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Dear traveler of inner and outer worlds,

We are very happy that you said YES to the calling of Natural Minds. We are honored for having the opportunity to be together in Romania, in the mountains, for the Natural Minds Program (Wild Mind Intensive). 25 people, from more than 6 countries will join for 6 days, for exploring the mysteries of nature and psyche.

This newsletter aims at introducing you to some of the concepts and ideas on which the program is based. Maybe you are already familiar with them, but we still want to invite you to go deeper in understanding such a vast realm that is eco-centric/soulcentric human development.

So, we are going to recommend you some materials: videos, articles, books, which could help you prepare more for the program, in order to benefit more from what is going to happen. Take your time and "study" as much as you can, as much as you feel like.

We will send you other newsletters in the coming weeks. Some that focus more on your own personal process, some that are more practical.

This is the first one and enjoy it. Don't worry if it might be too long. We just wanted to include everything in one place and from here you can explore the things at your own pace.

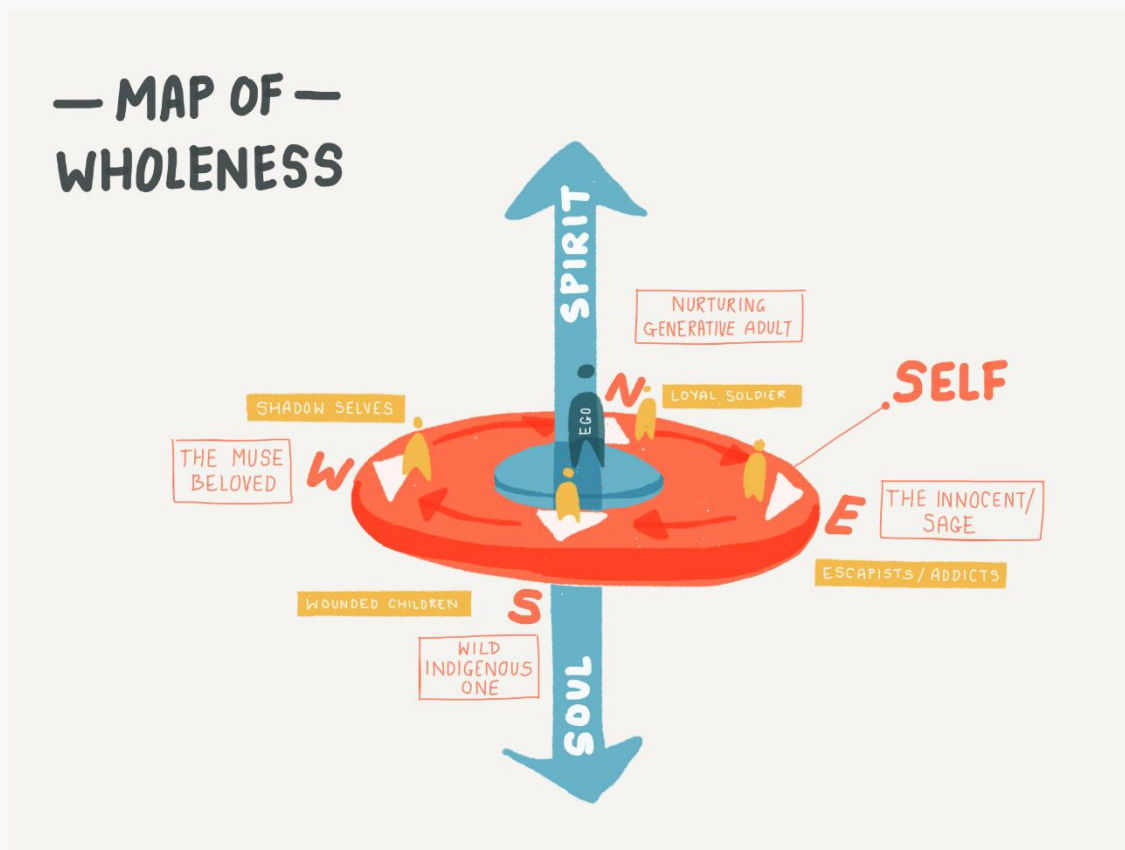
Feel free to write us back, if you have questions or things that need to be expressed.

Thank you,

The team

Here we go...

