

# PLANT SPIRIT MEDICINE A JOURNEY INTO THE HEALING

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*African American Herbalism* - Lucretia VanDyke 2022-10-04  
Discover the roots of modern-day herbal remedies, plant medicine, holistic

rituals, natural recipes, and more that were created by African American herbal healers throughout history. This first-of-its-kind herbal guide takes you through

the origins of herbal practices rooted in African American tradition—from Ancient Egypt and the African tropics to the Caribbean and the United States. Inside you'll find the stories of herbal healers like Emma Dupree and Henrietta Jeffries, who made modern American herbalism what it is today. After rediscovering the forgotten legacies of these healers, African American Herbalism dives into the important contributions they made to the world of herbalism, including: Rituals for sacred bathing and skin care Herbal tinctures, potions, and medicine Recipes for healing meals and soul food And more! You'll also find a comprehensive herbal guide to the most commonly used herbs—such as aloe, lavender, sage, sassafras, and

more—alongside gorgeous botanical illustrations. African American Herbalism is the perfect guide for anyone wanting to explore the medicinal and healing properties of herbs.

Touched by Nature - Pip Waller 2019-04-09

Touched by Nature is about the incredible healing power of plants. Just as their bodies are able to heal our bodies, as evidenced by the many successes of herbal medicine, so their spirit - or energy - offers much needed help to our spirits. This book is specifically about five-element based plant spirit medicine as developed by renowned international healer and teacher Eliot Cowan. Pip and Lucy trained with Eliot and have been practising the medicine since 2005. They see Plant Spirit Medicine as a very much needed medicine for our time

and wanted to offer an accessible way into understanding its power and potential. Story telling offers that way. The book speaks in many voices, and it is a combination of narrative and description by the authors, as well as stories offered by colleagues, teachers, patients and students. The theme of the journey is used throughout: the journey of life which presents us with the challenges and struggles that call us toward the healing offered by deep nature connection; the journey of the seasons which encapsulates five-element understanding; journeys of personal healing and growth experienced from receiving the medicine; the shamanic dream journey in which humans can meet and interact with plant spirits directly through our imagination and beyond;

the journey a person must undertake to become a healer and the part plant spirit medicine offers to play in the journey of our societies as we navigate this time of great imbalance and change, returning to a time when the songs and stories of the earth are once more able to be heard.

**Journeys with Plant Spirits** - Emma Farrell  
2021-09-28

- Presents meditation journeys with specific plant and tree spirits, such as Mugwort, Rosemary, Dandelion, Yew, Elder, and Wormwood
- Details how to achieve a calm mind, cleanse your energy field, and connect with your heart in preparation for meditating with the plants
- Includes a progressive series of introductory meditations, adapted from wisdom traditions, to lay the foundation

for working with plant spirits Our ancient ancestors understood the language of nature, enabling them to communicate innately with plants. By quieting the mind through meditation, we too can tap into the vibratory resonance of plants and receive their wisdom and healing. In this guide, Emma Farrell explains how to take your connection and relationship with nature to a deeper level and access plant spirit healing through meditation with plants. She explores the nature of plant consciousness and how plants perceive, drawing on indigenous and shamanic teachings. She details how to achieve a calm mind, cleanse your energy field, and connect with your heart in preparation for meditating with plants and trees, showing how

the plants can support us not only in the cleansing process but also in teaching us how to sense what is in our energy field. Offering a progressive series of preparatory meditations, adapted from wisdom traditions, the author reveals how to lay the foundation for working, communicating, and developing relationships with plant and tree spirits for personal development, spiritual connection, and inner peace. She then presents meditation journeys with specific plant spirits, focusing on specific frequencies within the plant's bio-resonance to assist you. For example, the meditation with Mugwort works with the plant spirit's qualities of alignment and self-awareness to assist you with grounding and developing inner vision, while the meditation with Dandelion helps you

break old habits by working with the plant's qualities of release, reconnection, and fearlessness. Revealing how each plant is an expression of the soul force of Mother Nature and carries a unique blend of her medicine and wisdom, this guide details step-by-step how to effectively work with plant spirits for emotional and spiritual healing, enabling you to awaken the eternal spirit, or soul, to become truly multidimensional and whole.

