



literature and the ecology literature. It offers an innovative model for fulfilling the "ecological circle" between humans and nature with three action dimensions. These are self-care by being intentionally nurtured by nature; spiritual enrichment by enjoying the transcendent Spirit in nature; and responding by nurturing nature more responsibly and lovingly. The theories and practical applications presented in the book come together to explore long-overlooked issues at the boundary between human health and the health of the natural environment. Psychotherapists, health professionals, and teachers; pastoral counselors and other clergy who counsel and teach; laypersons who are parents and grandparents; and individuals and groups interested in environmental issues will find *Ecotherapy: Healing Ourselves, Healing the Earth* essential for approaching the long-neglected earthy roots of the total human mind-body-spirit organism.

A visionary ecopsychologist examines the rift between human beings and nature and shows what can be done to bring harmony to both the ecosystem and our own minds. ¶ Shows that the solution to our ecological dilemma lies in our own consciousnesses. It is becoming more and more apparent that the causes and cures for the current ecological crisis are to be found in the hearts and minds of human beings. For millennia we existed within a religious and psychological framework that honored the Earth as a partner and worked to maintain a balance with nature. But somehow a root pathology took hold in Western civilization--the idea of domination over nature--and this led to an alienation of the human spirit that has allowed an unprecedented destruction of the very systems which support that spirit. In *Green Psychology* Ralph Metzner explores the history of this global pathology and examines the ways that we can restore a healing relationship with nature. His search for role models takes him from shamanic ceremonies with the Lacandon Maya of Mexico to vision quests in the California desert, from the astonishing nature mysticism of Hildegard von Bingen to the Black Goddesses and Green Gods of our pagan ancestors. He examines the historical roots of the split between humans and nature, showing how first sky-god worshiping cultures, then monotheisms, and finally mechanistic science continued to isolate the human psyche from the life-giving Earth. His final chapters present a solution, showing that disciplines such as deep ecology and ecofeminism are creating a worldview in which the mind of humanity and the health of the Earth are harmoniously intertwined.

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