

Read Online Sacred Plant
Medicine The Wisdom In Native
American Herbalism

Sacred Plant Medicine The Wisdom In Native American Herbalism

*Access the gifts of
transformation, heal the*

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*self, and live in
harmony with one another
and with the Earth by
journeying through the
wisdom wheel--a fresh
take on the traditional
medicine wheel--its*

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*archetypes, and its four
wisdom challenges. The
teachings of the
medicine wheel have
existed from the
beginning of time.
Today, however, we are*

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*creating modern
paradigms of shamanism
while drawing on the
sacred traditions of the
past. In this book,
shamanic practitioner
Alberto Villoldo*

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*explains that the
medicine wheel is also a
wisdom wheel: an
advanced tool for
working toward personal
and planetary
transformation. By*

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*journeying through the
wisdom wheel and its
four directions--South,
West, North, and
East--each of which is
associated with an
archetypal animal and*

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*sacred journey, you will
be able to access
powerful healing
energies and step into a
new personal and
collective destiny.*

Herbalists, naturopaths,

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*plantspeople, witches,
and natural healers will
love the empowering
information, engaging
stories, and heartfelt
meditations and rituals
of natural herbal*

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medicines in this book.

*Nominated as a Herbal
Book of the Year by the
International Herb
Association, The Gift of
Healing Herbs by well-
respected urban*

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herbalist Robin Rose

*Bennett offers readers
who want to take charge
of their health an
immersion into a myriad
ways to use plant-based
remedies to care for*

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*themselves and others on
physical, emotional, and
spiritual levels. With
more than 180 easy-to-
follow recipes informed
by the wisdom that
physical and spiritual*

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healing are inextricably intertwined, The Gift of Healing Herbs explores herbology as the "people's medicine", freely available to all, and as a powerful yet

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*gentle way to heal body,
mind, heart, and soul.*

*The book is divided into
three parts: the first
part examines health and
the causes of illness;
the second part*

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*comprises a reference of
all the physical systems
of the body and the
common and not-so-common
herbs for tonifying
them; and the third part
contains recipes for*

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*teas, brews, and
instructions for
incorporating herbs into
our daily lives. The
hundreds of recipes for
herbal preparations in
this book—accompanied by*

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*prayers, meditations,
and rituals—offer
spiritual and physical
insights into the
relationship between our
body systems and the
elements, Earth, Air,*

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*Fire and Water, thus
helping the reader
explore and experience
the interconnection of
all things in the web of
life. Filled with
personal stories, case*

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*histories, and elements
of personal memoir, The
Gift of Healing Herbs is
equal parts inspiration
and instruction drawn
from the author's life
and decades spent*

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*teaching and practicing
herbal medicine in a
spiritual, earth-based,
nondogmatic style. The
author explores how
one's personal story
turns into one's*

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*embodied physicality and
ultimately reveals
individual unique paths
of healing for each
reader. From the Trade
Paperback edition.
Whether you live in a*

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*mountain cabin or a city
loft, plant spirits
present themselves to us
everywhere. Since its
first printing in 1995,
Plant Spirit Medicine
has passed hand-to-hand*

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*among countless readers
drawn to indigenous
spirituality and all
things alive and green.
In this updated edition,
Eliot Cowan invites us
to discover the healing*

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*power of plants—not
merely their physical
medicinal properties,
but the deeper wisdom
and gifts that they
offer. Enriched by many
new insights, this guide*

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unfolds as a series of chapters on how plant spirit medicine helped Cowan resolve specific challenges in his own healing journey and in his work with others. In

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*the telling, we learn
how plant spirits can
directly communicate
with and aid all of us,
including: Plant spirit
medicine's five-element
view of healing Ways to*

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*assess our own states of
health and balance*

*Receiving guidance from
plants, including those
found within herbal
preparations New*

passages on community

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*and sacred plants such
as peyote, marijuana,
and tobacco Additional
interviews with plant
shamans across diverse
traditions, and more
Now in paperback!*

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*Following the category-
dominating success of
Witchery, indigenous
medicine woman and seer
Juliet Diaz initiates
readers following the
current witchy trends of*

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*herbal medicine and
magic into a deeper,
wilder connection with
the ancient healing
power of over 200
plants. All it will take
is for you to slow down*

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*and pay attention to the
world around you and, I
promise, you will find
the world within you.*

*Indigenous seer, gifted
plant whisperer, and
Witchery author Juliet*

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*Diaz invites you to walk
the path of the Plant
Witch. Journey far
beyond the basic
medicinal and magical
properties of plants,
deep into Mother Earth's*

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*drumming heart. Drawn
from ancestral practices
passed down by
generations of teachers,
the lessons in this book
will awaken your
intimate connection with*

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*nature, your ancestors,
your guides, and to your
true self through the
powerful magic of
plants. Within these
pages, you will learn:
Essential, magical, and*

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*medicinal properties of
200 herbs, flowers,
trees, and fruits.
Rituals for abundance,
cleansing, and
connecting with spirits.
Spells to ward against*

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*evil, find answers, and
protect against self-
sabotage. Potions to
open your third eye,
bring luck, and promote
creativity.*

Communication techniques

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*for speaking and
listening to plants. The
optimal moon phases and
seasons to work with
different plants. Even
as humans forget our
place in nature's rhythm*

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*and cause harm to our
Earth Mother, the
spirits of plants still
call out to us, appear
in our dreams, and
inspire us as they push
through cracks in cement-*

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*resilient and determined
to thrive. From abre
camino and acacia to
yucca and ZZ plant, each
has unique personality
and wisdom to share if
we are only willing to*

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listen.