*Waking the Spirit* -

Andrew Schulman

2016-08-02

An Oliver Sacks

Foundation Best Book of the Year Selection, Finalist for the Books for a Better Life "Best First Book" Award, and a People Magazine Pick in nonfiction. The astounding story of a critically ill musician

who is saved by music and returns to the same hospital to help heal others Andrew Schulman, a fifty-seven-year-old professional guitarist, had a close brush with death on the night of July 16, 2009. Against the odds—and with the help of music—he survived: a medical miracle. Once fully recovered, Andrew resolved to use his musical gifts to help critically ill patients at Mount Sinai Beth Israel's ICU. In *Waking the Spirit*, you'll learn the astonishing stories of the people he's met along the way—both patients and doctors—and see the incredible role music can play in a modern hospital setting. Schulman expertly weaves cutting-edge research on neuroscience and medicine, as well as what he's learned as a professional musician, to explore the power of

music to heal the body and awaken the spirit.

**Healing States** - Alberto Villoldo 1987-06-15  
From Simon & Schuster, Healing States is a journey into the world of spiritual healing and Shamanism. Healing States: A Journey Into the World of Spiritual Healing and Shamanism is a colorful and compelling examination of evidence for the mind's ability to heal, taking a step into the fascinating world of psychic healing and shamanism.

**A Journey to Spirit Plant Medicine** - Cindy VanDusen 2020-11-23  
A Journey to Plant Spirit Medicine will show you how the spirit of the plant can assist you on your journey while healing and taking you from a state of pain to comfort, enlightenment and growth. The intention of this book is to educate you on the

relevance of how to prepare yourself physically, emotionally and spiritually for San Pedro and Ayahuasca Ceremonies in order for you to have a full and conscious participation with benefits. You will learn the pros and cons along with its origins, as well as how to incorporate Plant Spirit Medicine as part of your healing routine. The learnings from Angels will connect you with your true self while allowing you to become more aware of their messages that surround you. Discover how to implement these messages and how to benefit from them so you can achieve your goals and your desires.

**The Spiritual Herbalism Companion - FIVE BELOW** - Karen M. Rose 2022-02-08  
Guided by leading Black herbalist Karen Rose, discover how to harness the magic of plants and

diasporic ancestral practices in remedies and ritual. Master Herbalist Karen Rose is a first-generation immigrant from Guyana with ancestors from Ghana, the Congo, China, and India who continues her grandmother's legacy as a healer and herbalist. In *The Art & Practice of Spiritual Herbalism*, she shares her wisdom on how to partner plants and rituals to guide the process of self-healing. As you alleviate physical symptoms and heal emotional and spiritual imbalances, you will see how plants can help you stand in your power, strengthen your intuition, and provide protection. This guide to harnessing the power of plants is a practical tool for working through the symptoms of body disease and the underlying emotional and spiritual

issues. Organized by major body systems—circulatory, respiratory, digestive, liver, sexual, skin, nervous systems, and immune health—*The Art & Practice of Spiritual Herbalism* gives a brief overview of the physical mechanisms of the system, the spiritual correspondences associated with that system, and the plants, remedies, and rituals that can be used to bring oneself back to healing and balance. Accompanied by beautiful color illustrations of the plants, the organs they affect, and their related spirits, or orishas, each plant profile includes: Botanical and pharmacological information Planetary correspondences Ethnobotanical and historical use Healing properties and indications Methods of

preparation and dosage  
Applying this herbal  
wisdom, the recipes  
include: 4th Chakra  
Heart Oil for healing a  
broken heart, also  
helpful for healing  
generational trauma  
Inspired Sleep and  
Dreams Tea to inspire  
dreams Breathe Easy  
Steam to improve  
respiratory health  
Immunity Chai Tea to  
fight off cold and flu  
viruses Laying Hands  
Stomach and Womb Oil for  
indigestion and  
menstrual discomfort A  
Castor Oil Pack for  
Liver Health to remove  
pain and swelling from  
sprains and bruises  
Filled with stories,  
ancestral recipes, and  
accessible practices  
that anyone can use, *The  
Art & Practice of  
Spiritual Herbalism*  
shows you how to use the  
power of plants for  
spiritual and physical  
healing.

**The Plant Remedy** -

Travis Bodick 2014-10-01  
All plants have spirits,  
and when we connect to  
those spirits, we unlock  
the fantastic power  
within them. For  
thousands of years,  
people have worked with  
plant medicines and  
entheogens to find  
guidance, healing, and  
answers to lifes  
questions - and with  
this book, you are now  
ready to join them. *The  
Plant Remedy* is Travis's  
newest work which  
details everything the  
reader needs to know to  
work with plant  
medicines safely and to  
contact the spirits of  
plants for guidance and  
healing. Drawing  
inspiration from many  
traditional sources,  
including Amazonian and  
Andean Curanderismo  
practice, Travis takes  
this information a step  
further by adding his  
own eclectic and  
modernized perspective  
to these ancient



medicines. This guide is based directly on the authors personal practice with plant medicines and offers all the information you need to contact the spirits of the plants for healing and guidance in your own life. This book is a must have for anyone interested in plant spirits and plant medicines!

