



# Reclaiming the Wild Soul: How Earth's Landscapes Restore Us to Wholeness

*Mary Reynolds Thompson*

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*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” return 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.

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