



## Speaking with Nature: Awakening to the Deep Wisdom of the Earth

By Sandra Ingerman, Llyn Roberts

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**Speaking with Nature: Awakening to the Deep Wisdom of the Earth** By Sandra Ingerman, Llyn Roberts

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.

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## **Speaking with Nature: Awakening to the Deep Wisdom of the Earth** By Sandra Ingerman, Llyn Roberts Bibliography

- Sales Rank: #77512 in Books
- Brand: imusti
- Published on: 2015-04-27
- Released on: 2015-04-27
- Original language: English
- Number of items: 1
- Dimensions: 9.00" h x .70" w x 6.00" l, 1.41 pounds
- Binding: Paperback

- 288 pages

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### Editorial Review

#### Review

“At this time of global ecological crisis, the Earth is urgently calling to us to be awake and reconnect with her ancient wisdom. *Speaking with Nature* is a beautiful response to that call, helping us to listen to the divine feminine and her ways of knowing, and to the spirit world that is all around us. These stories and practices speak to the real need of the time, relearning how to live in sacred companionship with our magical and mysterious inner and outer Earth.” (*Llewellyn Vaughan-Lee, Ph.D., Sufi teacher and coauthor of Spiritual Ecology*)

“*Speaking with Nature* is potent medicine. Written in collaboration by two deeply wise and intentional women, this book is abundant with practical insights, skill-building, and stories to deepen readers’ relationships with themselves (the feminine and the sacred) through nature. I was immediately immersed in its accessible, intimate storytelling style and content and couldn’t put it down. Whether you are new to Earth Wisdom or shamanism or an experienced practitioner, this book is sure to delight. I LOVE this book!” (*Nina Simons, cofounder of Bioneers and editor of Moonrise: The Power of Women Leading from the Heart*)

“To talk about the sacred in simple, sincere terms is itself a revolutionary act. What touches me most in this book is the writers’ daring. It’s their courage at expressing what all of us experience in private, magical moments but often don’t dare to repeat to ourselves—let alone anyone else. To discover our own inner nature, and how it’s one with the nature outside us, isn’t just a sweet and blissful process. It can take us right to the edges of grief or sickness, but that’s where the healing lies.” (*Peter Kingsley, author of Reality and A Story Waiting to Pierce You*)

“A thoughtful and accessible introduction to Earth-centered spirituality, *Speaking with Nature* starts from the simple act of spending time in nature and follows the spirals of life from that starting point out into the wisdom and wonder of the living cosmos. It’s a journey worth taking, and Sandra Ingerman and Llyn Roberts are capable guides.” (*John Michael Greer, Grand Archdruid, Ancient Order of Druids in America, and author of The Druidry H*)

“Sandra and Llyn provide simple yet profound insights into the sacredness and magic of nature and, in so doing, give us clear guidance as to how we can participate in transforming ourselves, our communities, and the world we live in. Rarely have I felt such resonance with a book.” (*Nicki Scully, author of Power Animal Meditations, Alchemical Healing, and Planetary Healing*)

“In *Speaking with Nature*, Sandra and Llyn have given us an opportunity to walk with them through the rain forest and desert as they share their experiences of the beings and environs of Nature, where both inner and outer landscapes are explored. As their stories unfold, an ancient remembrance is awakened. Thank you, Sandra and Llyn, for writing this blessing of a book where we all are invited to come home to ourselves as natural beings.” (*Pam Montgomery, author of Plant Spirit Healing*)

“These essays originate in very different ecosystems—Ingerman’s insights hail from the New Mexico deserts, while Roberts’ experiences come from her time in Washington State’s Hoh Rainforest—but the earthy, spiritual, and feminine language they speak is the same. Even when the topics turn quite esoteric the writers’ experiences give these passages added weight. When they use energy work to change the acidity of a body of water, and document the changes, even the most skeptical reader will have to look twice at their message.” (*Publisher’s Weekly, June 2015*)

## About the Author

Sandra Ingerman, M.A., is a renowned shamanic teacher who gives workshops internationally on shamanic journeying, healing, and soul retrieval. An award-winning author of 10 books, including *Awakening to the Spirit World* and *Soul Retrieval*, she lives in Santa Fe, New Mexico. Llyn Roberts, M.A., is an acclaimed teacher of healing and shamanism who facilitates sacred journeys to work with indigenous people throughout the world. She teaches at Omega Institute in Rhinebeck, New York, and at Esalen in Big Sur, California. The award-winning author of several books, including *Shamanic Reiki* and *Shapeshifting into Higher Consciousness*, she lives near the Hoh Rain Forest in Washington State.

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## **Banana Slug and Earthworm**

### **Banana Slug**

#### **Llyn**

Imagine strolling on a mossy trail in a dense, wet forest. You breathe in the freshly scented air, rich in oxygen and negative ions. It is springtime in the rain forest. Everything is green and flowing and blooming.

Seeming to walk with you on the lush and sopping trail, moving so slowly that you barely see it move at all, is a small, plump snail-like creature with no shell. Of the countless nature beings I live with in the Hoh River Valley, the Banana Slug is a prolific and intriguing presence.

Why are Banana Slugs called Banana Slugs? The skin of a Banana Slug is colored yellow with brown spots, like the casing of a ripe banana. . . .

Soft, fleshy, and fragile, the Banana Slug has no protective shell like its snail cousin.

Does Slug mirror our underbelly?

The divine feminine knows there is power in being vulnerable. Does this tiny being cause us to bristle because it hints at those parts of us that we deny or conceal? The sensual, sensitive aspects of the sacred feminine are still something many of us hide as well as hide from. . . .

