

EARTHKIN NEWSLETTER

A STORY BY KYLE KOCH FROM THE TRACKING GUILD

When you find a deer in the lake, do you eat it or leave it?

A small group of us during the Winter Tracking Guild decided to paddle across Anderson lake on one of our day excursions. We saw a strange log floating in the water. It turned out to be a young deer likely born in the spring of the past year. It had rigor mortis, which is something that only temporarily lasts, so we assumed it was somewhat fresh. After opening it up, we found this was indeed the case. There were no wounds or any sign of decay.

We decided to process this deer and brought back some meat for the tracking guild and left the carcass with a game camera to see what critters may come to feed upon it. We can't be certain of how this deer died (did it slip off a cliff or get chased into the water?) but its' story lit up our imaginations.



EARTHKIN GATHERING 2024

DATES SET FOR JUNE 28 TO JULY 5

We'll be gathering again around summer solstice for a week from Friday June 28th (arrival) until Friday July 5 (departure). Mark your calendars and join us as we practice ancestral earth-based living skills together. We'll send you details of how to pre-register starting February 1st in the next newsletter. Only 105 tickets will be available this year so make sure to stay tuned!



ANCIENT FUTURES

PART 2 OF A 5 PART SERIES

BY ELENA PETERS

What does it mean to practise ancestral skills in modern times?

Almost a year ago I came out of an experience that changed my life. I spent a year living on the land in the Great Lakes region in Wisconsin with a small group of people connecting to ancestral land-based ways of living. Since then I've been trying to integrate two different worlds - the ancient and the modern. How can I live in the natural rhythms and function in modernity? Sometimes that question feels hard to reconcile.

Life in the forest is simply beautiful. When it gets cold at night, I make a fire to be warm. When it gets dark, tiredness creeps into my limbs, so I sleep. When it rains, I search for shelter to keep my layers dry. When I'm hungry, I go out fishing. And if it's too windy to go out on the water? Well, I guess I will eat only greens. The fish will be even more tasty anyways the next day. I do everything I can to be comfortable. *Comfort is the key to being out in the bush for longer periods of time.* And these daily choices to create comfort make me feel alive.

Returning to our modern world and having all the comforts available all the time, I realized I needed to practise the opposite - *to get out of comfort.* My human laziness traps me into the warmth that four walls and a wood stove provide. I feel resistance to lighting a bow drill fire outside. But if I manage to overcome this self-inertia, perhaps by walking into the cold night to make a coal and sit by a hot burning fire under a starlit sky, I feel alive again—connected.

There are many ways we can create this connection of getting out of comfort in our day to day modern living. But first, you have to allow yourself to feel the raw emotions that accompany discomfort and that make the whole body radiate. Try letting your stomach grumble before asking for nourishment. Only then a rich meal will light up your soul. Choose stillness and solitude to allow sadness and grief to surface out of modernity's 'always doing' mode. Share and be witnessed in these emotions. Speak from the heart and be vulnerable. See and be seen. Connect to the taking and giving that grants us our existence.

These are some of my practices which connect me to ancestral living. That's how we used to live. That's how I feel most alive. What is it you do to feel this ancient aliveness?





WINTER TRAVEL FOR YOUTH

MARCH 17-23, SPRING BREAK BACKPACKING TRIP

Join us on a 5-day expedition through the mountains. Route find your way off trail with a tight group of peers. Practise winter wilderness living skills. Learn to read the track and sign of animals in the snow.

[FIND OUT MORE](#)



BUSHCRAFT 101

MARCH 29-31, 2024

Join us for a campout weekend and gain fluency in some bushcraft skills and powerful core routines of nature connection. Email us below for details.

[EARTHKINLEARNING@GMAIL.COM](mailto:earthkinlearning@gmail.com)



VISION QUEST

OPPORTUNITY THIS SUMMER

Earthkin Gathering instructor Alex Maleck will be guiding a Vision Quest from July 27th-August 3rd, 2024 on Anderson Lake. For more details email Alex directly.

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