**Plant Spirit Journey** - Laura Silvana 2009  
Explore the mystical realm of the plant kingdom, and discover a hidden source of power and healing. Born with the ability to see and hear spirits, intuitive Laura Silvana's mediumship abilities extend into the world of nature. Her fascinating true story includes knowledge gained from a spirit shaman who taught her how to work with the beneficial energies of plants. Silvana tunes in to individual flowers

and herbs and lets the spirits of the plants speak for themselves. For example, dandelions possess a whimsical vibration to help counteract despair. Lilacs offer contentment and stability during times of transition. Red clover is a powerful healer that inspires courage, will, and determination. This guide reveals the spiritual and emotional healing properties of 30 versatile plants and gives simple instructions for making plant spirit remedies at home. Both the plants and the ailments they treat are cross-referenced so you can easily find the information you seek.

Plant Spirit Healing - Pam Montgomery 2008-01-30  
A hands-on approach to working 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 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 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 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 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. 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.

### **Plant Spirit Shamanism -**

Ross Heaven 2006-08-03

An in-depth look at the role of plant spirits in shamanic rituals from around the world • Shows how shamans heal 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 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, 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 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 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 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 Amazonian and Caribbean healing plants and their common North American equivalents so readers can explore the world of plant spirits and make allies of their own.

Plant Spirit Medicine - Eliot Cowan 2014-04-01  
Whether you live in a 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 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 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 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 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 assess our own states of health and balance Receiving guidance from plants, including those found within herbal preparations New passages on community and sacred plants such as peyote, marijuana, and tobacco Additional interviews with plant shamans across diverse traditions, and more

**The Untold History of Healing** - Wolf D. Storl 2017-03-21  
The Untold History of Healing takes the reader

on an exciting, expansive journey of the history of medicine from the Stone Age to modern times, explaining that Western medicine has its true origins in the healing lore of Paleolithic hunters and gatherers, herding nomads, and the early sedentary farmers rather than in the academic tradition of doctors and pharmacists. This absorbing history of medicine takes the reader on a sweeping journey from the Stone Age to modern times, showing that Western medicine has its origins not only in the academic tradition of doctors and pharmacists, but in the healing lore of Paleolithic hunters and gatherers, herding nomads, and the early sedentary farmers. Anthropologist and ethnobotanist Wolf D. Storl vividly describes the many ways that

ancient peoples have used the plants in their immediate environment, along with handed-down knowledge and traditions, to treat the variety of ailments they encountered in daily life.

**A Cree Healer and His Medicine Bundle** - David Young 2015-06-09

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, 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 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 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 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 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, complementary and alternative health practitioners, ethnologists, anthropologists, and academics, this book will also find an audience with those interested in indigenous cultures and traditions. **Sastun** - Rosita Arvigo 2014-03-04 The compelling drama of American herbologist Rosita Arvigo's quest to preserve the knowledge of Don Elijio Panti, one of the last surviving and most respected traditional healers in

the rainforest of Belize.

*The Gift of Healing Herbs* - Robin Rose Bennett 2014-03-11

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

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 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 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 teas, brews, and instructions for incorporating herbs into our daily lives. The hundreds of recipes for herbal preparations in this book—accompanied by prayers, meditations, and rituals—offer spiritual and physical insights into the relationship between our body systems and the

elements, Earth, Air, 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 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 teaching and practicing herbal medicine in a spiritual, earth-based, nondogmatic style. The author explores how one's personal story turns into one's embodied physicality and ultimately reveals individual unique paths of healing for each reader. From the Trade Paperback edition.

*The Healing Power of Pleasure* - Julia Paulette Hollenbery  
2021-09-07

• Shares seven easily accessible spiritual

“medicines”--slowing down, embodying, deepening, relating, pleasure, power, and potency--so you can discover more sensual pleasure and delight in your body, relationships, and way of being as well as inner confidence, instinctual power, and aliveness • Presents reflections, practical somatic and breathing exercises, prompting questions, meditations, and energetic transmissions for each medicine • Explores body awareness, managing emotions stored in the body, the five realms of relationship, the different kinds of love, sexuality, passionate intimacy, and pleasure as a source of nourishment and healing Hidden just below the surface of ordinary day-to-day reality lies an abundance of pleasure and delight. By learning