*Sacred Garden Spaces,
Plant-Based Medicine,
and Daily Practices to
Achieve Happiness and
Well-Being
Ayahuasca Medicine*

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American Herbalism
Plant Witchery

Sacred Plant Medicine

Earth Wisdom

Sacred Plant Initiations

*A Mythic Journey through
the Four Directions*

In this indispensable new resource

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*both for the home apothecary and
clinical practitioners, a veteran
herbalist brings alive the elemental
relationships among traditional
healing practices, ecological
stewardship, and essential plant
medicines. By honoring ancient*

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*wisdom and presenting it in an
innovative way, Energetic
Herbalism is a profound and
practical guide to family and
community care for those seeking to
move beyond symptom relief and
into a truly holistic framework of*

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health. Throughout, author Kat Maier invites readers to explore their personal relationships with plants and their environs as they discover diverse models of healing. Inside Energetic Herbalism, you'll find: The elements and patterns of

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Ayurvedic doshas for greater self-awareness as well as positive lifestyle choices The relationship of well-being to the seasons through the brilliant lens of Chinese Five Element Theory, and how our emotional health is beautifully

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expressed through the Elements The roots and evolution of Vitalism, the traditional Western system of energetic medicine How to assess imbalances in the body using the elegant and intuitive vocabulary of the six tissue states, an emerging

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*tool in Western herbalism The
senses as the main tools for
navigating through energetic
herbalism A deep appreciation of
the wisdom of indigenous peoples,
which is the foundation of sacred
plant traditions Through the rich*

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herbal tradition of storytelling, Maier seamlessly blends theory and practice with her experience-tested herbal remedies and healing protocols. Maier stresses the critical message of how to address the challenge of threatened medicinal

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plant populations, offering practical and inspiriting methods for ensuring their survival. Many herbals boast a materia medica of more than 100 herbs, but in keeping with an emphasis on sustainable practice, Maier instead focuses in depth on 25

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*essential medicinal herbs that can
be grown in most temperate climates
and soils, including Dandelion
Ashwagandha (Indian Ginseng)
Goldenseal Burdock Calendula
Echinacea Goldenrod Whether you
are a seasoned clinical herbalist, an*

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*herbalist-in-training, or simply
someone seeking to provide the best
natural health care for your family,
this book is a source of inspiration,
insight, and answers you will return
to again and again.*

This beautiful and inspirational

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*guidebook from Glennie Kindred
teaches us how to work with the
natural cycles of the year.*

*Comprehensive and accessible, it is
an invaluable source of information
for anyone wanting to learn more
about tree lore, Celtic festivals, the*

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five elements, Moon energies or simply how to make a deeper connection with the Earth. Our relationship to the Earth has changed. We have become more aware of how our actions can affect the balance of Nature. Earth

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Wisdom is a potent reminder to appreciate the natural vitality, unity and intelligence of all life. It includes imaginative ways to experience the seasonal cycles and ways to heal and develop our relationship with the Earth, the trees

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and the plants through practical and heart-centred interaction. This book inspires us to restore our own connections to the Earth, encouraging us to follow our own personal spirituality and intuitive wisdom. In so doing, it increases

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*our potential for creating positive
change in our lives and in the
world!*

*The first comprehensive work on
nonfiction as an art form • Shows
how nonfiction, especially how-to
and self-help, can take on the same*

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*power and luminosity as great
fiction • Develops processes to
reliably induce the dreaming state
from which all writing comes •
Teaches the skill of analogical
thinking that is the core perceptual
tool for writers • Explores the subtle*

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techniques of powerful writing, from inducing associational dreaming in the reader, to language symmetry, sound patterning, foreshadowing, feeling flow, and more Approaching writing as a sacred art, Stephen Buhner explores the core of the

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*craft: the communication of deep
meaning that feeds not just the mind
but also the soul of the reader.*

*Tapping into the powerful
archetypes within language, he
shows how to enrich your writing by
following “golden threads” of*

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*inspiration while understanding the
crucial invisibles essential to the art
of both fiction and nonfiction: how
to craft language with feeling and
vision, employ altered states of mind
to access the writing trance, clear
your work by recognizing the*

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*powerful sway of clichéd thinking
and hidden baggage, and
intentionally generate duende--that
physical/emotional response to art
that gives you chills, opens up
unrecognized aspects of reality, or
simply resonates in your soul.*

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Covering some very practical aspects of writing such as layering and word symmetry, the author also explores the inner world of publishing--what you really will encounter when you become a writer. He then shows how to

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*develop a powerful and engaging
book proposal based on
understanding the proposal as a
work of fiction--the map is never the
territory, nor is the proposal the
book that it will become. This book,
written using all the techniques*

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discussed within it, offers a powerful, experiential journey into the heart of writing. It does for nonfiction what John Gardner's books on writing did for fiction. It is one of the most significant works on writing published in our time.

