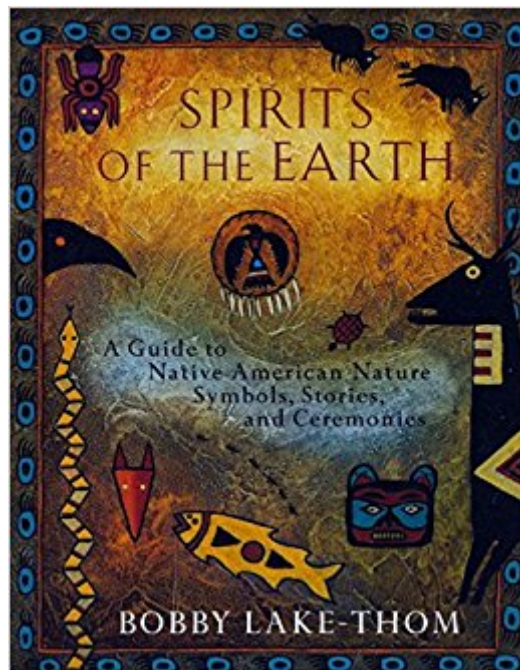




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# Spirits Of The Earth: A Guide To Native American Nature Symbols, Stories, And Ceremonies



## 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

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## Customer Reviews

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 Copyright 1997  
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“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.” Clear and straightforward.

•Library Journal

Fantastic book. I bought this for a child in foster care who wanted to learn more about his Native heritage. However, I discovered that my children and I loved this book. The simple and thoughtful explanations of how nature might speak to us in our daily lives was refreshing and enlightening. As one example, I used to have a hummingbird charm in my car and I found that the hummingbird in Native culture is associated with with healing and being a healer. I am in the healing and medical profession and this resonated with me. Please consider this book for your children who might also enjoy the symbolism of nature (think those kids who also enjoy the symbolism of literature and Greek mythology). This is a true treasure for your home.

What an incredible book! I learned so much from it and it was worth every penny I paid for it. It is

filled with useful information that sometimes seems far-fetched but when I started doubting, I'd remember just who wrote this book and remembered that this author is a holy man, shaman, medicine man, whatever you want to call him. He knows. He's been taught all of this since he was a child and has been brought up in the traditional ways. I took the time to do the exercises with the stories that were told and after I looked back at what I had written, it was like an epiphany. I had to read some of them several times, which he recommends you do anyway, and I was like, "I get it!" I was able to make the connection on most of them. A few of them, I am still thinking about. In the book, he talks about birds, animals, insects, reptiles and what they mean when you see them and how to handle them if they make a sudden, unwanted appearance inside your house. I will give you two examples of my own personal experiences: Just yesterday, I was standing out in my garage smoking a cigarette when a tiny little spider lowered himself into my line of vision. My first instinct was to give him a fatal thwack. But no. After reading that part of the book, I knew he might be trying to tell me something. Spiders are messengers so as insane as this is going to sound, I asked him what was going on. Of course, he didn't answer me but now I am looking for something that I may have blown off before. He lingered there for a minute then he went back up and I haven't seen him since. But not all spiders are good. Another thing that totally made sense to me is the section on cockroaches. Never in my life had I had to live with cockroaches until I bought this house and then they came into my house from next door after the exterminator had gone in there and done his job after the slothful people who'd lived there before had been evicted and moved out. We definitely had a problem with them so we called the exterminator...twice. He came and he did his thing and they were gone for a little while but then they came back but not as badly. We took matters into our own hands then and got ourselves some Roach Prufe and sprinkled that around. That seemed to do the trick, too. But while all of this was going on, people were coming and going out of our house and some of them weren't the good kind of people. Once we got rid of the bad people, the roaches went away. A few of them were friends of our sons and one was a person who just pretended to be a friend of my mine and my husband's. Once these people were out of our lives, the roaches were gone and we haven't seen any since. I took this book very seriously and I learned so much from it. I now understand the sacredness of certain places on Earth even though I had a great idea before. I understand how we are all connected which really wasn't a revelation to me but this reinforced it for me. I no longer think that animals are a step beneath us. They are our equals and they are our relatives and should be treated with respect. They will talk to you if you choose to listen. Nature will talk to you if you listen. I also understand some of the ceremonies and someday hope to make my own medicine wheel. I also want to dream creatively. All of this and more is in this book. Yes, I am

part Indian but probably not enough to make a big difference. But you don't have to be to understand this book. You just have to open your mind and your heart and be open to what's being said. Some will think it's hokey or just a big put-on but these stories have been passed down from generation to generation and have substance and standing. This is a life changing book and I know I will be referring back to it often. While I'm preaching this, I guess I would recommend Native American Wisdom, too. My oldest son is 11 and just got done reading his copy of Native American Wisdom and told me it was probably the greatest book he's ever read. Native American Wisdom is required reading for both of my sons when they turn 12 and I'm thinking I might be adding this book to their short list of required reading.

This is one of the greatest books I have ever read. Why? Because it speaks the absolute truth. Human beings are nature. As time passes Western society drifts farther and farther away from Nature. It saddens me that so many people do not understand how beautiful the world is and how sacred she is. Get off your gaming systems, get outside and listen/connect to Nature, like the way humans are suppose to live. I am so glad this piece of literature exists and the knowledge can be shared with everyone. I wish I could rate it higher than five stars.

Although I have limited Native American heritage, I feel connected from my soul. In this book, Robert Lake-Thom connects at a deep level and shares his spiritual connection on many levels. Like some of the other reviewers, I have some stories with some variance, and this tells me that it is true of humanity because we are all individuals and Spirit teaches us all in our own special ways. It is for us to accept our messages and lessons with an openness of the skies. I highly recommend this book and hope to meet Robert Lake-Thom one day.

Back to basics and working my way forward ... it's good to see that a Native American is willing to share some of his hard-earned knowledge with those of us not born into the circle. Thank You!

Especially like the honesty about how guides don't mean the exact same thing to all people - it's individual because you are creating a dialogue based on your own unique perspective... And that it takes a long time to study the language and you don't always know what a guide is trying to tell you. This is very comforting to know. So many people convince themselves and others that a fish in a dream always means this and a crow always means that. Oftentimes there is similarity but you'll have your own meaning for some animals and events. Love this topic.

Absolutely fabulous book. The author gives you great stories about his experience and lines up the book appropriately with his information. It has helped me tremendously because I see the Wolves that show me spirit. I hope to visit where he writes about. Everyone should understand how mother earth operates and how the animals always have a message to give.

It is a good book filled with interesting insights and short stories to include Native American legends and myths regarding all of the birds, animals and crawly things we share the earth with. The stories are to bring us knowledge to pass on to our children and grandchildren, much of which will be left to our own imagination as to the hidden meanings to life's lessons. I would have preferred to know the author's explanation and thoughts at the end of each short story. Some of the author's true life experiences are interesting but may or may not be believed by the reader. I do find myself talking to the birds and animals more and being more observant when coming in contact with them after reading this book...

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