to look beyond your daily challenges, you can ease your stressed mind and body and rediscover the magic, mystery, sensuality, and joy that is possible in everyday life. Taking you step by step through a sensual journey of healing and transformation, Julia Hollenbery explores seven easily accessible spiritual “medicines” or pathways to discover more sensual pleasure and delight in your body, relationships, and way of being. Journeying through slowing, embodying, deepening, relating, pleasure, power, and potency, each medicine invites you to engage through reflections, practical somatic and breathing exercises, prompting questions, and meditations. Energetic transmissions help you reconnect body, mind, and soul in an

integrated way and reclaim your innate source of pleasure. A visionary call to action to inhabit your universe of deliciousness, *The Healing Power of Pleasure* combines scientific fact with ancient spirituality, insight, humor, and poetry. This book presents an invitation to reawaken your body, realize the depth and web of relationships within which we live, and embrace the pleasure, power, and potency that arise when we look inward as well as confidently relate outward with the world around us.

[Secret Medicines from Your Garden](#) - Ellen

Evert Hopman 2016-02-18

A guided exploration of herbal lore and healing plants found in yards, forests, meadows, and hedgerows • Draws on traditional knowledge and remedies from around

the world, including Native American, Celtic, and Egyptian traditions

- Provides simple recipes to safely make herbal remedies from local plants and honey for first aid, immune support, and treatment of common ailments
- Details the “triangle” formula-making system of William LeSassier
- Explains how to work with plant spirits, herbal astrology, and Animal Spirit Medicine

Weaving together ancient wisdom, mystical folklore, and modern plant research, master herbalist Ellen Evert Hopman explores the many uses of flowers, trees, common weeds, and ornamental plants for food, medicine, spiritual growth, and magical rituals. She reveals the herbal lore surrounding each plant, drawing on traditional knowledge and remedies from around the world,

including Native American, Celtic, and Egyptian traditions. She includes recipes throughout so you can make medicines from wild and domesticated plants easily found in yards, forests, meadows, and hedgerows, and she discusses what to plant to ensure you have leaves, berries, and flowers all year. The author reveals how to quickly intuit an unknown plant’s properties using the signatures of plants-- universal indications and contraindications based on the form, color, and location of a plant. She includes an in-depth section on honey and Bee Medicine, allowing you to appreciate the labors of these plant-dependent insects. Exploring the magical role of herbs in ancient ritual, Hopman provides recipes for Egyptian temple incense

and their sacred medicine known as “Kyphi” or “Kaphet,” used to purify the body, banish insomnia, and promote vivid dreaming. She explores shamanic Plant Spirit and Animal Spirit Medicine as well as herbal astrology. She also explains the “triangle” formula-making system of her herbal mentor William LeSassier to help you develop custom herbal remedies tailored to a person’s unique strengths and weaknesses. Showing how to easily incorporate wild plants into your life to receive their healing benefits throughout the seasons, Hopman reveals the power of the bounty that Mother Nature has provided right at our doorstep.

**Grandmother Ayahuasca** -  
Christian Funder  
2021-06-29

- Examines how ayahuasca

affects the brain from a neuroscientific perspective and how its effects on consciousness relate to ancient esoteric texts • Shares interviews with people who have experienced ayahuasca’s powerful “spirit doctor” effects and the author’s own ayahuasca journey from suicidal depression to a soul at peace •

Investigates how ayahuasca is interwoven with the ancient practices of Amazonian shamanism Brewed from a combination of two plants--the leaves of Psychotria viridis and the vine stalks of Banisteriopsis caapi-- ayahuasca has been used for millennia by indigenous tribes throughout the Upper Amazon for healing and spiritual exploration. The shamans of the Peruvian Amazon call the plant spirit within the vine Abuela Ayahuasca,

Grandmother Ayahuasca. Exploring the history, lore, traditional use, psychoactive effects, and current scientific studies, Christian Funder reveals how Grandmother Ayahuasca is a profound healer, wise teacher, and life-changing guide. Examining ayahuasca from a neuroscientific perspective, the author looks at recent research on the effects of DMT-- one of the psychoactive compounds in ayahuasca-- as well as fMRI studies of brain activity during altered states. He explores these findings as they relate to the teachings on unified states of consciousness in ancient esoteric texts and to Aldous Huxley's theory of psychedelics inhibiting the "reducing valve" mechanism of the brain. Sharing interviews with people who have experienced ayahuasca's

powerful "spirit doctor" effects, Funder also details his own revolutionary ayahuasca healing journey from suicidal depression to a soul at peace. He explores ayahuasca's relationship to indigenous Amazonian shamanism, including an inside look at the Shipibo tribe and the healing songs known as icaros. Offering a holistic picture of ayahuasca--from science to spirit--the author shows that this venerated hallucinogenic tea has immense therapeutic potential and just might be the long-lost shamanic connection to the sacred Gaian mind.