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Chronicling the practices, legends, and wisdom of the vanishing traditions of the upper Amazon, this book reveals the area's indigenous peoples' approach to living in harmony with the natural world. Rainforest Medicine features in-

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*depth essays on plant-based
medicine and indigenous science
from four distinct Amazonian
societies: deep forest and urban,
lowland rainforest and mountain.
The book is illustrated with unique
botanical and cultural drawings by*

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*Secoya elder and traditional healer
Agustin Payaguaje and
horticulturalist Thomas Y. Wang as
well as by the author himself.
Payaguaje shares his sincere
imaginal view into the spiritual life
of the Secoya; plates of petroglyphs*

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*from the sacred valley of Cotundo
relate to an ancient language, and
other illustrations show traditional
Secoya ayahuasca symbols and
indigenous origin myths. Two color
sections showcase photos of the
plants and people of the region, and*

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*include plates of previously
unpublished full-color paintings by
Pablo Cesar Amaringo (1938-2009),
an acclaimed Peruvian artist
renowned for his intricate, colorful
depictions of his visions from
drinking the entheogenic plant brew,*

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ayahuasca ("vine of the soul" in Quechua languages). Today the once-dense mysterious rainforest realms are under assault as the indiscriminate colonial frontier of resource extraction moves across the region; as the forest disappears,

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the traditional human legacy of sustainable utilization of this rich ecosystem is also being buried under modern realities. With over 20 years experience of ground-level environmental and cultural conservation, author Jonathon

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Miller Weisberger's commitment to preserving the fascinating, unfathomably precious relics of the indigenous legacy shines through. Chief among these treasures is the "shimmering" "golden" plant-medicine science of ayahuasca or

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yajé, a rainforest vine that was popularized in the 1950s by Western travelers such as William Burroughs and Alan Ginsberg. It has been sampled, reviled, and celebrated by outsiders ever since. Currently sought after by many in the

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*industrialized West for its powerful
psychotropic and life-transforming
effects, this sacred brew is often
imbibed by visitors to the upper
Amazon and curious seekers in
faraway venues, sometimes with
little to no working knowledge of its*

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principles and precepts. Perceiving that there is an evident need for in-depth information on ayahuasca if it is to be used beyond its traditional context for healing and spiritual illumination in the future, Miller Weisberger focuses on the

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*fundamental knowledge and
practices that guide the use of
ayahuasca in indigenous cultures.
Weaving first-person narrative with
anthropological and ethnobotanical
information, Rainforest Medicine
aims to preserve both the record and*

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*ongoing reality of ayahuasca's
unique tradition and, of course, the
priceless forest that gave birth to
these sacred vines. Featuring words
from Amazonian shamans--the
living torchbearers of these
sophisticated spiritual practices--the*

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*book stands as testimony to this
sacred plant medicine's power in
shaping and healing individuals,
communities, and nature alike.*

*The Art and Practice of Spiritual
Herbalism*

The Fasting Path

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*The Confluence of Gaia, Plant
Medicines and the Human Soul*

The Definitive Practitioner's Guide

*The Way to Spiritual, Physical, and
Emotional Enlightenment*

*The Ecological Importance of Plant
Medicines to Life on Earth*

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The Medicine Wheel Garden

An insider's account of the journey to become an ayahuasquero, a shaman who heals with the visionary vine ayahuasca • Details the author's training and life as a

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curandero using ayahuasca
medicine, San Pedro cactus,
tobacco purges, psychedelic
mushrooms, and other
visionary plants • Offers first-
hand accounts of miraculous
healing where ayahuasca

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revealed the cause of the illness, including how the author healed his mother from liver cancer • Shows how "ayahuasca tourism" symbolizes the Western world's reawakening need to

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connect with the universal life
force For more than 20 years
American-born Alan
Shoemaker has apprenticed
and worked with shamans in
Ecuador and Peru, learning
the traditional methods of

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ayahuasca preparation, the ceremonial rituals for its use, and how to commune with the healing spirit of this sacred plant as well as the spirit of the San Pedro cactus and other sacred plant allies. Now

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a recognized and practicing ayahuasquero, or ayahuasca shaman, in Peru, he offers an insider's account of the ayahuasca tradition and of its use for expanding consciousness and achieving

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healing through access to other dimensions of being. Shoemaker details his training and his own curandero practice using ayahuasca medicine, tobacco purges, psychedelic mushrooms, and

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other visionary plants. He discusses the different traditions of his two foremost teachers and mentors, Don Juan in the Peruvian Amazon, an ayahuasquero, and Valentin in Ecuador, a San Pedro

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shaman. He reveals the indispensable role played by icaros, the healing songs of the plant shaman, and offers firsthand accounts of miraculous healing resulting from ayahuasca's ability to

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reveal the cause of an illness, including how he healed his mother from liver cancer. The author also addresses the rising popularity of Northerners traveling to the Amazon to seek healing and

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mind expansion through ayahuasca and shows how this fascination is triggered by humanity's reawakening need to connect to the universal life force.

Unleash the power of fasting

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to help you discover your sacred self. A centuries-old tradition, fasting has historically been recognized as a way to heighten human sensitivity to all things- animate and insensate-in the

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universe. Ancient cultures understood the link between the physical, the emotional, and the spiritual experience and acknowledged fasting as a means for making this connection. The Fasting Path

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is a guide to help readers safely and effectively use fasting to tap into the sacred energy of the earth. Author Stephen Buhner explains how fasting allows us to experience fully the intricate

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relationship of the mind, body, and the spiritual world. Step by step, Buhner leads readers through the fasting process, preparing them to embrace the physical, emotional, and spiritual healing resulting from

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this transformational
phenomenon.

The first in-depth examination
of the sacred underpinnings of
the world of Native American
medicinal herbalism • Reveals
how shamans and healers

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"talk" with plants to discover
their medicinal properties •
Includes the prayers and
medicine songs associated
with each of the plants
examined • By the author of
The Secret Teachings of

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Plants As humans evolved on Earth they used plants for everything imaginable--food, weapons, baskets, clothes, shelter, and medicine.

Indigenous peoples the world over have been able to gather

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knowledge of plant uses by communicating directly with plants and honoring the sacred relationship between themselves and the plant world. In Sacred Plant Medicine Stephen Harrod

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Buhner looks at the long-standing relationship between indigenous peoples and plants and examines the techniques and states of mind these cultures use to communicate with the plant world. He

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explores the sacred dimension of plant and human interactions and the territory where plants are an expression of Spirit. For each healing plant described in the book, Buhner presents

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medicinal uses, preparatory guidelines, and ceremonial elements such as prayers and medicine songs associated with its use.

