



TURNING STONE Press

for immediate release:

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GRACIOUS WILD *A Shamanic Journey with Hawks* Stacey L.L. Couch

What writing professionals are saying...

"*Gracious Wild* is a remarkable and heart opening story. Stacey Couch shows us how our relationship with nature and the wild creates a bridge between the seen and unseen worlds. This is such a beautifully written book that takes us into the deep mysteries inspiring us to create a deeper and more profound connection with the natural world."

- **Sandra Ingerman**, MA, author of *Soul Retrieval* and *Medicine for the Earth*

"This treasure is a must for all that love nature and are intrigued by the shamanic way of living, whether new or experienced. There is nothing I love more in reading a book than to enter into the adventure of a great story and find myself profoundly affected by depth of emotion and experiential wisdom. *Gracious Wild* does this and more in a provocative story that weaves together the raw beauty of nature, the fragility of life, the yearning of the wild, and the sacredness of Spirit through the author's insights, healing, and travels through dimensions and worlds most people know only in their dreams. **This exquisitely written book warmly touches hearts and gives flight to the soul**, while offering opportunities for healing and cathartic release. Don't be surprised if *Gracious Wild* moves you to tears and helps you experience some spontaneous healing of your own."

—**Colleen Deatsman**, author of *The Hollow Bone: A Field Guide to Shamanism* and *Seeing in the Dark: Claim Your Own Shamanic Power Now and in the Coming Age*

"*Gracious Wild* illuminates how our animal allies are ever-present and persistent teachers; constantly whispering encouragement for us to unfold into the magnificent beings that we humans have the potential to be. With the detail of true 'mouse energy', Stacey's writing brings the winged-ones to life: seeing the feathers' colors, imagining the breeze created by the flap of a raptor's wing, feeling the presence of the soul of each marvelous bird. **A beautifully crafted tale of one woman's journey of awakening to the power of the visible natural world**, as well as the unseen, non-ordinary world."

—**E.P.I.C. Magazine** - Empowering People, Inspiring Community

"Stacey Couch's *Gracious Wild, A Shamanic Journey with Hawks* is a fascinating and tender account of her journey into healing which was aided and mentored by the intimate contact she shared with a series of venerable hawks along the way. **A highly recommended, beautifully written story of power and transformation:** a lens into a world not often seen or heard from."

—Kay Kamala, editor for *A Journal of Contemporary Shamanism*

"Since ancient times shaman have worked with the spirits of nature and *Gracious Wild* is an excellent narrative of this work in contemporary society. An intimate and authentic account of one woman's journey from science to shamanism, *Gracious Wild* also offers fascinating insight into the world of hawks and **brings inspiration of how everyone can discover grace from the divine spirits of the natural world.**" —June Kent, editor for *Indie Shaman Magazine*

"Simultaneously realistic and mystical, *Gracious Wild* weaves archetypal themes into the author's personal connection with the proud yet wounded birds of prey who changed her life. **Stacey's heart-warming, at times heart-wrenching narrative scintillates with possibilities the modern human mind normally embraces only in dreams.** Reading this soulful, beautifully-written book is a shamanic journey into nature's wisdom of renewal, empowerment, compassion, and hope."

—Linda Kohanov, author of *The Tao of Equus*, *Riding between the Worlds*, *Way of the Horse*, and *Power of the Herd*

"***Gracious Wild* is extraordinary** in how it shows the profound understanding and soul transformation that can come from inviting the mind to open to the natural world and to connect with it on a deep level. Stacey Couch beautifully describes her own journey and artfully weaves together her encounters in a way that accesses the draw our souls all feel to nature while also enrapturing our minds in the mystery. "

—Christa Mackinnon, psychologist, psychotherapist, counselor and author of *Shamanism and Spirituality in Therapeutic Practice*

"This is a uniquely passionate and powerful book that explores the deepest mysteries of connection within the expressive world of birds. The author's personal journey is so well expressed to enlighten the messages available when we open to this sacred connection. **This book will assist the reader in transforming their everyday** relationships with creation. Inspiring us all to honor, listen and protect our messengers of the divine."

—Melisa Pearce author of *Touched by a Horse Inspirational Deck (Whispers from a Horse's Heart)*

"Our ancient ancestors understood that sacred Nature and her plants, animals and birds were masterful teacher-healers. *Gracious Wild* is the powerful story of one woman's profound healing in the company of hawks. These birds' timeless wisdom, connection between the Earth and the Sky, and fierce vitality guide the author to embody her soul's truth and step onto the shamanic path. **This book is a perfect accompaniment for anyone's healing journey.**"

—Evelyn C. Rysdyk, author of *Spirit Walking: A Course in Shamanic Power*

"In a gripping memoir-narrative, Stacey Couch takes us on an unforgettable and seamless journey from the Dream World to the Real World, from the Scientific World to the Hawk World, from urbanity to wildness. Along the way, we become enthralled by the magic of synchronicity and the joy of spirit

mirrors. **In the madness of this modern world that we live in, I found *Gracious Wild* to be a gentle oasis of joyous and uplifting sanity."**

—**Jon Turk**, author of *The Raven's Gift: A Scientist, A Shaman, and their Remarkable Journey Through the Siberian Wilderness*.

ABOUT THE AUTHOR

Stacey L. L. Couch describes herself as a shamanic cowgirl who works as a publicist and journalist for Mother Nature. A pioneer at heart, she empowers people with the ability to explore life's big questions. She aims to show how to form a real connection with our own souls through the natural world. A life-long student of nature, she has a biology degree in ecology and conservation as well as a 2-year shamanic certification. Her home on a 38-acre ranch is in Pagosa Springs, CO. She offers shamanic healing and teaching services at www.wildgratitude.com.



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