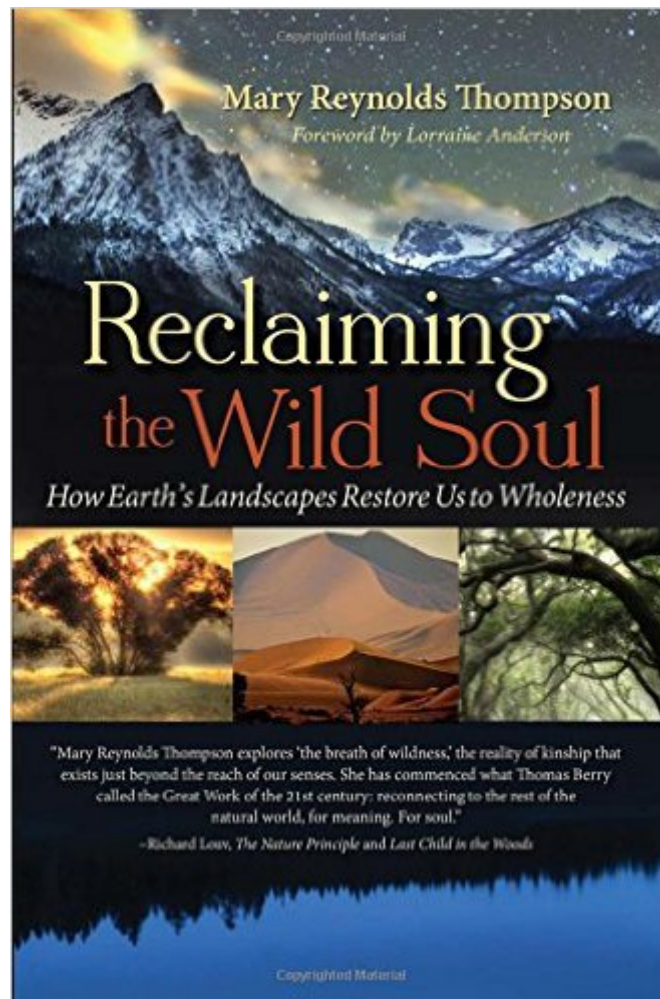


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Reclaiming The Wild Soul: How Earth's Landscapes Restore Us To Wholeness



Synopsis

Reclaiming the Wild Soul takes us on a journey into Earth's five great landscapes—deserts, forests, oceans and rivers, mountains, and grasslands—as aspects of our deeper, wilder selves. Where the inner and outer worlds meet we discover our own true nature mirrored in the Earth's wild beauty and fierce challenges. A powerful archetypal model for transformation, the 'soulscape' returns us to a primal terrain rich in knowing, healing, and wholeness. To guide our path, each soulscape offers up wisdom in the form of soul qualities the modern world often undervalues and even undermines. We see how deserts model simplicity and silence, how forests help us make peace with uncertainty, how rivers and oceans reveal the power of flow, how mountains inspire our highest purpose, and how grasslands teach us about giving back. Weaving personal story with poetry, imagery, and explorations, Reclaiming the Wild Soul is simultaneously self-help and a courageous call to action. It is written for all those disillusioned with our hyper-paced, high-tech world, who decry what we are doing to the Earth, who feel the tug of their own wild souls longing for discovery and mystery—a new, yet ancient, way of being human.

Book Information

Paperback: 160 pages

Publisher: White Cloud Press (September 16, 2014)

Language: English

ISBN-10: 1940468140

ISBN-13: 978-1940468143

Product Dimensions: 5.9 x 0.6 x 8.9 inches

Shipping Weight: 11.2 ounces (View shipping rates and policies)

Average Customer Review: 4.9 out of 5 stars— See all reviews (41 customer reviews)

Best Sellers Rank: #59,249 in Books (See Top 100 in Books) #40 in Books > Religion &

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Customer Reviews

In a world of technologies that ignore, conquer, and acquire Nature, we not only destroy the Earth but a part of ourselves that is connected to the Earth. We become unconscious of our true selves, asleep to our and the Earth's needs, and zombie-like in our routines. However, it is in Nature where we become conscious, awake, and alive again. In "Reclaiming the Wild Soul", Mary Reynolds