One Spirit Medicine -  
Alberto Villoldo  
2016-09-27

Today our minds, our emotions, our relationships, and our bodies are out of kilter. We know it, but

we tend to ignore it until something brings us up short--a worrying diagnosis, a broken relationship, or simply an inability to function harmoniously in everyday life. When things are a little off, we read a self-help book. When they're really bad, we bring in oncologists to address cancer, neurologists to repair the brain, psychologists to help us understand our family of origin. But this fragmented approach to health is merely a stopgap. To truly heal, we need to return to the original recipe for wellness discovered by shamans millennia ago: One Spirit Medicine. Through One Spirit Medicine, the shamans found that they could grow a new body that allowed them to live in extraordinary health. They learned how to switch off the "death clock" inside every

cell, and turn on the "immortality" genes that reside in password-protected regions of our DNA. Cancer, dementia, and heart disease were rare. The shamans of old were truly masters of prevention. Drawing on more than 25 years of experience as a medical anthropologist--as well as his own journey back from the edge of death--acclaimed shamanic teacher Alberto Villoldo shows you how to detoxify the brain and gut with superfoods, use techniques for working with our luminous energy fields to heal your body, and follow the ancient path of the medicine wheel to shed disempowering stories from the past and pave the way for rebirth. Using the principles and practices in this book, you can feel better in a few days, begin to clear your mind and heal your brain in a week, and in

six weeks be on your way to a new body--one that heals rapidly, retains its youthful vitality, and keeps you connected to Spirit, to the earth, and to a renewed sense of purpose in your life.

**The Healing Spirit of Plants** - William Bloom 1999

Use the healing energy of plants through the remedies, rituals, and inner life of the natural world. Legends, shamanistic principles, and imagery old and new reveal the significance of plant spirits, and how to interpret their message. Related techniques such as chakras and meditation, along with charts and sidebars, guide practical work with spirit bundles, smudging, aromatherapy, infusions, tisanes, and homeopathic preparations. A plant encyclopedia includes over 100 revered

species.

**Spirit Medicine** - Henry Barnard Wesselman 2004

A cross-cultural consideration of illness, healing, and health care from the ancient wisdom of the traditional peoples, accompanied by an experiential CD of shamanic drumming and rattling to be used with specific exercises and meditations.

**Plant Spirit Medicine** - Nicola McIntosh (Herbalist) 2022

**Sacred Plant Medicine** - Stephen Harrod Buhner 1996

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

**Singing to the Plants** - Stephan V. Beyer 2010

This work seeks to understand this form of shamanism, its

relationship to other shamanisms, and its survival in the new global economy, through anthropology, ethnobotany, cognitive psychology, legal history, and personal memoir. "An exhaustively researched and detailed study, unique among its kind and an absolute 'must-have' for college library collections strong in anthropology and information on indigenous religions."--

Midwest Book Review

Awakening Your Inner Shaman - Marcela Lobos  
2021-05-18

A powerful debut from one of the world's most respected shamanic teachers, following Marcela Lobos's journey in this world and the world of spirit. The stress, conflict, and crises of the outer world are a signal: the time has come to awaken your inner shaman.

However, you don't need

to be initiated into arcane mysteries to answer the call from Spirit. In this book, Marcela Lobos reveals how to use the maps offered by the shamanic Medicine Wheel and the hero's journey to activate your inner wisdom and live a self-realized existence of discovery, healing, and wholeness. From her childhood in a war-torn country to her initiation with the shamans of the Andes and her life today as a teacher and medicine woman, Marcela's story offers a flesh-and-bones context for each step on the archetypal journey to Self. It is also an invitation to step out from your ordinary life and take the first steps on your own quest for spiritual understanding and deep transformation: to learn to walk the Medicine Path and to find your own power and

inner beauty.

Plant Magic - Christine Buckley 2020-03-31

A fun, modern, and irreverent introduction to healing herbs, this field guide to feeling good includes more than 20 plant profiles. Here is an invitation to the wild world of healing plants growing right outside your door. Highlighting herbs from catnip and plantain to nettles and rosemary, this book provides the information you need to assemble an herbal arsenal for combatting any ailment—everything from brewing up a slick lube tea for sexual health to fashioning a simple summer band-aid from backyard “weeds” to crafting an herbal smoking blend to quiet a busy mind. This accessible guide covers questions like: What is plant medicine? What can I put in my mouth and where do I find it? Can

I still go to my doctor? We’ve got you covered.