Plants personify the divine—
The Rig Veda (X.97) Trees and

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plants have long been held sacred to communities the world over. In India, we have a whole variety of flora that feature in our myths, our epics, our rituals, our worship and our daily life. There is the

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pipal, under which the Buddha meditated on the path to enlightenment; the banyan, in whose branches hide spirits; the ashoka, in a grove of which Sita sheltered when she was Ravana's prisoner; the

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tulsi, without which no Hindu house is considered complete; the bilva, with whose leaves it is possible to inadvertently worship Shiva. Before temples were constructed, trees were open-air shrines sheltering the

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deity, and many were symbolic of the Buddha himself. Sacred Plants of India systematically lays out the sociocultural roots of the various plants found in the Indian subcontinent, while also

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asserting their ecological importance to our survival. Informative, thought-provoking and meticulously researched, this book draws on mythology and botany and the ancient religious traditions

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of India to assemble a detailed
and fascinating account of
India's flora.

Revelations of Indigenous
Wisdom--Healing Plants,
Practices, and Stories
Beyond the Doors of

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Perception into the Dreaming
of Earth

Energetic Herbalism

Plant Spirit Healing

A Manifesto for Earth

Spirituality

The Lost Language of Plants

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A Medical Doctor's Exploration
Into Traditional Amazonian
Plant Medicine

***An in-depth look at the role of
plant spirits in shamanic
rituals from around the world***
• ***Shows how shamans heal***

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using their knowledge of plant spirits as well as the plant's "medical properties" •

Explores the core methods of plant shamanism--soul retrieval, spirit extraction, and sin eating--and includes techniques for connecting

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***with plant spirits • Includes
extensive field interviews with
master shamans of all
traditions In Plant Spirit
Shamanism, Ross Heaven and
Howard G. Charing explore
the use of one of the major
allies of shamans for healing,***

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***seeing, dreaming, and
empowerment--plant spirits.
After observing great
similarities in the use of
plants among shamans
throughout the world, they
discovered the reason behind
these similarities: Rather than***

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dealing with the “medical properties” of the plants or specific healing techniques, shamans commune with the spirits of the plants themselves. From their years of in-depth shamanic work in the Amazon, Haiti, and

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Europe, including extensive field interviews with master shamans, Heaven and Charing present the core methods of plant shamanism used in healing rituals the world over: soul retrieval, spirit extraction, sin eating, and the

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***Amazonian tradition of
pusanga (love medicine). They
explain the techniques
shamans use to establish
connections to plant spirits
and provide practical
exercises as well as a
directory of traditional***

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***Amazonian and Caribbean
healing plants and their
common North American
equivalents so readers can ex-
plore the world of plant spirits
and make allies of their own.
“In this beautiful, inspiring,
and hands-on, practical book***

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***we are invited to look deeply
at the landscape around us
and create sacred respites
from our busy worlds.”***

***—Rosemary Gladstar,
herbalist and author We all
need a personal sanctuary—a
place where we can be in***

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harmony with the natural world and can nurture our bodies, minds, and souls. And this sanctuary doesn't have to be an exotic destination, it can be in your own backyard. In Creating Sanctuary, Jessi Bloom taps into multiple

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sources of traditional plant wisdom to help readers find a deeper connection to the outdoor space they already have—no matter the size. Equal parts inspirational and practical, this engaging guide includes tips on designing a

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***healing space, plant profiles
for 50 sacred plants, recipes
that harness the medicinal
properties of plants, and
simple instructions for daily
rituals and practices for self-
care. Hands-on, inspiring, and
beautiful, Creating Sanctuary***

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***is a must-have for everyone
seeking a new ways to
revitalize their lives.***

***Advocates the use of an
intuitive cognition in order to
discover plants' medicinal and
nutritional purposes,
including discussions of the***

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scientific model's limits and how, once cultivated, it can be applied to disciplines such as medicine.

A journey into the deep and ancient soul relationship between Gaia, humans, and plants "Tantalizing..."

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***provocative... laced with
sensuality. Ms. McIntyre has
the unique ability to allow the
Earth to speak through
her."--Deb Vail, Grandparents
of the Forest The Confluence
of Gaia, Plant Medicines, and
the Human Soul unearths the***

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***deep twining roots of human
and plant relationships at the
intersection of Soul: from the
plants and trees who reach
out to touch us, to heal us not
only physically with their
medicine but with something
far deeper and older, the soul-***

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***to-soul medicine has been in
hiding for two thousand years.
And so, the journey that we
take involves far more than
merely the medicinal healing
of our bodies. It takes us
deeper into Soul, our own and
that of the plants and Earth***

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itself. The sanctity of vines and trees is far older in human memory than the history of crops, agriculture, and religion. The Athenians, the Greeks, and indigenous cultures knew that Soul and intelligence was an inherent

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aspect of plants. They knew that powerful spirits lived within trees and plants, that they were closely interwoven with that of the gods, even of Gaia itself. This is the oldest, original story that was once known to all peoples in all

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***times and places that have
been. Its tendrils can still be
found in even the most
industrialized of countries.
Gaia's story lives in the
underbrush and the soil of
this world, in the tendrils of
plants, in the cambium of***

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***trees. There is not a child
born that does not feel the
touch of that story as easily as
they breathe. Its threads are
not only interwoven
throughout the world around
us but lie waiting in the
understory of the human***

