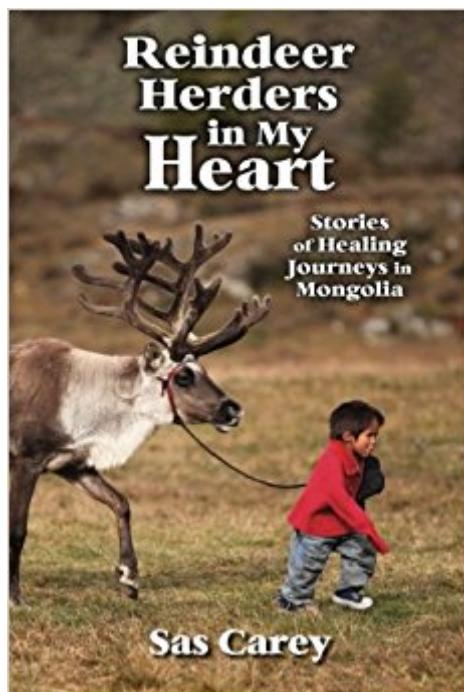


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# Reindeer Herders In My Heart: Stories Of Healing Journeys In Mongolia



## **Synopsis**

Join Sas Carey as she follows her calling to a remote community of nomadic reindeer herders in the northernmost reaches of Mongolia. Live her experiences and encounter the spirit world, truth, ancient ways of healing—*and a strong heart connection.*

## **Book Information**

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## **Customer Reviews**

Sas Carey is a registered nurse, healer, educator, writer, and filmmaker. Following her first trip to Mongolia in 1994, she founded and now directs Nomadicare ([nomadicare.org](http://nomadicare.org)), which supports the sustainability and cultural survival of nomadic peoples by harmonizing traditional and modern medicine and documenting nomadic life ways, lore and heart songs. Her work has been supported by The Shelley & Donald Rubin Foundation, the Vermont Council on the Arts, the National Endowment for the Arts, the Vermont Community Foundation, the Help for People Foundation Trust, the Lehman Family Foundation, the Three Hearts Fund, and the Mongol-American Cultural Association, as well as individual donors. Sas is the director of three movies about Mongolia: *Gobi Women's Song*, *Taiga Heart Song*, and *Steppe Herbs, Mare's Milk and Jelly Jars: A Journey to Mongolian Medicine*. Some are available on [Youtube](https://www.youtube.com). These films have screened in Mongolia and the United States at libraries, universities, and museums. Sas has worked as a health education consultant for the Mongolian office of the United Nations Development Programme. A Quaker for 50 years, she lives in a brick cottage beside an immense willow tree in Vermont and when not in Mongolia or documenting nomadic life, she spends her time swimming, kayaking, knitting, and visiting with her children and twin grandsons.

I think is great that Sas has let us go with her though her journeys, just reading I've felt the hardship but also the good will that inspires her. I loved to learn so much about the mongolian herders and I'm grateful for people who are willing to spend their lives bringing the world closer, making a dream of peace possible!

Good book. Wanted more explanation on elements in the ceremonies

So timely and important! An insightful adventure narrative of a little-known way of life. Valuable!

Sas Carey's wonderful book will transport you to a world you have probably never even imagined, and that you will never forget. It will expand your horizons and open your heart. It is not at all a romanticized, colonialist picture of a foreign world. Rather, it is an honest record of her journeys to Mongolia to follow her deep leading to learn about traditional medicine and the spiritual world of the people there. It is a completely non-judgmental look into what she sees and hears. She shows us intimate details of people's lives as they cope with a changing and modernizing world, and she shares her insights and responses to what she learns. Sas is open minded, open eyed, and open hearted as she describes her encounters with old traditions, new ways, ignorance, great wisdom, simplicity, hardship and deep human bonds.

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