**Book Report**

**Braiding Sweetgrass**

**Indigenous Wisdom, Scientific Knowledge and the Teachings of Plants**

**By Robin Wall Kimmerer**

“As a botanist, Robin Wall Kimmerer has been trained to ask questions of nature with the tools of science. As a member of the Potawatomi Nation, she embraces the notion that plants and animals are our oldest teachers. In Braiding Sweetgrass, she brings these lenses of knowledge together to show that the awakening of a wider ecological consciousness requires the acknowledgement and celebration of our reciprocal relationship with the rest of the living world. For only when we can here the languages of other beings are we capable of understanding the generosity of the earth and learning to give our own gifts in return.” (Information from cover)

‘Robin Wall Kimmerer writes about the natural world from a place of such abundant passion that one can never quite see the world the same way after having seen it through her eyes. In Braiding Sweetgrass, she takes us on a journey that is every bit as mythic as it is scientific, as sacred as it is historical, as clever as it is wise.” (Elizabeth Gilbert, author of Eat, Pray, Love)

I found this book intriguing and informative as it led me to much reflection about my own appreciation of nature. Her stories are homespun and interesting and her scientific knowledge is factual and fascinating.

Each chapter winds around and aspect of sweetgrass, a foundational plant to our world and her perspective. Her underlying philosophy of the balance between scientific knowledge and mythical meaning is constant throughout the book. She speaks of the importance of ceremony and says” ceremony focuses attention so that attention becomes intention.” Good thought.

This book is a good read for our times.

Mary Dove