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***psyche. The Confluence of
Gaia, Plant Medicines, and the
Human Soul reminds us that:
The living Earth, Gaia, is not
something apart from us as so
many of us have been taught.
Rather it is the fabric in which
all life on this planet is***

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embedded. It is from Gaia's threads that we and every life form on this planet have been woven. Those who have felt the livingness and intelligence of plants can begin to remember who they were always meant to be. The first

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human bonding with Gaia as infants begins with the first touch, the first taste of grass and dirt . The soul of plants are involved in human soul-making. In these times of uncertainty and as humanity seems to be losing its way,

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***meeting at the confluence of
Gaia, plants and the human
soul begin the journey of a
different path, one that
rekindles ancient
relationships with the Green
world, the life of the senses
and veriditas. As Jung once***

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said, "Plants facilitate the marriage between matter and psyche where Gaian consciousness is the result." When our diseases call out to the medicinal plants of this Earth, and they respond, we find not only physical healing

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***but a far deeper relationship
with Earth and ultimately our
own souls.***

***The Shamanic World of
Amazonian Sacred Plant
Healing***

***The Sacred Plant Medicine of
Aotearoa***

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Plant Spirit Medicine

Braiding Sweetgrass

***Plant Intelligence and the
Imaginal Realm***

Plant Spirit Shamanism

***Herbal Antibiotics, 2nd
Edition***

The historical use of plants

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by indigenous peoples is explored, and how this connects to universal experiences of the sacred in everyday life.

The modern techniques of holistic and alternative

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healing and natural remedies have been alive in the "old ways" of Native American medicine for centuries. This comprehensive guide introduces the Native American concept of healing,

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which incorporates body,
mind, and spirit and stresses
the importance of keeping all
three in balance. Dr.
Anthony Cichoke explains
the philosophy behind
American Indian healing

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practices as well as other therapies, such as sweat lodges, used in conjunction with herbs. He examines each herb in an accessible A-to-Z format, explaining its healing properties and

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varying uses in individual tribes. Finally, he details Native American healing formulas and recipes for treating particular ailments, from hemorrhoids to stress. A practical guide to

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connecting with plants
through ceremony • Explains
how to commune with plants
and their spirits through the
traditional shamanic method
of “plant dieting” to receive
their teachings and guidance

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- Details 8 ceremonial plant initiations centered on common, easily recognized plants and trees such as primrose, dandelion, oak, and dog rose
- Provides instructions to develop your

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own sacred plant initiations
and make ceremonial plant
elixirs • Includes four audio
journeys to facilitate plant
initiations In this guide to
sacred plant initiations,
medical herbalist and

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shamanic practitioner Carole Guyett explains how to commune with plants and their spirits through the traditional shamanic method of “plant dieting.” A plant diet involves ingesting a

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particular plant over a period of time so you regularly receive the plant's vibratory energy as well as its medicinal actions. Adding a ceremonial element to plant dieting offers a sacred

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initiation by the plant world,
allowing you to connect
deeply with all aspects of a
plant, receive its sacred
teachings, and forge a
relationship for guidance and
healing, benefitting both

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yourself and others. Each of the eight ceremonial plant initiations detailed in the book was personally developed by the author through extensive work with her ceremonial groups. They

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each center on an easily recognized plant or tree such as primrose, dandelion, oak, and dog rose. These common plants have powerful teachings and healing guidance to share

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with those who communicate
with and honor them. The
initiations, for both
individuals and groups, work
with the Wheel of the Year,
honoring each plant's sacred
timing and connecting with

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one of the eight Celtic and
Pre-Celtic Fire Festivals--the
solstices, equinoxes, and the
holy days of Beltane,
Lughnasadh, Samhain, and
Imbolc. Offering practical
instructions so you can

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develop your own sacred plant initiations, the author also include access to 4 audio journeys to facilitate the initiations in the book. She also explains how to make plant elixirs for use in

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plant diets and for healing. She shows how connecting with plants allows us to deepen our relationship with Nature, access higher levels of consciousness and spiritual realms, and

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facilitate the full flowering of
human potential.

This is the first
comprehensive book ever
written on the sacred
aspects of indigenous,
historical psychotropic and

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herbal healing beers of the
world.

Sacred and Herbal Healing
Beers

Indigenous Wisdom,
Scientific Knowledge and the
Teachings of Plants

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The Wisdom Wheel

Creating Sacred Space for
Healing, Celebration, and
Tranquillity

Plant Medicines and Home
Remedies for a Vibrantly
Healthy Life

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Consciousness Medicine
A Cree Healer and His
Medicine Bundle

**"Maia Toll's Wild Wisdom
Companion guides readers in
developing a personalized earth-
based spiritual practice using**

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American Herbalism

**rituals, writing prompts, recipes,
symbols, and reflections tied to
each season"--**

**Argues for the appropriateness of
Earth-centered religion, and
supports the adoption of Native
American spiritual practices by
persons of any ancestry**

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With the rise of urban living and the digital age, many North American healers are recognizing that traditional medicinal knowledge must be recorded before being lost with its elders. A Cree Healer and His Medicine Bundle is a historic document,

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American Herbalism

including nearly 200 color photos and maps, in that it is the first in which a native healer has agreed to open his medicine bundle to share in writing his repertoire of herbal medicines and where they are found. Providing information on and photos of medicinal plants

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and where to harvest them, anthropologist David E. Young and botanist Robert D. Rogers chronicle the life, beliefs, and healing practices of Medicine Man Russell Willier in his native Alberta, Canada. Despite being criticized for sharing his

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knowledge, Willier later found support in other healers as they began to realize the danger that much of their traditional practices could die out with them. With Young and Rogers, Willier offers his practices here for future generations. At once a

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study and a guide, A Cree Healer and His Medicine Bundle touches on how indigenous healing practices can be used to complement mainstream medicine, improve the treatment of chronic diseases, and lower the cost of healthcare. The authors

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discuss how mining, agriculture, and forestry are threatening the continued existence of valuable wild medicinal plants and the role of alternative healers in a modern health care system. Sure to be of interest to ethnobotanists, medicine hunters, naturopaths,

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complementary and alternative health practitioners, ethnologists, anthropologists, and academics, this book will also find an audience with those interested in indigenous cultures and traditions.

