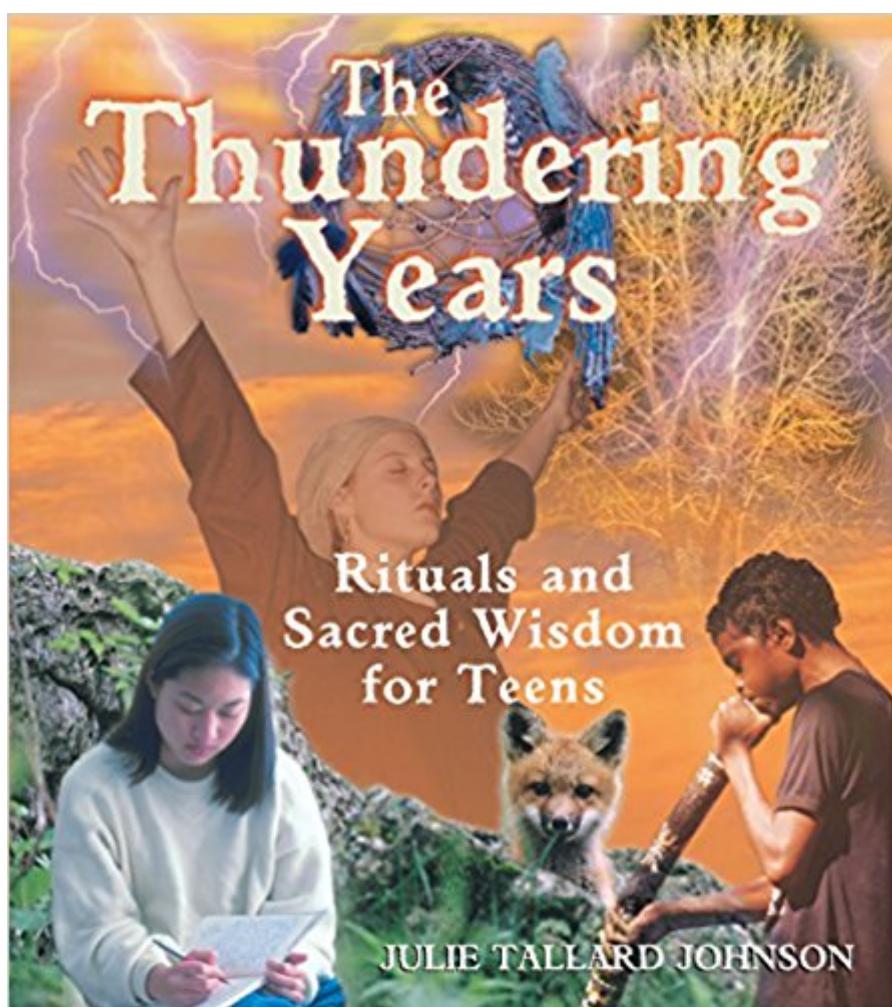


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# The Thundering Years: Rituals And Sacred Wisdom For Teens



## Synopsis

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

## Book Information

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Age Range: 12 - 18 years

Grade Level: 7 - 12

## Customer Reviews

Psychotherapist Johnson has many years' experience working with young adults and teenagers. Her latest book is loosely Native American in inspiration but admittedly draws from many traditions and cultures to help young people get through adolescence (the "thundering years") with a sense of balance, integration, and the sacred. Both the young and their parents and guides should find this book's exercises, insights, and suggestions entertaining and helpful. Recommended for most collections. Copyright 2001 Reed Business Information, Inc.

