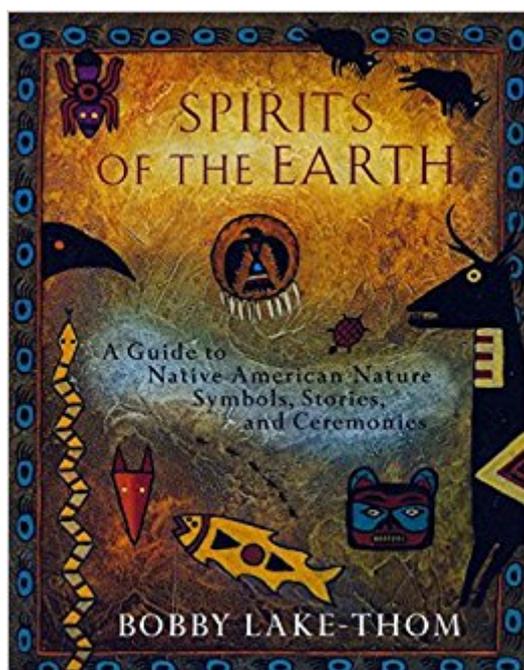


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Spirits Of The Earth: A Guide To Native American Nature Symbols, Stories, And Ceremonies



Synopsis

"There are ancient secrets and lessons hidden in nature. If you seek for guidance, you will discover truth." — Bobby Lake-Thom

Much of the ancient knowledge that has been passed down from Native American medicine men, or shamans is in danger of being lost. Bobby Lake-Thom, a Native American healer known as Medicine Grizzly Bear, has sought to preserve this powerful heritage by sharing his wisdom and experience learning from the world around us. The result is *Spirits of the Earth*, an extraordinary compilation of legends and rituals about nature's ever-present signs. From the birds that soar above us to the insects beneath our feet, Bobby Lake-Thom shows how the creatures of the earth can aid us in healing and self-knowledge. What does it mean if a hawk appears in a dream? What are the symbolic interpretations of a deer, a skunk, a raccoon? Lake-Thom, who has studied with the elders of many tribes, explains the significance of animal figures as manifestations of good or evil, and shows how we can develop our own powers of awareness and intuition. The first book of its kind, this practical and enlightening resource includes dozens of fascinating animal myths and legends, as well as exercises and activities that draw upon animal powers for guidance, healing, wisdom, and the expansion of spiritual influences in our lives. You'll discover here:

- How animals, birds, and insects act as signs and omens
- The significance of vision quests
- How to make and use a medicine wheel
- The role of spirit symbols—and how they affect the unconscious
- Exercises for creative dreaming
- The power of the earth-healing ceremony
- How to increase your spiritual strength and create sacred spaces
- And more

Book Information

Paperback: 224 pages

Publisher: Plume (August 1, 1997)

Language: English

ISBN-10: 0452276500

ISBN-13: 978-0452276505

Product Dimensions: 7.3 x 0.6 x 9.3 inches

Shipping Weight: 10.4 ounces (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars [See all reviews](#) (158 customer reviews)

Best Sellers Rank: #20,275 in Books (See Top 100 in Books) #31 in [Books > Politics & Social Sciences > Social Sciences > Specific Demographics > Native American Studies](#) #51 in [Books >](#)

Customer Reviews

This book contains a selection of various legends from assorted tribes; such as Wiyot, Cheyenne, Crow, Yakima, Kickapoo, Cherokee, and others. On page 80-160 or so, Mr. Lake-Thom lists probable omens for assorted animals, birds, insects, and Reptiles. What the reviewer "Moonwatcher from Earth" below failed to notice is that Mr. Lake-Thom repeatedly tells people to check into the local legends. Mr. Lake-Thom wanted people to pay attention to nature acting in an unnatural way, or animals appearing in places where it was uncommon for them to be. The ceremonies in this book are sketchy at best. In the medicine wheel discription Mr. Lake-Thom uses the colors of Black, White, Red, and Yellow like in Nick Black Elk's vision, but he reverses the places for Earth and Water (This is the 8th or 9th tradition I have seen for setting up a medicine Wheel. Personaly; I found the stories of the Bobcat, and Snake farfetched. I will not say that it is impossible because in my Shamanic experience I have personaly witnessed some things that should be impossible. Questions or comments. E-Mail me. Two BearsWah doh Ogedoda