Argues for the healing power of

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**plants and includes plant spirit
medicine's five-element view of
healing, ways to assess states of
health and balance, and
interviews with plant shamans
across different traditions.**

**A Comprehensive Guide to the
Native American Tradition of**

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**Using Herbs and the
Mind/Body/Spirit Connection for
Improving Health and Well-being
Rainforest Medicine
A Guide to Working with Plant
Consciousness
A Guide to Sacred Plant
Traditions Integrating Elements**

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American Herbalism
**of Vitalism, Ayurveda, and
Chinese Medicine
Ensouling Language
Sacred Plants of India
The Intelligence of the Heart in
the Direct Perception of Nature**
The author of the bible on

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herbalism returns with a portable guide for the professional and amateur herbalist alike Based on the now-classic reference text Indian Herbage of North America, this illustrated pocket guide is the perfect companion for

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those eager to expand their knowledge of herbal healing. Through detailed descriptions and illustrations, Alma R. Hutchens walks readers through: · 125 of the most useful medicinal herbs found in North America, and their uses ·

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How to create herbal remedies for common ailments · The herbal traditions of North America and other lands Entries include staples of folk medicine such as echinacea and slippery elm as well as common kitchen herbs—from parsley to

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thyme to pepper—whose tonic and healing properties are less widely known.

A comprehensive guide to the safe and ethical application of expanded states of consciousness for therapists, healing practitioners,

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and sincere explorers Psychedelic medicines also known as entheogens are entering the mainstream. And it's no wonder: despite having access to the latest wellness trends and advances in technology, we're no healthier,

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happier, or more meaningfully connected. Psilocybin mushrooms, ayahuasca, and LSD—as well as other time-tested techniques with the power to shift consciousness such as drumming, meditation, and vision quests—are now being

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recognized as potent catalysts for change and healing. But how do we ensure that we're approaching them effectively? Françoise Bourzat—a counselor and experienced guide with sanctioned training in the Mazatec and other

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indigenous traditions—and healer Kristina Hunter introduce a holistic model focusing on the threefold process of preparation, journey, and integration. Drawing from more than thirty years of experience, Bourzat's skillful and

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heartfelt approach presents the therapeutic application of expanded states, without divorcing them from their traditional contexts. Consciousness Medicine delivers a coherent map for navigating nonordinary states of

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consciousness, offering an invaluable contribution to the field of healing and transformation. Julian of Norwich lived through the dreadful bubonic plague that killed close to 50% of Europeans. Being an anchoress, she 'sheltered

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in place' and developed a deep wisdom that she shared in her book, *Showings*, which was the first book in English by a woman. A theologian way ahead of her time, Julian develops a feminist understanding of God as mother at

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the heart of nature's goodness. Fox shares her teachings in this powerful and timely and inspiring book.

With antibiotic-resistant infections on the rise, herbal remedies present a naturally effective alternative to

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standard antibiotics. Herbal expert Stephen Harrod Buhner explains the roots of antibiotic resistance, explores the value of herbal treatments, and provides in-depth profiles of 30 valuable plants, noting the proper dosages, potential

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side effects, and contraindications
of each.

A Handbook of Native American
Herbs

Communicating with Plants for
Healing and Higher Consciousness
Secrets of Native American Herbal

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Remedies

Natural Alternatives for Treating
Drug-resistant Bacteria

Transform, Heal, and Remember
with the Power of Plants and
Ancestral Medicine

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Discover the Sacred Language,
Wisdom, and Magic of 200 Plants
***"Enraged, Energized,
Exultant. You won't know
how to feel after reading
Stephen Harrod Buhner's
The Lost Language of***

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***Plants. This is a
devastating expose about
how we are polluting our
environment with the
pharmaceuticals that
Western medicine has
developed to heal us. We***

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*are ingesting Prozac,
Premarin, and antibiotics
whether we want to or
not." "Yet, as we foul air
and water with toxic
residues, we overlook the
power of the planet's*

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*natural healers,
stabilizers, and chemists
- plants. Buhner sees
plants as fully sentient
beings, adjusting and fine-
tuning to the environment
just as they have done for*

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*the past 500 million
years. Until recently,
humans shared the language
of plants, but
increasingly we have lost
our ability to communicate
with the natural world.*

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***Buhner shows us a path
back to our shamanic
roots."--BOOK JACKET.***

***Sacred Plant MedicineThe
Wisdom in Native American
HerbalismBear***

A manual for opening the

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American Herbalism

***doors of perception and
directly engaging the
intelligence of the
Natural World • Provides
exercises to directly
perceive and interact with
the complex, living, self-***

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***organizing being that is
Gaia • Reveals that every
life form on Earth is
highly intelligent and
communicative • Examines
the ecological function of
invasive plants, bacterial***

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*resistance to antibiotics,
psychotropic plants and
fungi, and the human
species In Plant
Intelligence and the
Imaginal Realm, Stephen
Harrod Buhner reveals that*

