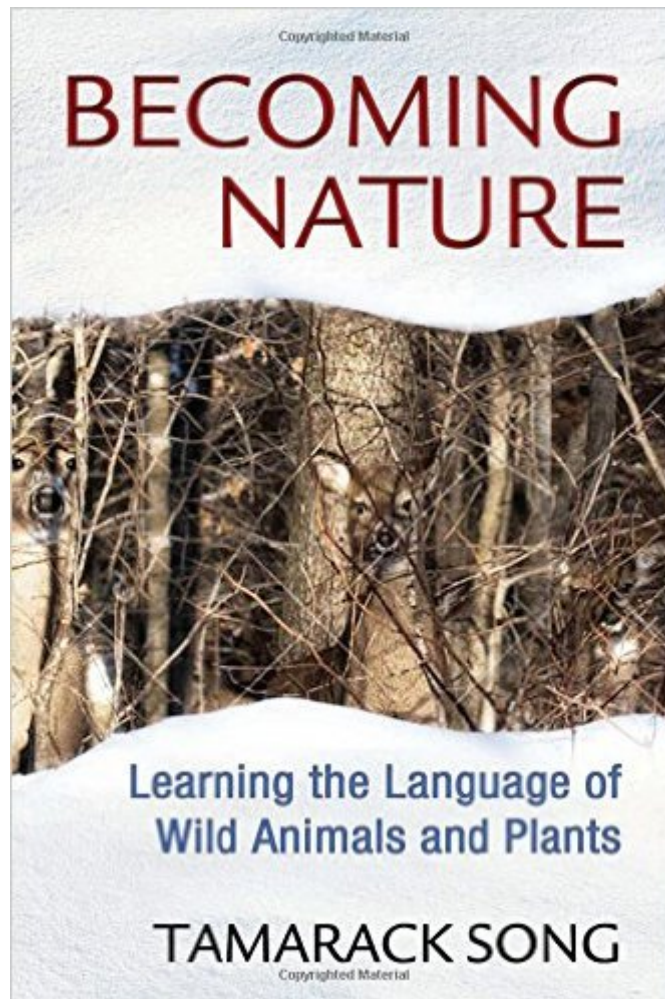


The book was found

Becoming Nature: Learning The Language Of Wild Animals And Plants



Synopsis

A step-by-step guide to animal communication, connecting with your primal mind, and immersing yourself in Nature. Includes exercises for learning how to become invisible within Nature, sense hidden animals, and communicate with wild animals and birds. Explains how to approach wild animals and form friendships with them. Details the intuitive awareness of our hunter-gatherer ancestors and their innate oneness with Nature. Animals and plants are in constant communication with the world around them. To join the conversation, we need only to connect with our primal mind and recognize that we, too, are Nature. Once in this state, we can communicate with animals as effortlessly as talking with friends. The songs of birds and the calls of animals start to make sense. We begin to see the reasons for their actions and discover that we can feel what they feel. We can sense the hidden animals around us, then get close enough to look into their eyes and touch them. Immersed in Nature, we are no longer intruders, but fellow beings moving in symphony with the Dance of Life. In this guide to becoming one with Nature, Tamarack Song provides step-by-step instructions for reawakening the innate sensory and intuitive abilities that our hunter-gatherer ancestors relied upon—abilities imprinted in our DNA yet long forgotten. Through exercises and experiential stories, the author guides us to immerse ourselves in Nature at the deepest levels of perception, which allows us to sense the surrounding world and the living beings in it as extensions of our own awareness. He details how to open our minds and hearts to listen and communicate in the wordless language of wild animals and plants. He explains how to hone our imagining skill so we can transform into the animal we are seeking, along with becoming invisible by entering the silence of Nature. He shows how to approach a wild animal on her own terms, which erases her fear and shyness. Allowing us to feel the blind yearning of a vixen Fox in heat and the terror of a Squirrel fleeing a Pine Marten, the practices in this book strip away everything that separates us from the animals. They enable us to restore our kinship with the natural world, strengthen our spiritual relationships with the animals who share our planet, and discover the true essence of the wild within us.

