



TURNING STONE Press

for immediate release:

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*A quest into the wild and important spirit messages
and soulful gifts gathered from animals while there...*

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

"*Gracious Wild* is a remarkable and heart opening story... 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*

"A highly recommended, beautifully written story of power and transformation."

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

"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*

"Stacey's heart-warming, at times heart-wrenching narrative scintillates with possibilities the modern human mind normally embraces only in dreams."

—**Linda Kohanov**, author of *The Tao of Equus* and *Power of the Herd*

Gracious Wild is the story of Stacey Couch's incredible journey out of the mundane world of science and reason into the vast shamanic realms of creativity and inspiration. Readers will travel on this intimate exploration of what happens when one woman allows the messengers of nature to guide her. These winged guides wrap her mind up in the mysteries they present, leading her to a richer, more fulfilling life.

Stacey's tale begins on an isolated island where, as a scientist, her main responsibility is to care for a couple dozen foxes in captivity. As a result of a series of ecological tragedies, the fox population is on the verge of extinction and a novel hawk species begins nesting on the island for the first time in recorded history. It is during her time watching the nesting hawks alone in nature that her real quest begins – a series of hawks become her guides; rousing life's biggest questions like "why am I here?"

Gracious Wild weaves Stacey's relationship with the hawks alongside her study of shamanism with a good deal of information included for those seeking more details about this spiritual path.

From the book:

"I was running from my own shadow, and through my fear; my shadow had the upper hand. This time I couldn't run. I had to solemnly live the nightmare. I relied on a grounding intuition that understood that this marsh, this fear, was only one portion of the island. If I could walk in, I could walk back out. There was no quicksand, no swallowing mud, only my annoying distaste for myself. The terrain changed. A gently sloping spine of ten-foot hills rose on both sides. Now my path was more defined. I looked up. A pair of piercing eyes stared back from a mysteriously dark, circular face. The hawk stood still, perched atop a bush, the shield of her cinnamon breast in full view. She wore a dark chocolate cape. *Is she a mirage or has she really allowed me to wander so close?* I felt a soft strand of hope spiral between us. The young harrier hawk looked like she had been standing there for centuries, waiting for me to pass. The intimacy of the snug valley was consoling. Then she turned her dark face to something over the crest of the hill, opened her wings, and lifted away.

Stacey's belief is, "that wild animals are trying to speak and interact with us every day. To listen to them is to listen to that which is divine within each of us. Their calls mirror our own inner calling to a greater purpose."

Gracious Wild offers a vivid and candid tale of a woman who loses then rewrites the meaning of her life at the same time showing readers their own humanity; how being open to spirit messages from animals can provide important and beneficial (life-changing) guidance.

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.



Gracious Wild: A Shamanic Journey with Hawks

Stacey L.L. Couch

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