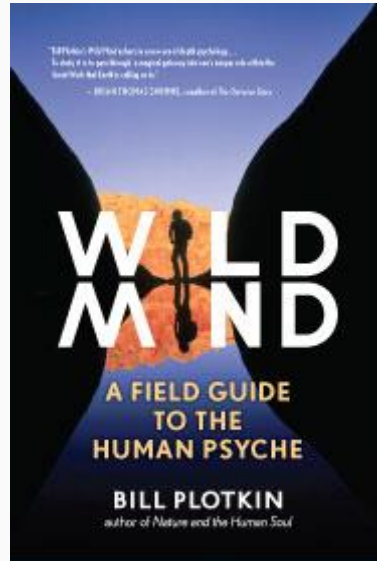
This map is the backbone of the work we will be doing during Natural Minds.
The map is largely explained in the Wild Mind book.



Recommended books

These are the three books written by Bill Plotkin.

It is good to know that the 1st chapter from Wild Mind and Nature and the Human Soul are available on the websites of the books. By clicking on the buttons under the books you can reach the 1st chapters.



Natural Minds program is based on this book.

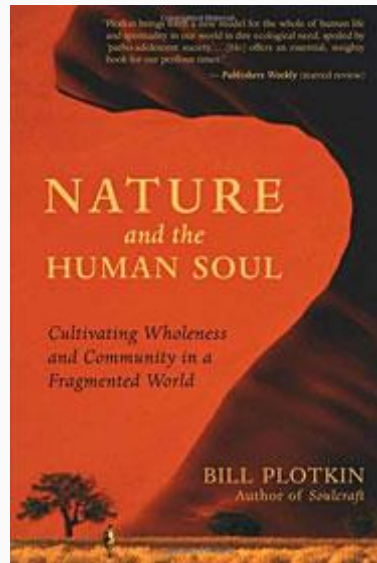
We are going to explore and work with the concepts of this book.

So, we strongly recommend you to read it.

You can find more details, activities and materials at this

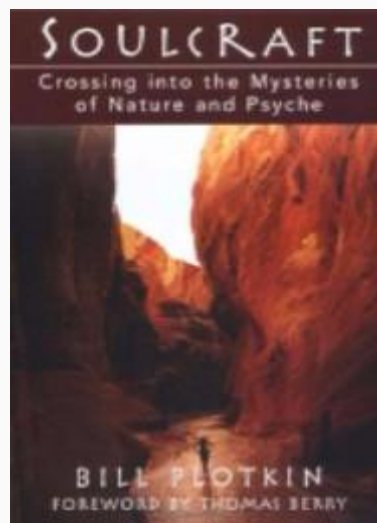
link: <http://www.wildmindbook.com/>

[Read the first chapter for free](#)



If you can have a look on this one, it would be great.
You can find more details, activities and materials at this
link: <http://natureandthehumansoul.com/newbook/>

[Read the first chapter for free](#)



If you can have a look on this one, it would be great.

Recommended videos

These are some very interesting and useful videos, with presentations made by Bill Plotkin.

Starting with minute 32', Bill Plotkin is presenting the main concepts of his work. This is a great overview of the work and approach of Animas Valley Institute.

Time needed: 50 minutes



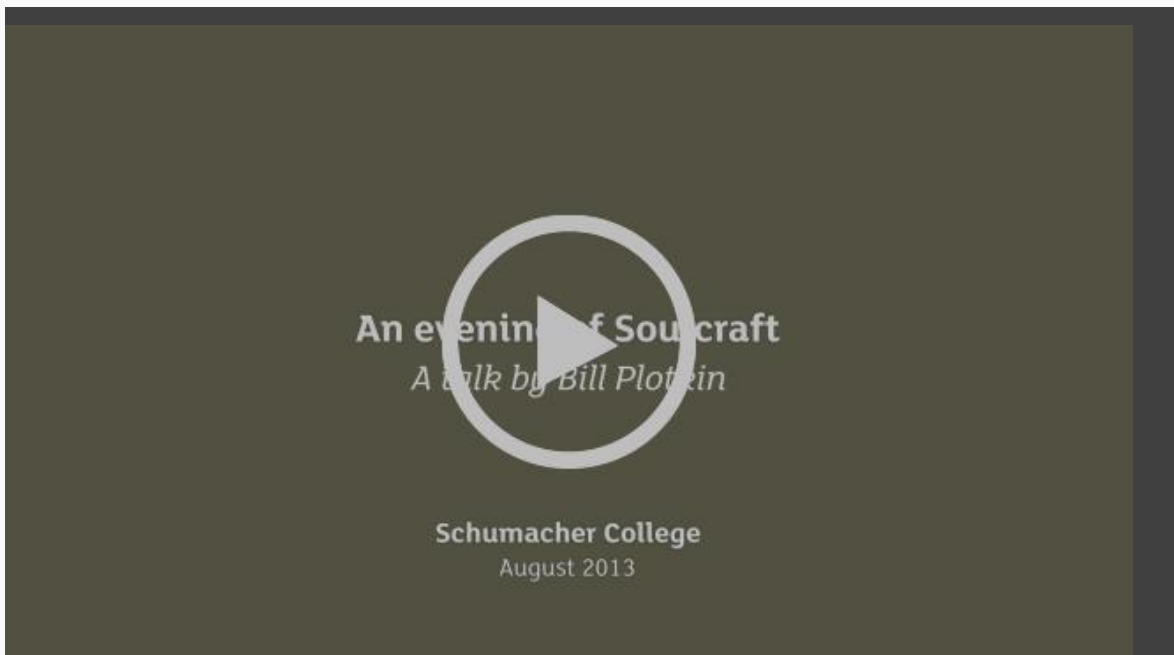
In this presentation Bill Plotkin is explaining the 4 facets of wholeness, our inner resources. These are fundamental elements for our program.