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*all life forms on Earth
possess intelligence,
language, a sense of I and
not I, and the capacity to
dream. He shows that by
consciously opening the
doors of perception, we*

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*can reconnect with the
living intelligences in
Nature as kindred beings,
become again wild
scientists,
nondomesticated explorers
of a Gaian world just as*

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***Goethe, Barbara
McClintock, James
Lovelock, and others have
done. For as Einstein
commented, "We cannot
solve the problems facing
us by using the same kind***

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of thinking that created them.” Buhner explains how to use analogical thinking and imaginal perception to directly experience the inherent meanings that flow through the world,

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*that are expressed from
each living form that
surrounds us, and to
directly initiate
communication in return.
He delves deeply into the
ecological function of*

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***invasive plants, bacterial
resistance to antibiotics,
psychotropic plants and
fungi, and, most
importantly, the human
species itself. He shows
that human beings are not***

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***a plague on the planet,
they have a specific
ecological function as
important to Gaia as that
of plants and bacteria.
Buhner shows that the
capacity for depth***

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connection and meaning-filled communication with the living world is inherent in every human being. It is as natural as breathing, as the beating of our own hearts, as our

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*own desire for intimacy
and love. We can change
how we think and in so
doing begin to address the
difficulties of our times.
The Art & Practice of
Spiritual Herbalism,*

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American Herbalism

*written by leading Black
herbalist Karen Rose,
addresses herbalism and
medicine making from the
perspective of diasporic
ancestral traditions.
Wisdom of the Plant Devas*

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***The Wisdom in Native
American Herbalism***

***The Earthwise Herbal
Repertory***

***A Guided Journey Into the
Mystical Rhythms of the
Natural World, Season by***

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Season

***The Fellowship of the
River***

***Maia Toll's Wild Wisdom
Companion***

***Julian of Norwich: Wisdom
in a Time of Pandemic—And***

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Beyond

"Holistic healing manual with New Zealand native flower, fern, tree, seed and plant essences. This book is the 'definitive ethnobotanical reference that restores the ancient teachings of indigenous medicine that are the basis of the sacred

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plant medicine of Aotearoa."

--Publisher.

The American Indian medicine wheel was an ancient way of creating sacred space and calling forth the healing energies of nature. Now, drawing on a lifetime of study with native healers, herbalist and

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ethnobotanist E. Barrie Kavasch offers a step-by-step guide to bringing this beautiful tradition into your own life--from vibrantly colorful outdoor circle designs to miniature dish, windowsill, or home altar adaptations. Inside you'll find:

- Planting guides for medicine

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wheel gardens in every zone, from desert Southwest to northern woodlands • A beautifully illustrated encyclopedia of 50 key healing herbs, including propagation needs, traditional and modern uses, and cautions • Easy-to-follow herbal recipes, from teas

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and tonics to skin creams and soaps--plus delicious healing foods

- Ideas for herbal crafts and ceremonial objects, including smudge sticks, wind horses, prayer ties, and spirit shields
- Seasonal rituals, offerings, and meditations to bless and empower your garden

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and your friends, and much more
Practical, beautiful, and inspiring,
The Medicine Wheel Garden leads
us on a powerful journey to
rediscovering the sacred in
everyday life as we cultivate our
gardens . . . and our souls.

A hands-on approach to working

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with the healing powers of plant spirits • Explores the scientific basis underlying the practices of indigenous healers and shamans • Illuminates the matrix where plant intelligence and human intelligence join • Reveals that partnering with plants is an evolutionary imperative

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Indigenous healers and shamans have known since antiquity that plants possess a spirit essence that can communicate through light, sound, and vibration. Now scientific studies are verifying this understanding. Plant Spirit Healing reveals the power of plant spirits to

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join with human intelligence to bring about profound healing. These spirits take us beyond mere symptomatic treatment to aligning us with the vast web of nature. Plants are more than their chemical constituents. They are intelligent beings that have the capacity to

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raise consciousness to a level where true healing can take place. In this book, herbalist Pam Montgomery offers an understanding of the origins of disease and the therapeutic use of plant spirits to bring balance and healing. She offers a process

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engaging heart, soul, and spirit that she calls the triple spiral path. In our modern existence, we are increasingly challenged with broken hearts, souls in exile, and malnourished spirits. By working through the heart, we connect with the soul and gain access to spirit.

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She explains that the evolution of plants has always preceded their animal counterparts and that plant spirits offer a guide to our spiritual evolution--a stage of growth imperative not only for the healing of humans but also the healing of the earth.

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Internationally known herbalist Matthew Wood takes the guesswork out of the application of medicinal plants and provides an invaluable cross-reference of constitutional types, energetic categories, and specific symptoms that helps the herbalist narrow down the number

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of possible remedies for a specific condition. Unlike many reference books in which medicinal plants are defined simply by condition or disease name, this book contains tools to differentiate between remedies and analyze each case in a holistic fashion. While this system

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of cross-referencing is well known to homeopaths, it is less frequently used by herbalists; The Earthwise Herbal Repertory seeks to bridge the gap between different systems, incorporating knowledge from ancient Greek and traditional Native American medicine, nineteenth-

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century botanical medicine, homeopathy, and modern biomedical research. This definitive repertory proves useful for homeopaths and herbalists, professionals and home practitioners alike.