I am a Native American through blood and I can honestly say I was not brought up in any special way and that large part of my heritage was never really acknowledged. Nevertheless, I have always been up on it, I pray to The Great Spirit and so on. I purchased this book because I knew some of the context but I was more interested in learning about other tribes and their stories and such in comparison to my own since I already knew those ones. This book is great and awesome for anyone who is studying Native American symbols, stories, and ceremonies. There are, in fact, some things that are not necessarily completely true-like the owl omen for instance. I think it is geared toward a more nuetral instance in comparison to an everynight occurence, but I will never know. Although, everything else is pretty justifiable and quite informational. Definitely get this book!

Bobby Lake-Thom aka Medicine Grizzly Bear is the real deal, word is, that he is an excellent medicine person with tremendous knowldege. These books are an effort of Medicine Grizzly Bear to bring this knowledge to all people. The Spirits of the Earth offers us a look into old form of comunication when people and nature were one. Spirts of the Earth uncovers the path so that we can re-learn a language that was given to us by the Great Creator in order to make our lives easier. This book is exellent, I would highly reccomend it as a necessary book to any Native American or

Shamanism collection. His other titles are also fantastic..... "Native Healer" and "Call of the Great Spirit"

What you will likely discover, as I discovered, after reading Bobby Lake-Thom's book, "Spirits of the Earth, A Guide to Native American Nature Symbols, Stories, and Ceremonies," is everything around you begins to hold new meaning. Connections among life events start forming in ways you never thought of, before reading the book. Ancient traditions and myths of the Native American people begin to seep into your perspective of ordinary daily events and reality. Signs and signals are found with new meaning to life's directions, all of which lead to new moments of the "Ah-ha!" experience in spiritual awareness. Even the way you conduct your routine daily business begins to take on new and interesting challenges and perspectives. All these things leads one to then feel that in some aspects of life, modern civilization might be wise to relearn ancient ways and consider using those ancient truths that do not violate our own core values. When you see ancient Native American Indian signs actually lead to the events of their predictive-meanings, it opens the mind to a higher plane of respect for all people regardless of their background, sophistication, and cultural attitudes or education. One begins to see dignity in people where you may have held pity. You begin to hold other cultures and many of their discoveries in much higher regard. Even reading the Holy Bible takes on new and deeper meanings and understandings. A chain of many tribes forming a living human fabric of the Native American experience was surprisingly unified spiritually across the entire continent. While they did not always live in peace necessarily, they were spiritually unified to a significant degree to the point that spirit traditions on the East Coast were often identical to spirit traditions on the West Coast. Each thing, each animal, had its own spiritual meaning (with some tribal variances of course). [...]

I found this book to be extremely easy to read and understand. Bobby Lake-Thom incorporated Native teachings and stories with Western Scientific theories. I especially found it interesting when he discussed right and left brain thinking and how it relates to comprehension of Native signs and symbols. He provides us with valuable insight into the stories and legends of many tribes. He shows us how important our oral culture is and was and how the people learned mores and values through listening to stories from the elders.

I'm not a total novice of the subject, but I do still have a lot to learn. I found I liked the writing style of the author who seems to be very experienced and knowledgeable. I came away from reading this

book armed with a whole lot of new information (new for me) and a better appreciation for that which we do not see, or sometimes CHOOSE not to see. As I was reading this book, I found myself reaching often for my notepad to jot down quotes that "hit" me. I began reading this book at the same time I was reading a novel...on a very recent trip which involved a couple of long airplane flights. I was much more drawn to pulling this book out of my bag than the novel. That says a lot to me.

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