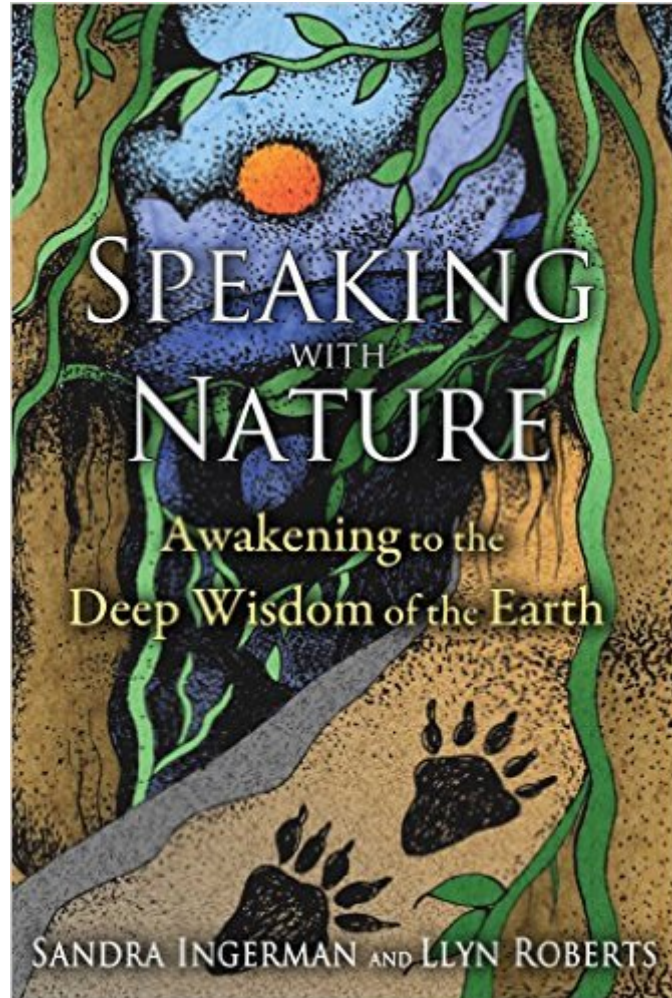


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# Speaking With Nature: Awakening To The Deep Wisdom Of The Earth



## Synopsis

Connecting with nature and nature beings to help heal us and the Earth • Provides experiential practices to communicate with nature and access the creative power of the Earth • Shares transformative wisdom teachings from conversations with nature beings, such as Snowy Owl, Snake, Blackberry, Mushroom, and Glacial Silt, exploring the role of each in bringing balance to the planet • 2015 Nautilus Gold Award

Nature and the Earth are conscious. They speak to us through our dreams, intuition, and deep longings. By opening our minds, hearts, and senses we can consciously awaken to the magic of the wild, the rhythms of nature, and the profound feminine wisdom of the Earth. We can connect with nature spirits who have deep compassion and love for us, offering their guidance and support as we each make our journey through life. Renowned shamanic teachers Sandra Ingerman and Llyn Roberts explain how anyone can access the spirit of nature whether through animals, plants, trees, or insects, or through other nature beings such as Mist or Sand. They share transformative wisdom teachings from their own conversations with nature spirits, such as Snowy Owl, Snake, Blackberry, Mushroom, and Glacial Silt, revealing powerful lessons about the feminine qualities of nature and about the reader's role in the healing of the Earth. They provide a wealth of experiential practices that allow each of us to connect with the creative power of nature. Full of rich imagery, these approaches can be used in a backyard, in the wilderness, in a city park, or even purely through imagination, allowing anyone to communicate with and seek guidance from nature beings no matter where you live. By communing and musing with nature, we learn how to speak to the spirit that lives in all things, bringing balance to us and the planet. By tapping into the feminine wisdom of the Earth, we evoke a deep sense of belonging with the natural world and cultivate our inner landscape, planting the seeds for harmony and a natural state of joy.

## Book Information

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## Customer Reviews

I am the illustrator of the 30 drawings inside Speaking with Nature. The drawings I created specifically for each chapter illustrate the nature beings written about by Sandra and Llyn. Each drawing highlights the chapter segments and adds to the richness of the text. My favorite chapters are Glacial Silt and Wood Sorrel. I love how the publisher created the cover by combining two of my black and white drawings (mist and black bear) and then adding color. The drawings came out of visits with Llyn and the Hoh rainforest while I was working on the book and helped me deepen my connection with the nature beings she writes about. The book invites the readers to enter their own dialogues with nature wherever they live. Sandra and Llyn share with you their approaches to connecting with the nature beings that are all around us. I wholeheartedly recommend this book.

