We live in an uncertain, unsettling time of conflict, climate change and mass extinction of species. **Eco-anxiety** is a term which is now used to describe the experience of many who are deeply distressed about the effects of human activity on the Earth and yet feel helpless to make any meaningful changes to turn it around. It feels like watching a loved one die knowing you can do nothing!

Some say –‘Get out into Nature. Re-connect.’ And that is good advice. But for many there’s also something hollow in words like these. Like it’s just another thing to add to your ‘to-do’ list….

And it seems to me that it’s because there’s a much deeper problem that needs to be addressed first…. It’s like an electrical gadget that doesn’t work because the wire to the power-source has been severed. So you could try endlessly to get it working – but unless you restore the lost connection, it’s pointless. **And we have lost the connection….**

Earth-Croí is a 9 step path to help restore the lost connection. To reconnect to the Source.

Not through observation or academic courses or getting outdoors or camping or taking walks – as much as all of these things are great things to do.

This indigenous path of reconnection is about a **transformative experience.** An experience of reconnecting with your own inner wisdom, a deep re-membering, an epiphany of recognition – that we are all part of the unity that is one thing – LIFE!

Remembering your primordial, feral self; the deep memory of soul….and living out of that wisdom, seeing, awareness, consciousness.

Here in Ireland we are fortunate that the ancestral indigenous path is still discernible in the landscape, the ancient language and mythologies and the folk-ways of magic and community tradition – because Earth-Croí is an **ancestral path.**

**You may be reading this now and saying to yourself – ‘I feel no link with either Ireland or Celtic – so this is not for me.’** But something has brought you here. So, read on…

Because whoever you are, whatever age or stage of life, whatever you perceive your identity to be, wherever you live on this Earth – you have ancestors. Ancient ancestors, who lived close to the Earth and her cycles and seasons and their deep connection with the Earth generated profound wisdom about the seasons, the planets and constellations and the mysterious power of life.

Nor is this just about our human ancestry – but also about our **primordial connections** with the origins of life carried in our DNA. We carry deep memories that are as ancient as life itself.

And so, although my particular ‘take’ on this wisdom is rooted in my life here in the North of Ireland - the land and the ancient mythologies - at heart it’s an **Earth Wisdom**, holding commonalities to indigenous wisdom perspectives, whatever your genealogy or wherever you live.

**Read slowly…**

**Allow the wisdom to settle in your soul…**

**May it gradually lead you to new insights, new relationships,**

**New ways of sacred living….**

**Magic and joy!**