



Independent Expression Radio

Next Week's Guest

CATRIONA MACGREGOR

In this age of scientific triumph, our daily connection with the Earth has diminished alarmingly. People struggle daily with stressful jobs, trapped inside blank walls, staring at glowing screens when they could be outdoors, enjoying the beauty of nature and the connection with other living things. This detachment from nature can lead to all kinds of infirmity, from mental and physical disease, to a cavalier attitude about the environment.

In *Partnering with Nature: The Wild Path to Reconnecting with the Earth* (April 2010, Beyond Words) author Catriona MacGregor asserts that it is vital that we understand not only how important our role is in nature's sphere, but also how crucial nature's role is in our lives.

MacGregor, who leads vision quests and youth quests (www.naturalpathfinder.com), asserts that we need to go beyond traditional environmentalism to solve these pressing global problems. It is only by fully "partnering" with nature that we will find solutions, and this requires a shift in how we view our relationship with nature.

Partnering with Nature is a simple book with a powerful message illuminating the fact that our connection to nature, animals, and to the earth is a vital part of our existence. Like Richard Louv's groundbreaking book *Last Child in the Woods*, *Partnering with Nature* also declares that disconnection with nature is not only causing our environmental crisis, but in fact leads to stress and depression in adults, and obesity, attention deficit disorders, and apathy in children.

Partnering with Nature goes deeper into the problem to state that all people, adults and children alike, are suffering from a lack of contact with nature, and that this not only leads to ill health, but in fact, gives us a sense that something is missing in our lives. MacGregor declares that we will be able to solve problems, when we gain:

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- Greater awareness about who and what we are in relation to the Earth
- Understand the underlying connection between how we misuse our own energy and environmental ills like Global Warming
- Knowledge about how to live in harmony with nature in our day to day lives
- Information about groundbreaking inventions that can positively transform our world and solve problems like Global Warming
- A Deeper relationship to other living things, the plants and animals and the Earth, herself

The solution according to MacGregor is to “partner” with nature by introducing new ways of living and working.

A catalyst for positive change, Catriona is an authority on environmental trends in the United States and internationally. For the past twenty years, she led and supported conservation initiatives and environmental educational programs in Latin America, Eastern Europe, Asia, and the United States. She has been a voice for animals and wild places all her life.

Catriona is the founder of Awen Grove, an international non-profit dedicated to bringing the wisdom and inspiration of nature into people's daily lives.

Catriona is also the coauthor of *Healing the Heart of the World: Harnessing the Power of Intention to Change Your Life and the Planet*, along with Carolyn Myss, Jean Shinoda Bolen, Masaru Emoto, Fritjof Capra, Thich Nhat Hanh, et al.

She lives with her husband, Paul, son Joe, and many animal friends domestic and wild in Northern California.

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