Time needed: 13 minutes



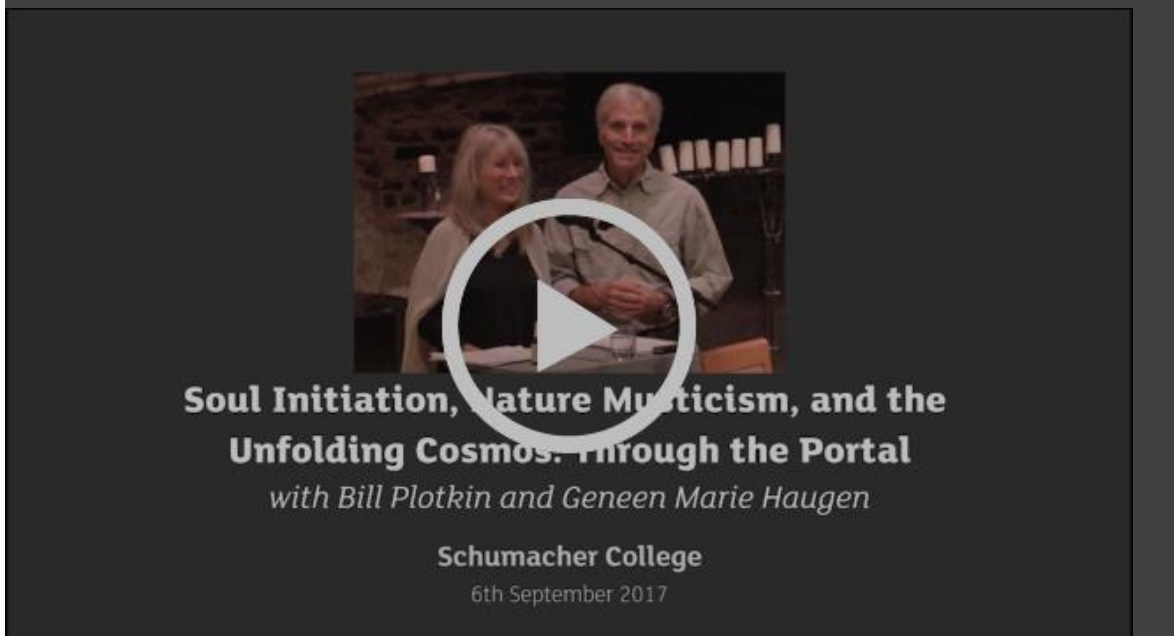
Bill Plotkin offers some imaginative possibilities for cultivating a greater affinity between the breathing, inter-dependent patterns of nature and our human participation in a world brimming with intelligent presences.

Time needed: 33 minutes



A great talk for understanding the Soul and Soul Initiation, through the personal stories and examples of Bill Plotkin.

Time needed: 1 hour and 35 minutes.



If you want to get deeper in the topics and eco-centric approach, you can access the audio talks, read the articles and letters written by Bill Plotkin, directly from the web of Animas Valley Institute, at this link: <https://animas.org/about-us/our-founder/>

POETRY SECTION



THE JOURNEY - BY MARY OLIVER

One day you finally knew
what you had to do, and began,
though the voices around you
kept shouting
their bad advice — — —
though the whole house
began to tremble
and you felt the old tug
at your ankles.
'Mend my life!'
each voice cried.
But you didn't stop.

You knew what you had to do,

though the wind pried
with its stiff fingers
at the very foundations – – –
though their melancholy
was terrible. It was already late
enough, and a wild night,
and the road full of fallen
branches and stones.

But little by little,
as you left their voices behind,
the stars began to burn
through the sheets of clouds,
and there was a new voice,
which you slowly
recognized as your own,
that kept you company
as you strode deeper and deeper
into the world,
determined to do
the only thing you could do,
determined to save
the only life you could save.

Thank you and enjoy the newsletter.

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