The Fellowship of the River - Joseph Tafur MD 2017-03-10

Western medicine has not been particularly successful at getting people relief from conditions like depression, chronic pain, migraine headaches, 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 specialists, without getting real relief from their problem. Because these and others are diseases deeply connected with the state of our emotional bodies. Too often, the Western medical approach fails to address the emotional dimension of illness. This is where traditional plant medicines, with their



ability to alter consciousness and open channels of communication to our emotions, offer so much promise. The stories shared here demonstrate the astonishing-mystical, colorful, metaphysical-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 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 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 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/Wisdom of the Plant Devas](https://drjoetafur.com/the-fellowship-of-the-river/Wisdom-of-the-Plant-Devas) - Thea Summer Deer 2011-08-19

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

The Book of Herbal

Wisdom - Matthew Wood  
2017-12-19

Hailed as a "classic" by leading herbalist Rosemary Gladstar, this botanical compendium provides a wide-ranging history of herbalism and useful guidance for healing with herbs. Matthew Wood is one of the United States' most renowned herbalists and the author of *Seven Herbs: Plants as Healers*, a watershed book in teaching herbal healing as a part of total wellness. With *The Book of Herbal Wisdom*, he continues and expands this study, creating a must-read guide for anyone who works in the natural health field or is interested in self-healing with herbs. Wood creates a vast and sweeping history of herbalism, drawing on Western botanical knowledge, homeopathy, Traditional Chinese medicine, and Native

American shamanic botany. Detailing the history and use of more than forty plants, he shows how each tradition views a plant, as well as its use in cases drawn from his own herbal and homeopathic practice. An initial section describes signatures, similar, and patterns in these traditions, and elements, temperaments, and constitutions. Wood has two objectives: to demonstrate how herbal medicines are agents of healing and wisdom, and to give the reader a useful catalog of plants for medicinal uses. His clinical observations of his patients bear the wry wisdom of the country doctor; his love of plants is evident in lush botanical descriptions, which show the connection between remedies—whether homeopathic, Chinese, or Native American—and the

plants from which they are derived. An introduction to centuries of lore about healing from indigenous traditions, *The Book of Herbal Wisdom* integrates and describes North American Indian medicine, homeopathy, Traditional Chinese Medicine, and Western herbalism like no other contemporary botanical compendium.

Medicine for the Soul -

Ross Heaven 2012-07-27

A complete study course in classical and cross-cultural shamanism, teaching the reader all s/he ever needs to know about shamanism, shamanic healing, soul retrieval, spirit extraction, house cleansing, cleaning the energy body, working with the souls of the dead – and much more.

The Temple of Shamanic Witchcraft - Christopher Penczak 2005

Is shamanism all that

different from modern witchcraft? According to Christopher Penczak, Wicca's roots go back 20,000 years to the Stone Age shamanic traditions of tribal cultures worldwide. A fascinating exploration of the Craft's shamanic origins, *The Temple of Shamanic Witchcraft* offers year-and-a-day training in shamanic witchcraft. Penczak's third volume of witchcraft teachings corresponds to the water element - guiding the reader into this realm of emotion, reflection, and healing. The twelve formal lessons cover shamanic cosmologies, journeying, dreamwork, animal/plant/stone medicine, totems, soul retrieval, and psychic surgery. Each lesson includes exercises (using modern techniques and materials), assignments, and helpful tips. The training ends

with a ritual for self-initiation into the art of the shamanic witch - culminating in an act of healing, rebirth, and transformation. COVR Award Winner

**Journeying Through the Invisible** - Hachumak  
2022-07-05

Journey into the world of Ayahuasca and healing. A mysterious and powerful plant medicine with curative powers that is drunk as a tea during a sacred ceremony, Ayahuasca has been known to change people's lives dramatically. But what was once a healing experience practiced only by Indigenous South Americans—and sought out by the adventurous few—has, in the past fifty years, become increasingly popular around the world. Hachumak, a Peruvian medicine man, has been practicing traditional healing arts in his

country for more than twenty years. His unique approach is based on ritualistic simplicity and highlights the essence of the Art, which includes the borrowed forces from Nature. In this remarkable book, he shares his knowledge and experiences to broaden our understanding of this powerful medicine and protect it from misuse and exploitation. Whether you are among the uninitiated and curious, or a seasoned journeyer, you will gain a deeper understanding of what shamanism is and how and why it works, as well as its possibilities and limitations. Hachumak reveals his own path to becoming a shaman and explains how a well-crafted Ayahuasca ceremony unfolds when run by an experienced curandero. He describes in detail what to

expect—both physically and psychologically—while under the guidance of the sacred plants. Central to the message of this book, Hachumak introduces his concepts of Soul Consciousness and Suffering Consciousness, which are central to his message and key to understanding the deep healing work that he performs while also provide new insights for personal self-reflection. Suffering Consciousness keeps us stuck in our negative ways, but when Soul Consciousness is awakened during a ceremony or spiritual moment, our entire being awakens, and we are shown the way to live according to the dictates of our conscience and the teachings of the spirits. With Hachumak as our experienced and trusted guide,

