FOREWORD REVIEWS THE INDIE WE LOVE.

Body, Mind & Spirit

Kindred Spirits: Sacred Earth Wisdom
Jesse Wolf Hardin
Granite Publishing
978-1-893183-06-3
(December 31, 2000)

Hardin issues an invitation to get in touch with the "'rewilding of humanity'—the reconnecting of our civilized human consciousness, only about 10,000 years old, to the much older shamanistic-animistic-totemic worldview which our ancestors lived in for hundreds of thousands of years before." He introduces this concept as a shared energy among all sentient beings since time began or "when rocks rose out of water." Consciousness and practice of these ideals are imperative to healing the overcrowded and chaotic world.

Hardin is an accomplished author, speaker, artist, and spiritual teacher. In this, his fourth book, he visualizes his dreams for all mankind. He says: go on a quest, wake up, enjoy the here and now, experience every sight, sound, smell, taste, and feel of Nature. Although people often rebel against change, the author illustrates beautifully through personal narratives and ancient wisdom why emotional transformation is an amazing process and worth the effort. A seemingly negative happenstance often results in a positive pattern, for example, a nervous breakdown can open spiritual blocks. Hardin correlates this physical/mental growth experience with one of his theme analogies of burned-out fire, ash, and then rebirth.

The title is in reference to kindred spirits as "fellow manifestations of a living Earth." Drawing on the cellular or genetic memory level that all beings share will increase sense awareness, motor skills, and empower daily life. The twenty-two chapters focus on various animal species, including: puma, snake, condor, bear, and salmon. These stories are interspersed with esoteric chapter themes such as plant consciousness, Pan (the half man/half goat god), and the ecological and personal cyclic expression of dance.

This book does a remarkable job of heightening the reader's senses without being overbearing. Hardin lyrically and wisely communicates it is time to move, activate, and do a one-hundred-and-eighty-degree turn toward peace and harmony for the irreplaceable Earth and its indigenous species.

Tracey McVicar