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Customer Reviews

Following up on his successful book, *Entering the Mind of the Tracker*, Tamarack Song now offers readers 12 steps for learning to move from observing nature to becoming nature. His system teaches the intuitive skills of our hunter-gatherer Ancestors using story and experience rather than traditional study. He tells readers that we all have innate, though largely ignored, primal aptitudes for these skills which are imbedded in our DNA. From Step 1 which introduces us to the wordless language which Song calls Nature Speak through Step 12 which teaches readers how to learn to literally touch animals in the wild, this is an easy-to-read, step-by-step process for learning to reconnect with nature on all levels. In addition to the simple, yet very specific, exercises offered, Song takes us through the dynamics of engaging with nature from our primal minds. The book contains detailed discussions of the drawbacks of rational-mind dominance, recognizing the experiential mindset, how instant access to information disconnects us from the real world, the cost of sustained sound, busting the night owl myth, and reentering silence. The exercises include four very interesting sensory-attunement exercises, six sensory-awareness games, and ten tricks for seeing animals in the wild. This is a powerful call to leave the virtual/intellectual world and reclaim our roots in the natural world. (InannaWorks.com received a free copy of this book.)

I have just turned 60 years old this year. Most of my life I have passed through nature—on the way to the garage, to work, to somewhere else. I didn't pay much attention to nature. I enjoyed it. I looked at trees. But, I never really, really paid much attention. Initially I received a free copy of this book in order to review it. I have since purchased my own Kindle version so I can take it with me everywhere. And, I can then give my hard copy to someone else to read! What I wanted from the book is to help me connect more deeply with nature. I got that. I'm not done yet, but have learned so much from this book. What I like about the book is that it is easily relatable, lots of good stories and lots of good exercises I can do to increase my connection to nature. I love the idea of having an animal mind. And the info about the time/media trap has been extremely helpful. I found the

book to be engaging, with lots of good information and exercises to help increase understanding of nature. I highly recommend this book.

As a practicing shamanic healer, I often journey to the worlds of nonordinary reality and shapeshift into the spirits of animals and plants to learn the wisdom they offer and to bring some of that wisdom back into the world of ordinary reality. In his wonderful book "Becoming Nature," Tamarack Song teaches readers how to learn the language of animals and plants in the natural world in order to communicate with them, connect with them, learn from them, and enjoy them more deeply. You can learn a lot "about" nature by reading biology and botany textbooks, and that is, of course, an interesting and useful thing to do. In Tamarack's book, however, you not only learn "about" nature, you learn how to "become" nature -- how to become truly at home in the world of wild animals and plants. If you read this book and practice the exercises, you will see the natural world in a profound new way and gain not only an increased appreciation of wild animals and plants but also a deeper joy and peace in their presence. I heartily recommend "Becoming Nature." I'm adding it to my backpack to read again on my next foray into the woods. Thank you, Tamarack Song, for this enjoyable and enlightening book!

For anyone serious about rewilding or truly awakening the hunter-gatherer within, it can be difficult to walk the divide between sincere reverence and coming across as New Age-feel good white washing. As someone who has been walking this path for decades, Tamarack would know that better than most. This book is absolute in its sincerity and its message. It's both theoretical and practical in terms of its approaches, offering an immense platform for anyone who is new to this. But it's also great enough to have plenty to offer those of us who have been around for a while. It gives solace to those still struggling to find a way to speak about their experiences with wildness without reifying or mediating them. It would be easy to breeze over this, to see the language that we have to work with, and to overlook what this really has to offer. But, like Tamarack, I would implore you to dig deep. This book is a tremendous offering and I am exceptionally enthused that Tamarack has shared it.

After reading *Becoming Nature*, I was led to the other books by Tamarack Song. In our modern world, we are drawn to come to understand our aboriginal roots. Tamarack's books don't just describe it for us, they tell us a story that draw us into that world, recreating thoughts, images and feelings that reconnect us with the natural order. The only thing I would find disappointing with the

writer, is if he were not to continue writing, and sharing this world with us.

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