Journeying Through the Invisible offers a new and healing way of seeing ourselves and the world around us.

**Witchcraft Medicine** -  
Claudia Müller-Ebeling  
2003-10-01

An in-depth investigation of traditional European folk medicine and the healing arts of witches

- Explores the outlawed “alternative” medicine of witches suppressed by the state and the Church and how these plants can be used today
- Reveals that female shamanic medicine can be found in cultures all over the world
- Illustrated with color and black-and-white art reproductions dating back to the 16th century Witch medicine is wild medicine. It does more than make one healthy, it creates lust and knowledge, ecstasy and mythological insight. In Witchcraft Medicine the authors

take the reader on a journey that examines the women who mix the potions and become the healers; the legacy of Hecate; the demonization of nature's healing powers and sensuousness; the sorceress as shaman; and the plants associated with witches and devils. They explore important seasonal festivals and the plants associated with them, such as wolf's claw and calendula as herbs of the solstice and alder as an herb of the time of the dead--Samhain or Halloween. They also look at the history of forbidden medicine from the Inquisition to current drug laws, with an eye toward how the sacred plants of our forebears can be used once again.

**Plant Spirit Medicine** - Eliot Cowan 1995  
Explores an old way of healing through the spirit of plants.

Cannabis and Spirituality - Stephen Gray 2016-12-09  
A guide to the benefits and challenges of the use of cannabis in spiritual practice • Includes chapters by 18 authoritative and influential voices of the modern cannabis movement, including Kathleen Harrison, Joan Bello, Hamilton Souther, Steven Hager, Chris Bennett, Dee Dussault, Jeremy Wolff, and Roger Christie • Explores the use of marijuana in a wide range of spiritual practices, including meditation, yoga, chanting, visualization, shamanism, group ceremonies, work with other entheogens, and as a creative aid Truly a medicine for body and soul, one of cannabis's greatest gifts is its remarkable potential for spiritual healing and awakening. In this authoritative guide,

editor Stephen Gray and 17 other influential voices of the modern cannabis movement explore the spiritual benefits of cannabis and offer guidance on how to interact with the intelligence of this plant ally, a companion and supporter of humanity for millennia. Exploring cannabis spirituality in practice, Gray's chapters examine dosage, strains, and methods of intake; the use of cannabis to open the creative channels; how to conduct group ceremonies with cannabis; and cautions and counterindications for cannabis use. We hear from Chris Bennett on the religious and ritual use of cannabis from pre-biblical times to the present, Joan Bello on marijuana and the body-mind connection, Dee Dussault on ganja yoga, Kathleen

Harrison on humanity's co-evolution with cannabis, and cannabis shaman Hamilton Souther on working with the spirit of cannabis. The contributors explore the spiritual future of this plant ally as well as the ritual use of cannabis by the Rastafarians of Jamaica and the Sadhus of India. The chapters from Brazilian ayahuasca shaman Mariano da Silva and ayahuasca apprentice Francisco present wisdom on comingling the sacramental medicines of cannabis and ayahuasca. Revealing the potential of "the people's plant" to enhance a wide range of spiritual practices, such as meditation, yoga, chanting, visualization, shamanism, spirit work, and explorations with other entheogens, this guide shows how cannabis is an effective ally on the awakening journey,



unlocking the receptive energy in us all and helping us to feel connected to nature, to each other, and to ourselves.