Intimate as a whisper, urgent as a clarion call, SPEAKING WITH NATURE provides a vital prescription for spiritual exhaustion. Co-written by Sandra Ingerman and Llyn Roberts, both noted practitioners of shamanism, this wonderful work reminds us that the cure for what ails us will not be found in our medicine cabinets but out in Nature. Brimming with lovely stories, personal adventures and practical advice, SPEAKING WITH NATURE demands to be read carefully and lovingly. I had to stop and reread many passages, struck by their truth and/or moved by their beauty. If you want to rediscover the deep hidden Earth wisdom which has been part of you from birth, you could not ask for better or wiser guides than Sandra and Llyn. Highly recommended.

This book is good for bouts of reading. Each chapter gives an in-depth spiritual look at an animal or earth-themed element based on the authors' perspectives. There are two authors, so each contribute to the book. I do enjoy the book. I keep it with me in case I need to meditate. I do recommend, just not my favorite. Beautiful images inside.

Speaking with Nature is a joyful and rich experience! I love this book! The book is written as beautiful, lyrical teaching stories interwoven as a natural conversation between Llyn and Sandra about the nature beings they encounter. Each chapter is a sublime invitation for us to become more

deeply connected and honoring to the nature spirits each of us encounters every day, whether in our own neighborhoods and backyards or in forests, deserts, mountains, plains, rivers, or ocean beaches. In the book, Sandra and Llyn describe their inner and outward experiences and understandings with diverse beings in nature from the high deserts of the Southwest to the rain forests of the Olympic Peninsula. Stories include nature beings we sometimes forget to think about as magnificent and important, such as the banana slug, earthworm and seeds. As I read, the authors seem to me to be exquisite spiritual naturalists. I feel enchanted, yet, at the same time grounded as I read the stories and personally experience the practices offered. Heightening and integrating my own inner and outer explorations with the land and its beings in a deeper, mindful, compassionate way. Llyn and Sandra are talented, warm-hearted and knowledgeable mentors, teachers, and writers whose spiritual experiences in nature shine in this book. I highly recommend *Speaking with Nature*. I know that I'll return to this special book again and again, gaining new insights and fanning curiosities each time as I seek to further deepen my own intimacy with nature as an elder. This book is a must read for caring nature explorers of all kinds.

Once again Sandra Ingerman has put together a deep understanding of nature and how most people have lost touch with our basic connection to nature and all its wonder. Everyone should read this book, and reconnect with nature, and in so doing connect more deeply with themselves.

Simply by being willing to speak with Nature and be open to hearing, awakening within us and listening to the deep wisdom of the Earth, as Sandra and Llyn know from their own journeys of discovery, is transformational. Our urgent need to heal our dis-membered relationship with our beloved planetary home and all her other children, crucially depends on such willingness and openness. As guides and fellow travellers, Sandra and Llyn not only share profound insights in how to speak with and learn from Nature and a living Cosmos but to do so in simple, practical, respectful and experiential ways that reach deep into our hearts and souls. They show how we may heal our relationship with the whole world and in doing so to also re-member and heal ourselves. Dr Jude Currivan cosmologist, planetary healer, author and futurist.

In an era where our attention spans are constantly shrinking, this book is like being invited to your favorite porch to slow down and contemplate our natural world at leisure and in grace. These authors establish an atmosphere of sacred inquiry that cannot be rushed. They draw our attention to

subjects that are so common we fail to notice them, and show us a blend of intrinsic characteristics, personal meaning and spiritual expansion. This is a book meant to be read many times, and mined for its charm and wisdom.

In the book Llyn and Sandra carry on a lovely dialog about the nature spirits in their very different geographical locations. I read a chapter every morning during my meditation time and by the end of the book I joined the dialog with silent reflection about the nature beings that inhabit my world here in the north east. I love that the book lifted me beyond its pages to more careful observation of the daily wanderings and vibrancies of the various nature spirits in a crowded New Jersey suburb: ones that fly to my porch railings early in the morning, scamper across the lawn at all times of the day, hide in the underground until dark, or reveal themselves slowly throughout a season. Thank you, Llyn and Sandra, for prompting an ongoing dialog. And thank you, Susan Cohen Thompson for the evocative illustrations.A. Wennhold

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