

# Sacred Site Area

Early Anisinabe Native Americans named the area "Leelanau", "Land of Delight". The dunes area of the Sleeping Bear Dunes National Lakeshore is also thought to be a **\*\*sacred site**, a place where the spirits of the land, water and air touch you and where you often have an intense personal experience.

Many of our Duneswood guests have spoken of special feelings they experience while being at Duneswood and on the dunes.



"I enjoyed and was healed by this sacred land" Mt. Pleasant, MI.



"The energy here is incredible" DeWitt, MI



**\*\*Sleeping Bear Dunes is listed as a sacred site in Backpacker magazine, Feb 1991 and in the book, *Sacred Places: How the Living Earth Seeks Our Friendship*, by James A. Swan. Swan says, "sacred sites are places in nature that exist and have the capacity to enable our minds to transcend time and space, plugging us into ourselves and the universe in a way which gives meaning, purpose and health to life". He also says, "many people report feeling they have had a regenerative experience, they feel refreshed and relaxed after visiting sacred places".**