



# JOURNEY TO THE ANCESTRAL SELF

The Native Lifeway Guide  
to Living In Harmony with Earth Mother

Tamarack Song

# **Journey to the Ancestral Self: The Native Lifeway Guide to Living in Harmony with Earth Mother**

by Tamarack Song

## **Contents**

ACKNOWLEDGEMENTS vi	Living Tongues 75	Elders—Keepers of the Ancestral Voice 137
I. Finding the Trail 1	The Other Voice of Language 76	The Grandfather and the Canoe 137
Introduction to the Series 3	Speaking Life 79	The Beloved Ones 138
These Books ... 7	III. People of the Old Way 81	IV. Attunement—Stepping Out of Time 141
... and How to Use Them 11	Introduction to Part III 83	Introduction to Part IV 143
Seeking Wisdom: The Guide as Raven 15	Clans and Conquerors 83	Sensory Attunement 145
Our Dilemma 15	Tribal Wars 86	Intuition 147
The Way of the Raven 18	Survival 87	Intuition Exercises 149
The Guide 21	Equality and Justice 87	The Primary Senses 150
Giving is Receiving 24	Seeds for the Garden 89	Touch 151
The Seeker 24	Hoop of Life 89	Touch Exercises 152
An Empty Cup 26	The Seven Worlds of the Hoop of Life 92	Shadowing 155
The Only Step 28	Hoop of Relations 94	Shadowing Exercises 156
Honor for Another's Path 29	The Four Circles of the Hoop of Relations 96	Balance 162
II. The Old Way Culture 31	Life Energy 97	Balance Exercises 163
Introduction to Part II 33	Love and Mating 100	The Secondary Senses 166
Who Are We? 35	Sisters of the Moon 105	Smell 166
... in Relation to Native People? 37	Honor Her Culture 105	Smell Exercises 167
The Old Way and Civilization 41	Moontime Power and Spirit 107	Hearing 168
A Comparison 41	Quest for Balance 111	Hearing Exercises 169
Where They Diverged 45	The Way of the Warrior 115	Sight 170
Old Way Primitive 46	Warrior as Guardian 116	Sight Exercises 171
The Sacred Circle 49	The Calling 117	Our Senses in Old Way Perspective 178
Tradition as a River 53	The Apprenticeship 118	Envisioning 179
The Awareness 53	Respect 120	Ridicule 179
The River 54	From React to Act 121	Mental Attunement 181
Time and Moons 57	Leaving Habit, Living Awareness 124	Mental Exercises 184
Moon as Sister 57	Brotherhood 126	Spiritual Attunement 187
Moon as Time 58	Honor in Conflict 126	Religion and Spirituality 187
Moon's Cycle 60	Children—Our Guardianship 129	Natural and Supernatural 192
Our Moon Cycle 61	In Family 129	Belief and Debwewin 194
The Moment 65	Caretaking 130	Spiritual Exercises 197
Time 69	Walking the Hoop 133	Circle Attunement 201
Speed 72	Walking Back in Childhood 133	Harmony in Discord 201
Deep Time 72		Coming to Oneness 202
Earth Language 75		Continuing the Journey 207
		INDEX 209

Deep within each of us is a person who dances to the Drum around the ritual Fire, a person who knows healing lore from times when plants spoke, a person who yearns for the peace and Blessings of walking again in the Balance of Our Earth—Our Mother. This Journey will bring us to the Voice of our own blood Ancestors from the time before time was kept. It will give us invisibility; it will give the grace of a ballerina to our walk and the fleetness of Dolphin to our swim; it will give us the Personal Power we now have but can't use. It will give us back our home and reintroduce us to Our Mother.

This book has no beginning. It is a glance at the flow and rhythm that brings past to future by being in the fullness of the moment. In the same way, this book has no end. The ends of the sentences are not for us, nor are the ends of the chapters or the end of the book. In the hollows of these words and the times after these periods, the Song of our Ancestors will be heard. When it happens, put the books book down and listen. It is precious time with the Elders, time we have been too long without. It is our birthright. It is also our sacred duty, as heir to our family's Memories. This book will be there when we return; don't let it get in the way of its reason for being before us.