### Love and Spirit Medicine

- Home, Shonagh

2013-04-30

Love and Spirit Medicine chronicles the author's mystical journey through the end of her marriage and into a focused, shamanic exploration of entheogenic mushrooms. A love relationship unfolded during that time, sending her into a dark night of the soul. Shonagh continued her shamanic explorations with the plant medicine, and discovered a well of resources. Using the mushrooms as a portal to the spirit worlds, Shonagh experienced a profound transformation of consciousness. She realized that the ceremonial use of sacred mushrooms offered a powerful path in her

spiritual exploration. Each journey brought her into direct connection with the realms of the sacred. Through these journeys, she cultivated relationships with otherworldly beings that nourished her on a soul level. Through her desire to know Spirit and experience deep connection, she ultimately discovered her own divinity and her connection to the All. "Ultimately, this is the story of my journey into Self. It became necessary for me to fall in love with the mystery of my own being. My experiences with the mushroom medicine have cultivated an intimate relationship with Mother Earth and a coterie of spirit beings. Through the use of sacred mushrooms, I have experienced an expansion of consciousness I never thought possible. It has deepened my sense of

belonging within a vast universe of countless realms. This medicine is a potent portal into the world of the spirits," she writes in the introduction. Shonagh forms a unique relationship with the spirit world that has been made possible through her mushroom journeys. Like many traditional shamans through the ages, she finds herself to be a conduit for Spirit, thereby bringing through wisdom and guidance for herself and her community. She is eventually led into a very ancient practice as a "medicine oracle," and her life is forever changed. Love and Spirit Medicine is an unusual love story; a tale that exemplifies what is possible through the reverent use of plant medicine for healing and transcendence on every level of our being. It's

the story of a woman who ultimately discovers her journey is not about finding a soul mate, but coming to know and love her own soul.

*Alchemical Healing* - Nicki Scully 2003-07-28  
Combines shamanism, alchemy, and energy medicine to create a unique healing modality

- Explores how to turn the base substance of who you are--the dark mystery of your subconscious--into the alchemical gold of knowledge and enlightenment
- Includes techniques of distant healing and working with power animals and plant, mineral, and elemental spirits
- Shows how to utilize the Universal Life Force to reawaken inherent healing abilities

Alchemical Healing brings together innovative techniques of shamanism and energetic healing with the principles of alchemy,

creating a practical form of physical healing, therapeutic counseling, and spiritual growth. The author provides ways to integrate spirit and matter, to develop communications between divinity and humanity, to retrieve knowledge, and to influence physical reality in order to achieve healing and transformation. With simple directions, readers are guided through attunements and empowerments that access the Universal Life Force energy and a five-element system for healing themselves and others. They learn powerful techniques, such as psychic surgery, distant healing, and how to work with power animals and plant, mineral, and elemental spirit guides. Alchemical Healing presents a sacred journey into the most

profound principles and mysteries of creation. It offers both an art form and a spiritual path that develops one's ability to co-create the future with the wisdom of the spirit world.

Plant Spirit Healing -

Pam Montgomery

2008-01-30

Herbalist Pam

Montgomery's triple spiral path--working through the heart to connect with the soul and gain access to the spirit--is a hands-on approach to partnering with plant spirits that promotes a profound healing, one that moves beyond mere symptomatic treatment into aligning us with the vast web of nature.

Plant Spirit Reiki - Fay

Johnstone 2020-09-22

Enrich your Reiki practice by connecting with the healing spirit of plants and the natural world • Explores a new way of channeling

Reiki energy for both personal healing and professional practice by intuitively connecting with plants and the natural world • Provides simple exercises, meditations, and Reiki practices to help the reader intuitively work in partnership with plants as part of their Reiki practice • Emphasizes healing exchange with plants and the self-practice of Reiki in partnership with the spirit of plants to heal our essential nature • Explains how to raise the vibration of your community and the world by connecting with green spaces, nature beings, and habitats under threat In this practical workbook, Fay Johnstone demonstrates how energy healers and Reiki practitioners can partner with plant spirit allies and the forces of nature for

powerful healing for themselves, others, and our planet. She explains how to include plants and nature in your Reiki practice, both the spiritual/etheric components of plants and the physical plants themselves. She offers many practical exercises, techniques, and meditations as well as case studies and personal experiences to show how best to harness the power of plants on all levels, along with other energy flows, to support the healing process in much the same way that crystals are used as energetic healing aids. She explains how plants connect with the Reiki principles and explores plant spirit allies, chakra work, and healing with the elements of nature. She details how to enhance self-healing and Reiki treatments for others through “bringing

the outside in," creating a healing space, use of plant preparations, and other sacred forms of plant medicine. Fay also explores how to support the healing of plants and nature itself through your Reiki/healing practice. She provides guidance on how to raise the vibration of your home and community, how to impact nature positively with regard to climate change, and how to send distance healing to the

Earth, nature beings, and endangered habitats across the world. She inspires you to reach out to the vital force that flows through the natural world and open your intuition to discover guidance and support from nature. By deepening our conscious cooperation and partnership with nature and the plant kingdom, in a sacred healing way, we come to recognize that in healing ourselves, we are also healing our Earth.