

# Change We Must : My Spiritual Journey

*By Nana Veary*

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2 of 2 review helpful Anchors me spiritually By Michael M Zanoni Nana Veary was a Hawaiian woman who became a renowned kupuna elder and ldquo healer who heals with the voice rdquo in the ho rsquo oponopono tradition and later as a Science of Mind minister I first heard of her when a friend gave me a copy of Nana Veary rsquo s autobiography Change We Must ndash My Spiritual Journey I was raised in the Science of In Change We Must Nana Veary describes how her family surroundings and the ways of an innately spiritual people shaped a lifetime search for the truth At the core binding the threads of the story is the practice of silence and a strong belief in its power From her canoe building grandfather who used only the trees selected by a native forest bird to her Christian mother who chanted in Hawaiian to the fish Nana was set on her course from an early age It is her jo About the Author Nana Veary was born in 1908 and reared by her Hawaiian elders in an environment where language fishing healing building and

all aspects of life were firmly rooted in nature It was a Hawaii in which children planted by the moon and strangers

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