



# Entering the Mind of the Tracker: Native Practices for Developing Intuitive Consciousness and Discovering Hidden Nature

*Tamarack Song*

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## **Entering the Mind of the Tracker: Native Practices for Developing Intuitive Consciousness and Discovering Hidden Nature** Tamarack Song

Training methods for tracking and wilderness observation woven into extraordinary real-life stories of intuitive animal-reading skills

- Explains technical tracking methods and observational skills such as shadowing and envisioning through the innermost thoughts of an accomplished native tracker
- Reveals how to track by expanding your awareness and consciousness to become one with the animal you are tracking
- Shares stories of tracking Wolves, Bears, Deer, Cougars, and many other animals

Stepping beyond the shape of a footprint and into the unseen story of the track, veteran wilderness guide Tamarack Song takes you inside the eyes and mind of an intuitive tracker, with intimate stories where Frogs show the way out of the woods, scat reveals life histories, and Bears demonstrate how to find missing people.

Drawing from his years of surviving in the wild, apprenticing to native elders, and living with a family of wolves, Tamarack reveals how to achieve a level of perception like that of aboriginal trackers by becoming one with the animal you are tracking, whether Fox, Deer, Coyote, or Cougar. Sharing his innermost thoughts while following track and sign, the book's adventures merge technical tracking methods with skills such as shadowing and envisioning, while demonstrating animal-reading skills considered outside the human realm. The author explains how to expand your awareness--to learn from nature--and tap in to the intuitive tracking consciousness each of us has inherited from our Paleolithic ancestors.

Through his stories from the trail, Tamarack shows the art of tracking not simply as a skill for hunters and naturalists but as a metaphor for conscious living. By exploring the intricacies of the natural world, we explore not only our connections to the world around us but also our internal landscapes. We learn to better express ourselves and listen, meet our needs, and help others. Intuitive tracking provides a path to finding ourselves, becoming one with all life, and restoring humanity's place in the Great Hoop of Life.

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