Thompson reminds us that while the man-made world may be the place of soul loss, Nature is the place of soul recovery. She reintroduces us to the very things that the ancients knew well, which we have forgotten: that there is a reason why they worshipped in sacred groves, found wisdom while sitting under trees, built temples on mountain tops, painted pictures and stored sacred scrolls in caves, and told stories of gods and goddesses who ruled the rivers, oceans, forests, and mountains. The ancients knew that these landscapes are soulscapes, alive with their own energies that infuse us, enliven us, sustain us, and awaken us from our slumbers. Moreover, Mary Reynolds Thompson does a superb job of drawing parallels between each stage of "the Hero's Journey", (i.e., the spiritual path that we each travel through life, as identified by the mythologist, Joseph Campbell), and each of the soulscapes, by showing how these journeys begin with the call to action in the barren desert, advance through the descent into the Underworld (i.e., the "dark night of the soul" beneath the watery abyss), and end in a homecoming of enlightenment in the open grasslands. Before reading this book, I had not fully appreciated the role that each of the landscapes/soulscapes play in the Hero's Journey and the alchemy of the soul.

Reclaiming the Wild Soul is nothing short of miraculous. As a lover of all things wild and free I am a firm believer in the power of place; that there is one particular place; one particular landscape that exists in which we are most able to feel the restorative power and voice that can only come from connecting to that from which we evolved; Nature. Reclaiming the Wild Soul offers numerous exercises which individuals can engage in that will assist in their own journey to find their true place. Mary urges the reader to keep a journal as a way to document their feelings and experiences so one can more accurately develop and mold their own journey to wild wholeness. I can personally attest to the strength and vision provided by keeping such a journal. Reclaiming the Wild Soul not only solidifies my long held beliefs; but has served to build upon them in ways I did not think possible. Mary's book has opened me to new concepts in addition to encouraging me to re-examine my current beliefs. I would challenge even the hardest skeptic to find fault and argument in Mary's words. I have read more than a few books from various authors including Bill Plotkin and Richard Louv (who are amazing and inspiring each in their own way) amongst others on this subject but for me, Mary Reynolds Thompson stands above them all. I do a lot of backpacking, primarily in the desert because through my journeys, I have discovered that the desert is my true home and where I feel most at one with Mother Earth. Mary's words have provided me the road map to more fully understand the desert and why I feel the way I do about a beautiful, yet challenging landscape that many regard as a desolate wasteland. My journey has led me to the

desert and has captured me heart, body, mind, and soul.

Opening this book was one of the best things I've done for myself all year. The moment I read the fluidity of author Mary Reynolds Thompson's descriptions of Positano, I knew I was about to read and digest a wonderfully-written book. I also suspected, and was proven correct time and time again throughout the sections of this book, that I'd connect with the message and sentiment of this multi-faceted self-help book. Actually, I feel that this is more like a soul-help book. The exploration exercises are attainable and simple, yet steps I'd not have thought to put into motion had Ms. Reynolds not broken down her feelings the way she has in *Reclaiming the Wild Soul*. I found myself grabbing a highlighter and marking up at least 75% of the book so I could easily reference some of my favorite ideas, or some of the ways my own feelings had been eerily articulated by Ms. Reynolds in a way that I had previously struggled to pen myself. The book is also planned in a very seamless way and the stages are set forth for the reader to be able to ease right into the book, as well as their interpretation of the paragraphs that follow. For instance, the Desert stage of the book spoke of how the silence and land barren of moisture can represent a blank slate. I never thought of the desert in this way before. It is logical and helpful to embrace what the desert really does represent: void of technology, absent of distraction and bringing you back to basic needs. What Do I Truly Need? This is a fantastic reset button. I would have thought the Desert equated emptiness and death, when I now relate to it as a way to connect with myself, to start thinking in an uninterrupted mindset. Simplicity. Mary states here that all of this is more beautiful because it is not an everyday event.

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