



Becoming Rooted: One Hundred Days of Reconnecting with Sacred Earth

Randy Woodley

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Anthropocentrism and the untrammled exploitation of Earth's resources leads to climate and environmental crises, but *Becoming Rooted* charts an alternate path, prescribing a more sustainable, Indigenous American worldview of the natural and spiritual world and humanity's place in it.

Randy Woodley—a farmer, educator, former pastor, and Cherokee descendant—shares his deep understanding of the “community of creation” and the Native American “harmony way” across 100 pithy essays and anecdotes; each ends with meditative questions and ideas for action. These suggestions range from very specific, like going out to forest bathe or reading books about ancient cultures, to more abstract, like ruminating about one's hopes and dreams, and doing something tangible to reach them. The lessons build on each other to impart a holistic education that's doled out in accessible segments.

Much like a devotional, the book's simple yet profound language is practical and inspiring as it explores ideas of humility, humor, generosity, and other core Indigenous values, all of which underpin balanced, harmonious relationships with nature. Woodley also challenges his audience to explore their own cultural identities and become attuned to connections to land where they live and where their ancestors lived. He also details how the American dream is the Indigenous nightmare, working to upend dominant historical narratives and values. And he notes that remorse over violence and cultural genocide can be positively translated into allyship with Native people and environmental action groups, leading to true reconciliation.

Being Rooted's meaningful plan aims for a sustained shift in the ways that people think and live. It emphasizes regenerative “living with the land” to honor the sacredness of Earth and past and future generations alike.

RACHEL JAGARESKI (January / February 2022)

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