For the ancient Celtic seer, the babbling of the stream, the swaying of treetops and the foraging of animals are all brimful of deeper meaning. This book describes the visionary, nature-based techniques of old, explaining how to nurture ancient wisdom and prophetic skills in ourselves so we can live in harmony with each other and with the earth, and enjoy profound insight and understanding. Exercises include working with dreams, cultivating a connection with the faery folk, entering into the consciousness of the natural features around us, and reading omens and signs in the symbols we encounter through the day.

Caitlín Matthews is a world authority on Celtic wisdom. Her shamanic vocation emerged early in life in an ability to sing between the worlds and to embody spirits. She specializes in teaching traditional European spirit-consultation oracles, in which the diviner draws directly upon the spirits of nature for answers. Find out more at: www.hallowquest.org.uk