



NANCY: I am so happy to share these letters I've received from the Earth in the form of a published book. When I received the first letter, I was delighted. As the letters continued to come, I have been encouraged, moved and enlightened. I hope they will be helpful to you as well. I know it's a little strange. My husband says I write the letters. I do, and I don't. I feel like they come from beyond me, from God, really. They take me beyond where I'm at into a new frame, a new perspective. They call me to live life fully and speak for the Earth. Thank you for your interest!



KATHARINE: Nancy keeps us laughing, doesn't she? I know this book is a little bit much for me as an intellectual, but yet the message to dance I find so remarkable. You know when I got shot in Nancy's first book, I had an epiphany and I've been dancing a lot ever since. That message of the book really resonates with me. If you get a chance to sit it out or dance, I hope you dance!



ABIGAIL: I love this book! Gaia's words really resonates with me. Thank you, Nancy, for taking the Earth so seriously and sharing your own story, too. I think I have a lot in common with Nancy. I, too, am so concerned about climate change, and so in love with the natural world. As a long-time environmentalist, this book speaks to me. I find it so encouraging and helpful.



MOLLY: Well, I liked the part of this book where Nancy was walking with her friend, Chris, during her cancer journey. The Earth helped Nancy do the important things with Chris, I think. Also, being a cancer survivor myself, the messages to live in the moment, savor the food and the people, to get outside, to really live, spoke loud and clear to me. I am thankful for each day now.



PRISCILLA: Is Nancy trying to write a new Bible? Does the Earth really write letters? I'm not sure about this lady, sometimes. She says she thinks it's God. Can God write letters? Well, there are letters in the Bible, but that's different.



JANE: This book caused me to pull out my bucket list. Ladies, do you want to go on a safari next? Maybe we can take in the West African coast to finish up our Roots journeys and then go visit Ellen's Gorilla Sanctuary. I want to ride an elephant and have breakfast with giraffes. And, as a Republican, I like this market based approach to dealing with climate change. Inspiring book, Nancy!

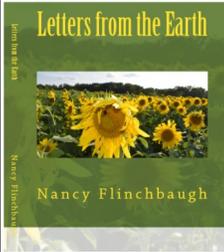


SALLIE: Did you know I'm in this book? Or, well the real-life person, on whom my character is based, went with Nancy to the beach. You can read all about it in the tales of Heidi. I enjoy these letters. Nancy read the letters she was receiving to us during that trip. We all liked them. Of course, I also liked that she tried out my approach of feeling One with the beach, and the Earth affirmed that, too. It's quite an experience to be a character in a book. Do you want my autograph?



Discussion Guide

About the Book



Book Title: Letters from the Earth

Author: Nancy Flinchbaugh

Published: 2018, Higher Grounds Book and Media

Author Website: spiritualseedlings.com

Facebook: www.facebook.com/NancyFlinchbaughAuthor

Questions for Discussion

1. What were your general impressions of this book?
2. Nancy started to receive these letters from the Earth because of her concern about climate change. What are you thinking about the changing climate these days? Is it something you are trying to address, personally or politically? Why or why not?
3. One thing the Earth told Nancy is to applaud and thank those working for the Earth. Who do you admire who is taking action for the Earth? How can you thank them?
4. Another message from the Earth is to dance. Is dance a part of your life? Why or why not? Do you think it's a positive activity in your life? Why do you think Gaia wants us to dance?
5. Joanna Macy's book *Active Hope* inspired Nancy, and suggested writing a letter to yourself from the Earth. What environmental books have you read that have inspired you?
7. What was the message in this book for you? Read Nancy's letter to the reader again if necessary to remind yourself of the themes of this book.
8. Read over the MAMs comments on the book. Which of them do you most agree with and why?
9. In what ways, if any, will this change your life or perspective?

On Instagram: [Flinchbaugh.nancy](https://www.instagram.com/flinchbaugh.nancy)—Look for posts with a quote from each Letter from the Earth and a color photo of the black and white photos in the book

On Spreaker.com: Check out the Nancy Flinchbaugh's Show for audio versions of the letters from the book and additional letters she's received since. (<https://www.spreaker.com/show/nancy-flinchbaughs-show>)

On Nancy's website: Read additional letters (<http://www.spiritualseedlings.com/home/letters-from-the-earth-index/>)