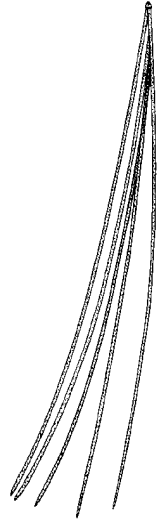


SCOUTING

Indah is the Apache word for their people meaning 'the living'. To the Apache to live was to Scout, to be the seer not the seen, to move like the shadows, to possess an interactive map in your mind with every detail of your territory, to embody the skills of the stalk and touch wild animals or to up and run 100 miles without stopping. As unbelievable as these skills sound, they are real. 200 years of cultural oppression nearly annihilated the hidden skills of the Scout, in fact the Apache began referring to themselves as Indeh 'the dead'. But that is now changing, The Sacred Skills are once again returning to the Human Family and the Apache are finding life again. The Scouting Guild is an exhilarating one, but be warned, it will completely change the way you think, act, move and live.



White Pine Youtube Scouting Guild

https://www.youtube.com/playlist?list=PL6cF8eGs4ZB4_QJcSQZ5_-zKFEj3o6am



touch squirrel

Invisibility is the essence of the Scout. When you spend some time observing animals you will find that sitting still is one of the most powerful things you can do in the forest. Whether you are predator or prey, to move causes a big disturbance, if you can still your body your mind will follow and before you know it you will become invisible. Maybe not literally invisible, but pretty close, when you are in this state you will see all kinds of things. In fact, all of my best sit spot stories come from experiences like this when I was sitting so still that a squirrel ran straight for the tree I was sitting next to, he leaped into the air flying right for my face. I had to duck to avoid getting clawed. I'll never forget the look on his face as he peered down at me from the branch above, he was shaking so much that he peed and I had to roll out of the way.



A few weeks later I was able to stalk up and tug his tail. The animals in your sit spot may not be pleased that there is a Scout joining their ranks, but you are doing them a favor, as Awareness is the greatest gift an animal can have.

Tier 1

Present your Scouting EDC (See Shadows Packing and Caching Guild)



touch groundhog

Groundhogs are really cute ground squirrels. They go into torpor for sometimes 6 months out of the year so you'll have to plan a stalk in the warmer months. If you track their dens you can do a sit spot on one of their runs. If you are patient they will walk right by and you can let your fingers brush across their back.

Start weaving animal forms into your training.

dog nose

The first animal form we teach to raise your awareness and hold a quiet mind is Dog Nose. Smell is a very ancient sense that can take you back to a more natural state of consciousness. Simply close your eyes and imagine a long nose growing out of your head. Imagine that, like a dog, you can smell 100 times more than a human. Imagine all the information floating around on the breeze or infused in the soils and plants. With your eyes still closed, note all the different clues your mind is receiving through your dog nose. Pick up a rock or a pine cone or a handful of soil and hold it to your nose. Try taking quick short inhales as well as long inhales as you sweep your head across the breeze. Practice dog nose daily and you will gain incredible powers of awareness.

deer ears

The next animal form will expand your bubble of awareness beyond any other sense. Simply close your eyes and imagine your ears are stretching up above your head like deer ears, now listen.... listen for the quietest, most distant sound you can hear. Visualize the entire field of sound that you can hear, it may stretch over a mile in all directions. This quiet mind with heightened awareness is where all the animals reside.

raccoon hands

The next animal form incorporates the largest organ in your body, skin. Close your eyes and take a deep breath, lay your hands down onto the earth and feel the sensations of soil, plant, moisture and temperature. Feel with the skin on your face the direction of the breeze, the humidity or dryness, the sunlight or shadow. Allow all of this information to enter your mind. Notice the difference between thinking and awareness. This animal form really compliments the conscious body meditation.

Tier 2

Present and demonstrate your Scouting GoBag. (See Shadows Packing and Caching Guild)



touch rabbit

Stalking Wolf said, “To touch is to know”. Read the chapter in the book *The Tracker* about when Rick and Tom stalked a huge rabbit for weeks. If that doesn’t inspire you nothing will. Here are a couple more animal forms to help.



owl eyes

Owls have truly exceptional vision, open your eyes wide and imagine that they are bulging out of the sockets like giant owl eyes.

Hold your arms out to the sides and wiggle your fingers so that you can see both hands in your peripheral vision, now slowly move your hands to the very edge of your field of vision and finally outside of your field of vision, you should be able to see in a 180 degree field in all directions, perhaps a little more. Allow your vision to become soft, not focussed, with an awareness of your peripheral above, below and on all sides. Notice how sensitive to motion this soft vision is. If practiced daily owl eyes will have unimaginable effects on your awareness and your mind. It can even awaken primal feelings of joy, even grief that you never even knew you had. So be careful, this is the most powerful animal form we teach.

fox walking

At your sit spot, take off your shoes, hold your stomach slightly firm, roll your pelvis slightly forward like a dog tucking his tail, bend your knees slightly, hold your shoulders back with your chin slightly down. Now imagine that you are a waiter with a tray full of glasses filled to the brim. Glide along with minimal up and down motion. Slow down to about a quarter of the pace of your normal walking gait. As you walk land on the outsides of your feet rolling inward instead of landing on your heels. Imagine a rope is tied around your waist and you are being pulled forward. The Fox Walking animal form is how you should enter, exit, and explore the woods. The Fox Walk is the baseline movement signature for humans that most people will never come to know. If Fox Walking is baseline then what is the typical heel striking gait that people trip along with at 3 mph? You got it, alarm. The typical gait of the modern human is one of alarm. That is why everything in the forest flees from humans. That is why we never see the sleeping fawn.

Tier 3

Present and demonstrate your expanded Scouting GoBag. (See *Shadows Packing and Caching Guild*)

touch wood duck

The wood duck is not only one of the most beautiful denizens of the forest, they are one of the most aware. You will have to use some advanced body control to move into the home terrain of the wood duck. Just like all missions, you'll want to spend months building a medicine bundle with the wood duck. Track, plan and execute your mission with care. I recommend reeds and cattails strapped to your head for camouflage. Here are some more animal forms to help in your training.



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Tier 4

Present and demonstrate your Scouting Tier 4. (See Shadows Packing and Caching Guild)

touch deer

The deer is the ultimate prey animal. With hearing better than a rabbits, night vision and the ability to sense motion better than a human, smell better than a dogs, blessed with athletic ability that would put any Olympian to shame, as well as the stalking and evasion abilities of the greatest Apache Scout. The White Tailed Deer is truly a sacred animal. To touch one will require years of adding to your medicine bundle and some luck. I once came within a few inches of touching a deer while doing a long tree sit, but I couldn't make the final stretch. My mentor Bill McConnell as well as Tom Brown have been known to fulfill this Quest. Good luck, here is your final training and remember how Stalking Wolf got his name.



Stalking Wolf

Now combine all of the animal forms together; Dog Nose, Deer Ears, Raccoon Hands, Owl Eyes and Fox Walking into one single practice. By now your awareness should be so heightened that not a single thought could distract your mind. Move slowly throughout your sit spot area like this. This is the way that Grandfather Stalking Wolf moved all the time. Once you try it you may never want to return to your old habits.

Tier 5

Share your Quest and where you train remotely



Thank you for joining us in the Scouting Guild, hope to see you there.