"Thundering Years shares native world wisdom to help smooth teen's transitions into adulthood." (Nexus, May/June 2003)"This book describes many ways to create peace and happiness, some on your own and some with your friends." (His Holiness the 14th Dalai Lama)"In an attempt to provide you with authentic containers for the tumultuous energy of the Thundering Years, many are rediscovering indigenous ways. The call to awaken our ancestral wisdom is strong. Personal and community rituals are ways of reuniting us when we are in a state of alienation and turmoil with Spirit." (Sobonfu Some, African shaman, from chapter 5)". . . so well organized and so succinctly presented that the reader is drawn on to a deeper appreciation of the truth that your life, your future, who you are, is in your own power." (Napra ReView, May/June 2001)"Substantive activities and grounded writing make for an appealing invitation to self-discovery." (Mothering, Nov/Dec 2001)"This is a very inspirational book that offers alternative spiritual approaches for the teen years that are much lacking in mainstream American culture. It is highly recommended for teens and the adults who care about them." (Theresa Jones, Circle Magazine)". . . highly recommended. Parents who read this will no doubt wish they'd had this resource twenty years ago!" (Barbara Ardinger, The Blessed Bee, Winter 2001-02)"[Johnson] offers numerous techniques to help teens direct their powerful energy, live creatively, tell their stories, and release anger through ritual." (Spirit of Change, Summer 2008)

This is a must-have book for teenagers. We have found so much wisdom in this book and I am working through this book with my two teenagers. It has been wonderful. Highly recommended for ALL teens.

"It is not light that we need, but fire; it is not the gentle shower, but thunder. We need the storm, the

whirlwind, and the earthquake." ~Frederick Douglass. What the world needs is for our youth to come alive. What the world needs is the youth to reach for their highest calling. We need our youth to stand tall and as rebels. To inquire and to forge new paths, to create and discover previously uncharted territory. This book offers the parents to understand that their teen's behaviors are normal, even necessary as a part of evolution. What we tend to shut down and stunt, has potential for immense growth and healing. Each generation is destined to transform the world, and yet in the past 50 years we have buried children in more rules, more systems, more labels... This beautiful book reminds us to honor that which is unique, creative, powerful and rebellious in our youth - and to support their process with an unconditional love that we owe to the next generation, as well as generations to come. I highly recommend this book.

A lot of useful inspiration and practical information from the world's spiritual and religious traditions has been brought together in this psychic survival guide for teenagers. With many quotes from both modern writers and sacred traditions, the focus is on learning to be strong in oneself and compassionate towards others, what Johnson calls being a spiritual warrior. The tools and insights are directed toward the transition from childhood to adulthood - learning to be an independent person in the world. Johnson calls this time, which people are called upon to face in their teens and early twenties, the thundering years. Native American wisdom is used as a principle guide, but many sources of wisdom are brought in - Christian, Buddhist, Sufi, modern psychological. Young people are encouraged to live creative lives and to tell their stories. A cornucopia of techniques for living a vital life and dealing with its challenges are presented - everything from meditation, working with dreams, drumming, and various forms of exercise to helping others, connecting with nature, and creating rituals to mark the changes in one's life. Many useful books, resources, and Web sites are included at the end of each chapter. As most topics have to be dealt with relatively briefly, these references allow readers to delve more deeply into areas which they are drawn to. This is an inspiring guide and companion, not only for young people, but anyone hoping to ride the waves of modern life more effectively, and enjoy the ride.

I am so excited to see a book available to teens that confirms for them....and for us their parents, that their loud confusion, creative depressions, outbursts of truth and pain, all have such an important place in the process that is life. Having waited until mid-life to honor the journey, I look forward to the process found in this book assisting society, teen by teen, person by person, in honoring our place here, by connecting us with the planet we are on and the energy we all share. I

encourage teens every where to read up.....and Thunder On!!!!!!!!!

As a psychotherapist working with adolescents in the Juvenile Justice System, I find the strategies and wisdom in this book to be one of the best suited for deep therapeutic work individually or within the context of a group. Highly recommend it to other mental health professionals.

This is a well-written book that promises to be helpful to therapists as well as to teens. I found the ideas thought provoking and sound. Vera J. Elleson, Ph.D.

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