How do we honor Banana Slug medicine, touch back into tactile Earthiness? One way is to learn from young children who love to lie on the grass gazing up at clouds and stars, run through summer downpours, and squish mud between their toes. The simple, sensual explorations that occupy healthy youngsters signal a hearty connection with body and the Earth. These kids are in touch. . . .

Spirit and body are inseparable. We are also one with our planet's body. Touch is innate to who we are and how we know self, and world. Banana Slug suggests we get back in touch, with each other and the Earth.

Banana Slugs are vital to the decomposition of plants and spread seeds and spores across the forest floor. They are also amazingly sentient. Come to Slug with malice, and it retracts and plays dead. Speak in a soothing tone, and this fellow being may lift its head and turn to look at you. Chatting with Banana Slugs can make me weep.

Life would take a different spin if we also hugged the land like trusting and tender Slugs, who appear happy to be in their bodies here on Earth. The unguarded Banana Slug freely shares her deep feminine teachings: "Remember the sensual, and the power of little."

## **Practice**

Banana Slug wisdom tells us to get back in touch and empower the small.

Think on tiny aspects that largely impact your life in a positive way right now. Envision and appreciate these. Give energy to the little.

Open your heart and senses and see how alive the small makes you feel.

Remember little Banana Slug who is what it is and does what it does, nourishing and seeding the Earth despite the killing fields of cut forests all around.

Throughout all, meek and wise Banana Slug encourages: "Stay simple and in touch. You and I, we are just enough."

## **Earthworm**

**Sandra**

There is a quadrant of our garden that does not support the growth of much plant life. . . . We have consulted with many landscapers to examine the soil in this quadrant of our garden, for something in the chemical makeup must have changed to go from supporting many plants to only sustaining the very hardy. The issues seem to be beyond water.

I believe the issue is that the soil has become so hardened in this area by minerals and drought that the only solution is to bring in an army of earthworms.

Earthworms are tube shaped, segmented, hermaphrodites--each individual carries both male and female organs. They are both blind and deaf, but their skin is covered in cells that allow them to taste the soil and sense light and dark. Earthworms live in soil, burrowing themselves into various levels, naturally allowing oxygen to get in, which is beneficial for plant growth. They take leaves, leftover food, and anything they are able to decompose and turn it into fertilizer. They breathe through their skin and have five sets of double hearts in segments that are close to their head. . . .

There is such a weaving of mystery in creation, and we often miss the magic of how each and every creature in the web of life serves a role in creating, maintaining, and sustaining life. All in the web of life has something vital to share in creating a healthy earth garden. All life is interdependent on other life-forms.

Every acre of well-cultivated land contains up to half a ton of thriving microorganisms, not to mention up to a ton of earthworms. The earthworms create a ton of castings that are essential for the health of the soil, nurturing it with much needed nutrients that promote healthy plant growth. The mucus that the earthworms produce along with the castings promotes the growth of helpful bacteria and fungi.

*Use your imagination to leave your ordinary life behind and take a journey with me into the world of the earthworm and the gift of its life.*

*Close your eyes and imagine yourself in a rich and fertile garden. As you examine the soil you are led to the small life-forms that are the tenders of the soil.*

*Using your invisible senses notice how microorganisms built the soil, but nature's true tiller of the soil is Earthworm. Observe how these blind small beings are powerful diggers and earthmovers, capable of burrowing down as deep as fifteen feet. Watch as they force air through tunnels as they move. Experience amazement at how as they burrow they aerate the soil, mix up the soil, break down clumps, and bury stones. Watch as they carry down leaves and other organic matter, while others bring nutrients and humus to the topsoil. Earthworms cannot live without enormous amounts of decaying organic matter.*

*Return to your ordinary awareness with a sense of gratitude for how earthworms create healthy soil that supports the growth of food that sustains us.*

We often judge the importance of the role of a person or a nature being. We tend to compare the power of life-forms based on their size and how colorful and loud they are. Llyn reminds us to honor and to acknowledge the power of small.

When you honor the small beings who are so vital to life you start to let go of your judgments and comparisons. You can without judgment tune in to yourself and acknowledge the gifts that you personally contribute to the web of life. And in doing so you feel on a cellular level that you are enough.

### **Practice**

As you go about your day notice the people who you meet who are in service to the community and to the planet who do not need any acknowledgment. Honor the power of anonymity while doing your spiritual work and your practices on behalf of all of life.

### **Users Review**

#### **From reader reviews:**

#### **Chester Grantham:**

Have you spare time for a day? What do you do when you have far more or little spare time? Yep, you can choose the suitable activity to get spend your time. Any person spent their particular spare time to take a move, shopping, or went to the particular Mall. How about open as well as read a book eligible Speaking with Nature: Awakening to the Deep Wisdom of the Earth? Maybe it is to be best activity for you. You recognize beside you can spend your time using your favorite's book, you can cleverer than before. Do you agree with it is opinion or you have some other opinion?

#### **Jerry Gunnell:**

What do you regarding book? It is not important with you? Or just adding material when you require something to explain what you problem? How about your extra time? Or are you busy man? If you don't have spare time to complete others business, it is give you a sense of feeling bored faster. And you have extra time? What did you do? Every individual has many questions above. They need to answer that question since just their can do that. It said that about publication. Book is familiar on every person. Yes, it is correct. Because start from on kindergarten until university need that Speaking with Nature: Awakening to the Deep Wisdom of the Earth to read.

#### **Clifford Stoner:**

The particular book Speaking with Nature: Awakening to the Deep Wisdom of the Earth will bring one to the new experience of reading any book. The author style to elucidate the idea is very unique. In the event you try to find new book to study, this book very suitable to you. The book Speaking with Nature: Awakening to the Deep Wisdom of the Earth is much recommended to you to see. You can also get the e-book from official web site, so you can quickly to read the book.

**Kenneth Cunningham:**

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