



Q: Do you see yourself writing a subsequent book, perhaps a novel?

A: A Novel!?? That's the best compliment I have had in a LONG TIME!! Thank you...

I have started on another book about the sacred tasks of mothering. It starts with an exploration on fertility and what I know from my own challenges in conceiving and birthing children inside the lens of Craniosacral therapy and Energy Medicine. Alternative and ancient practices informed me the entire way and were the best preparation and support I could have ever hoped for.

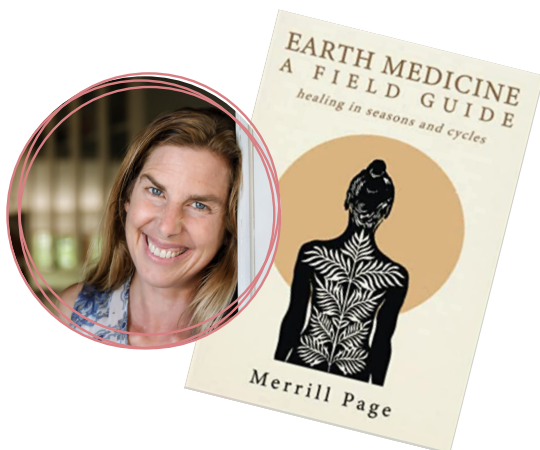
My first child was conceived with the help of modern hormone treatment, and I like to joke that I kept having babies just to prove that I could. So this topic is near and dear to me. And with what we are witnessing in increasing infertility rates across the globe, socio-economic backgrounds, and cultures, the topic is ripe for exploration and exposure.

I think we all know someone who has suffered a challenge in the process of wanting to or birthing a baby. Women's health, for me, can not be separated from these epic tasks and transitions, and I have A LOT to say about it!!

Q: I love the feel of your book. Was it challenging to write openly about your personal experiences?

A: Allison, Thank you. It means so much to me to hear that. It is so personal and probably reveals my many years of practice journal writing. I had to keep a journal as a 12 year old when my mother took us out of school to travel through Europe. So I learned to value, even treasure my own reflections on what I lived.

Bringing this level of intimacy to a book, however, is an entirely different level of sharing. I learned as a student of English and Spanish Literature at Stanford that it is the intimacy of the characters in the story that really draws the reader in. A reader needs to be



Q: What did you learn about yourself writing *Earth Medicine*?

A: I learned that writing my story is deeply therapeutic and provided insights about how we heal and grow that I would not have accessed without writing. The process of telling a story into open space, even a true story, allows the imagination to unfold. It ignites creativity and begs for deep listening. This listening is where magic and intuition live. So I learned or remembered just how much writing feeds and inspires me, brings me joy and a sense of purpose. I learned that my own sense of peace and even femininity is tied to the process of writing. And casting my own stories of loss and heartbreak into a framework of hope and light is medicine for myself and hopefully my reader.

able to relate, to see themselves inside of the characters they're reading about. They need to feel what I am feeling. Nothing less than human tragedy and emotion is enough to achieve this, I think. So I went with that.

Then, the topic of separation- So many people today are suffering from families coming apart. I see it as the original wound one suffers leaving the grace of pure Spirit when they are conceived, then born playing out in our lives. It's epic and universal and one thing worth writing about. But it has to be real and relatable, not abstract. As I see it, we are literally living it in our modern lives now as much as ever, this archetypal wound of separation- from God, from Nature, from self, from home and family. So I think it's important to offer real stories with insight, hope, solutions and feeling as people try to find their way.

Finally, there is the piece we emphasize in Craniosacral therapy and in the healing world about vulnerability. Vulnerability, letting ourselves be witnessed in our most tender moments, is essential to fleshing out and becoming who we are. It's foundational to claiming or reclaiming our personal power and ultimately healing whatever ails us. So I think it's helpful to tell stories that show how this is done. It gives others permission to do the same. This is where beauty and humanity live. If this is what I live for, then I have to create something that both embodies and reflects that, as I've tried to do in this book.

Q: You include many recipes, which one is your favorite go-to?

A: My favorite go-to. Hmmmm. Can I choose one per season!? Ha!

One of the aspects of healing/being I try to emphasize in the text is how important it is to move with the external influences of the seasons. Like nature, we have cycles and temperatures. The more we attune to those, the better we are nourished. So with winter we'll want to eat more protein rich, slow-cooked, stewed or roasted dishes; and with summer, more

raw, fresh, fruit and vegetables.

2 favorites would include:

Protect me Green Apple Parsley Dressing p. 122

Make me Hum Jasmine Tea p. 80

The Jasmine Tea is super simple- you don't really need a recipe. My intention here is to show the reader how simple true nourishment can be.

And the Dressing- parsley is so robust and grows from summer into fall, and here in California even winter. It's loaded with minerals and has all of the benefits of being green. This includes supporting the blood, both nourishing and cleansing, and the heart, if only on an energetic level. I love it and always was bothered that it came as a garnish on my plate growing up!! This recipe makes it center stage, harvesting its health attributes while making it palatable to people who don't like it. The green apple is purifying, a little sweet and a lot tart, to off-set the salty, herbal taste of the parsley. And cayenne to give it a kick, plus support the body with immunity and inflammation. This is amazing for allergies, chronic colds, digestive challenges etc.


Finally, it's delicious. It brings a salad together and to life, or makes eggs taste happy and alive to me. It's good by the spoonful for a toddler or child, or as a dip with cucumbers in the afternoon or before dinner. So it's versatile, functional and healthy.

Q: What happened to your moccasin business?! That felt nourishing to your soul.


A: Moccasin Making- yes!! Truly nourishing to my soul. I love that you discern that. Of course bringing Ruby into the story here gives it that level of intimacy and connection I am always craving, so I think that colors the story. The truth is that making moccasins is really hard- well, hard on my hands!! It was an occupational hazard to be doing dishes and running warm water over my hands then holding a metal needle and driving it through elk and buffalo hides hundreds, thousands of times.



I did train people to help me, but when time came for them to go, the loss was huge. Moccasin making is an art and talent- not everyone has it, and then, finding the right people and training them is required. So the business was all-consuming and of course, I have 4 children and love to write. Then a career practicing healing arts and Craniosacral therapy. Soooo, I had to make a choice.

Ruby is teaching moccasin making. And we still have all of the materials under the house and a short menu at www.IntoTheWildWay.com 

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