



# Spirits of the Earth: A Guide to Native American Nature Symbols, Stories, and Ceremonies

By Bobby Lake-Thom

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**Spirits of the Earth: A Guide to Native American Nature Symbols, Stories, and Ceremonies** By Bobby Lake-Thom

**"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 instincts 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

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### **Editorial Review**

#### **From Library Journal**

Native Americans believe that animal spirits can ultimately influence everyday lives. Lake-Thom, a healer and a descendant of three Native American tribes, combines his own experience, work with tribal elders, and readings from folk tales to explain the significance of good- and bad-luck symbols to these tribes. For instance, the hummingbird is considered to be a good-luck messenger that can carry a person's prayers to the Creator; in contrast, the owl is considered a sign of bad luck and a messenger of death. In a clear and straightforward writing style, the author defines symbols such as the turtle, bear, and coyote for Karuk, Seneca, and Cherokee tribes. He also includes several chapters on how one can get in touch with animal spirits through active participation in ceremonies and establishing sacred places. There is a helpful index and accompanying sketches. Recommended for public libraries. Vicki Leslie Toy Smith, Univ. of Nevada, Reno

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#### **From the Back Cover**

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