fabulous book that will transform you into a lover of the wind. Renee Baribeau is an exquisite word smith. Her writing emerges from the depth of her heart and soul as she writes about her life experience and how she healed herself. She shares such awe inspiring legends and practices of how to work with the wind to navigate life, heal from your past and invoke blessings. This is truly one of the best books I have read. It is a inspiring and unique."

Sandra Ingerman , MA author of "Soul Retrieval" and "Walking in Light: The Everyday Empowerment of Shamanic Life"

Manhattan Book Review Star Rating: 5 / 5

Winds of Spirit is a unique guide exploring the way wind contributes healing energies to your life. Renee Baribeau weaves together history and mythology with unique techniques that include mediation and wind walks. The goals of this guide are to help you find your path, to work through negativity, and to overcome obstacles in order to forge a new path. Baribeau uses personal experiences and struggles as a way to encourage and help others by showing her own journey to overcome her past and spiritual awakening that helped her reach a new start. This book also explores various wind mythology and deities pertaining to the four Cardinal winds and how these can influence your life in a positive light.

This guide is a unique self-help tool that centers on seeking spiritual guidance through wind and is rich in mythology. This book is broken into organized sections with each one shining light on various deities, tips, and advice. By using personal struggles, Baribeau makes it easy to relate to her through her honesty while also deepening the advice by showing how she utilizes the lessons in her own journey. *Winds of Spirit* provides fascinating tips for mediation and peace-finding, such as exploring the use of wind knots, wind flags, and, of course, taking wind walks. The intriguing tips offer ways to relax and let the negativity wash away while letting yourself be at peace. The tips are simple to do, such as the unique suggestion to wind bathe, which is a way to use wind to strip away excess energy and is said to relieve tension, in a similar fashion to wind walking. These techniques are ways to rejuvenate oneself and the ease of each practice make fitting them into your daily life to maintain a sense of peace hassle-free.

The writing is intelligent with a passionate voice, thorough research, and plenty of desire to help others strive for a sense of calm through hardships. *Winds of Spirit* provides ways to take those steps forward every day, teaching how to be in the present moment and how to harmonize with nature. Baribeau has a lovely style with a nice harmony of structure and organization. After reading *Winds of Spirit*, there's a sense of calm, because it allows for refreshing the mind and energizing the soul. It gives you ways to take a moment to breathe and wash away all the negativity in your life. This guide is about self-discovery and bringing your inner self to a peaceful presence.

No matter where you're at in life—and even if you don't know if you're a spiritual person—*Winds of Spirit* has something for everyone. This guide opens the mind and the spirit with concepts not seen everyday. The use of mythology throughout highlights the use of wind in various cultures and history, focusing on how the wind plays a key role in life and healing. From the Scandinavian tale “Saving Spring” to Sila Innua, the mythology Baribeau incorporates explores culture from around the world and connects everything through how wind is seen. A guide with advice, history, and fascinating mythology, *Winds of Spirit* is a spiritual read about connecting you to your true self and through helpful tips provides ways to use peace for healing.

Reviewed by Elizabeth Konkel

“*Winds of Spirit* is a beautiful and thought-provoking book that presents the winds as transpersonal forces of Nature that live around and within us throughout our lives. Wind enters us when we draw our first breath and remains with us until it leaves with our last breath, affirming an ancient belief strongly-held by all three of our monotheist religions that God breathes life into form. In fact the word for spirit and breath is the same in Latin — *spiritus* — as well as in Arabic and Hebrew— *ruach*. The shamans of the traditional peoples perceive the wind deities to be dynamic archetypes that are alive as well as sentient and that create a living bond between our physical body and our indwelling soul. This absorbing book held my interest to the last and reveals Renee Baribeau as a modern Western medicine woman who suggests how we may interact with the many different winds should we choose to do so ... and that we are all Children of the Winds.

Hank Wesselman, PhD., anthropologist and shamanist teacher, author of *The Re-Enchantment: A Shamanic Path to a Life of Wonder*, the award-winning *Awakening to the Spirit World* (with Sandra Ingerman), *The Bowl of Light: Ancestral Wisdom from a Hawaiian Shaman*, and the critically-acclaimed *Spiritwalker Trilogy*.”

Renee has masterfully enlaced cultural knowledge and practices, bringing us a new global vision of the wind spirits to help us navigate our tumultuous times toward a more beautiful tomorrow.

Elizabeth B Jenkins, author of bestseller *The Return of The Inka*

I hesitate to gush, but this is a brilliant masterpiece. I has helped me personally; and I am sensing some radical changes in my own life while reading this.

Thank you for the honor of this preview; and for trusting my input.

Christopher Knippers, PhD, Blogger: *Healing from Chronic Illness*

Interview Questions

How did it come to pass that you wrote a book about the Winds?

Who Stole the Winds? Why do they reappear at this time in History?

Please share the Cross Cultural Significance of the Wind?

How can the Wind help me Navigate my Life?