On the Art of Nonfiction and the

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Writer's Life

The Secrets of Ancient
Fermentation

Herbal Medicine for a New Earth

The Gift of Healing Herbs

The Secret Teachings of Plants

One Spirit, Many Peoples

Creating Sanctuary

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Western medicine has not been particularly successful at getting people relief from conditions like depression, chronic pain, migraine headaches,

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addiction, and PTSD. Dr. Tafur helps us to understand why. I have watched people spend years in frustration and thousands of dollars consulting an army of

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specialists, without getting real relief from their problem. Because these and others are diseases deeply connected with the state of our emotional bodies. Too

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often, the Western medical approach fails to address the emotional dimension of illness. This is where traditional plant medicines, with their ability to alter

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consciousness and open channels of communication to our emotions, offer so much promise. The stories shared here demonstrate the astonishing-mystical, colorful, metaphysical-

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effects of ayahuasca and
Traditional Amazonian
Plant Medicine. Follow Dr.
Tafur through the Amazon
jungle as he develops a
breakthrough understanding
of how psychoactive plants

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interact with the complex network that connects our minds and hearts to our physical anatomy. What Dr. Tafur presents here is nothing short of a paradigm shift for modern

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medicine, where sacred plants, used properly in ceremony, take their place as important tools in the doctor's medicine chest, offering the missing elements of emotional and

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spiritual healing that
have eluded us for so
long. For more information
about The Fellowship of
The River, please visit
<https://drjoetafur.com/the-fellowship-of-the-river/>

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All it will take is for
you to slow down and pay
attention to the world
around you and, I promise,
you will find the world
within you. Indigenous
seer, gifted plant

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whisperer, and Witchery
author Juliet Diaz invites
you to walk the path of
the Plant Witch. Journey
far beyond the basic
medicinal and magical
properties of plants, deep

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into Mother Earth's
drumming heart. Drawn from
ancestral practices passed
down by generations of
teachers, the lessons in
this book will awaken your
intimate connection with

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nature, your ancestors,
your guides, and to your
true self through the
powerful magic of plants.
Within these pages, you
will learn: * Essential,
magical, and medicinal

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properties of 200 herbs,
flowers, trees, and
fruits. * Rituals for
abundance, cleansing, and
connecting with spirits. *
Spells to ward against
evil, find answers, and

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protect against self-sabotage. * Potions to open your third eye, bring luck, and promote creativity. *
Communication techniques for speaking and listening

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to plants. * The optimal moon phases and seasons to work with different plants. Even as humans forget our place in nature's rhythm and cause harm to our Earth Mother,

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the spirits of plants
still call out to us,
appear in our dreams, and
inspire us as they push
through cracks in cement-
resilient and determined
to thrive. From abre

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camino and acacia to yucca and ZZ plant, each has unique personality and wisdom to share if we are only willing to listen. Consulting plant spirits for spiritual and

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psychological guidance and healing • Reveals how, by communing with the deva or spirit of a plant, we can call forth its medicine without even needing to ingest it • Includes

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wisdom from the devas of
13 herbs, such as
rosemary, datura, and uva
ursi • Empowers readers
with the tools to develop
their own inner resources
for healing in

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relationship with the
plant devas around them
Each plant has a story to
share with us, a healing
story to guide us in
trying times, a spirit
medicine for the New Earth

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that is presently unfolding. Herbs are some of the most powerful allies we have for these transitional times--we just need to learn how to listen as they share their

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knowledge with us. In
Wisdom of the Plant Devas,
Thea Summer Deer reveals a
new dimension of herbal
medicine, one where the
plant's spirit is
consulted for guidance and

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healing beyond the physical. Examining the botany, modern and traditional uses, history, and folklore of 13 special herbs, such as rosemary, uva ursi, and datura, she

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shares divinations and
messages from their devas,
or plant spirits,
explaining how these
stories carry the herbs
into our lives, letting
them work their magic on

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us. Exploring herbal
medicine from an energetic
perspective, she reveals
that by communing with the
deva of a plant, we can
call on the plant's
physical, psychological,

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and spiritual medicine and
guidance--without
ingesting it or even being
in its presence. Detailing
the sacred space of a
Medicine Wheel Garden,
whether in a backyard or

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our imaginations, she connects us with the devas and empowers us to seek our own answers with their much-needed spiritual guidance and divinatory advice. Creating a bridge

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between botanical medicine and plant spirit medicine, she shows how by coming into community with the devas and co-creating with the world of nature, we can gain tremendous

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insights to help heal our hearts, our minds, and our spirits and consciously evolve as together we birth the New Earth.

As a botanist, Robin Wall Kimmerer has been trained

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to ask questions of nature with the tools of science. As a member of the Citizen Potawatomi Nation, she embraces the notion that plants and animals are our oldest teachers. In

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Braiding Sweetgrass,
Kimmerer brings these two
lenses of knowledge
together to take us on “a
journey that is every bit
as mythic as it is
scientific, as sacred as

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it is historical, as
clever as it is wise”
(Elizabeth Gilbert).

Drawing on her life as an
indigenous scientist, and
as a woman, Kimmerer shows
how other living

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beings—asters and
goldenrod, strawberries
and squash, salamanders,
algae, and
sweetgrass—offer us gifts
and lessons, even if we've
forgotten how to hear

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their voices. In reflections that range from the creation of Turtle Island to the forces that threaten its flourishing today, she circles toward a central

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argument: that the
awakening of ecological
consciousness requires the
acknowledgment and
celebration of our
reciprocal relationship
with the rest of the

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living world. For only
when we can hear the
languages of other beings
will we be capable of
understanding the
generosity of the earth,
and learn to give our own

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gifts in return.

Traditional Techniques for
Healing the Soul

A Journey Into the Healing
Wisdom of Plants

The Pocket Guide to 125
Medicinal Plants and Their

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Uses

Explorations in the
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Indigenous Wisdom,
Entheogens, and Expanded
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Science and Biodiversity
in the Upper Amazon