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explains the synergistic process of communicating with a plant and how the plants help us overcome anxiety grief fears and limiting beliefs and teach us to trust

forgive and embrace self love shares teachings from a variety of plants such as yarrow mugwort maple dandelion poison ivy and japanese hops presents step by step activities and practices that allow you to actualize each plant s teaching in an immediate way everyone has the ability to consciously communicate with plants jen frey shows that if we are willing to listen we can hear the plants speak to our hearts and teach us how to heal with the support of our plant allies we can be our truest selves and remember our intrinsic wholeness in this step by step guide frey shows how to awaken your ability to directly receive the unique wisdom and healing gifts of plants she describes how communicating with plants is more like a communion than an exchange of words the primary language we share with plants is through the heart and plant communication brings an expansion of heart intelligence and emotional growth she explains how the plants help us overcome anxiety grief fears and limiting beliefs and teach us to trust forgive embrace self love and enjoy the sweetness of life sharing teachings she has received from a variety of plants such as yarrow mugwort maple dandelion poison ivy and japanese hops frey follows each plant ally s wisdom with a step by step activity or practice she includes both native and invasive plants because all plant spirits have valuable lessons to share she concludes with tulsi showing how this plant is essential to helping us recover our sacred nature especially in a time of great earth changes with the wisdom of plant spirits we can have support and guidance whenever we need it and live in co creative partnership with nature

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

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 plant medicine of aotearoa publisher

buy the paperback version of this book and get the kindle version free ayahuasca sacred plant medicine of the amazon jungle provides a quick yet comprehensive look into a sacred topic that is often intimidating to discuss ayahuasca is a plant medicine that has been used by amazonian shamans for thousands of years and is surrounded by an extremely dense web of spiritual lore and cultural protocols it can be scary to dive into this world but the chapters in this book make the world of ayahuasca easy and accessible it will provide you with everything the prospective psychonauts might need to know before journeying into the realm of the plant spirits in this book you ll learn a thorough understanding of the history and cultural importance of the ayahuasca plant the spiritual mythos surrounding ayahuasca

providing a thorough look at the different spirits associated with the plant these include but are not limited to the ayahuasca plant itself the spirit of the jaguar and the spirit of the anaconda define the role and training of the shaman and the rigorous training they must undergo before being permitted to administer and oversee ayahuasca experiences the ways in which the shaman facilitates and steers the experience including but not limited to their use of sacred songs called icaros the purifying substance known as florida water and the sacred tobacco called mapacho the psychoactive components of the plant and a detailed account of how ayahuasca works in the body and affects brain chemistry which medications are contraindicated with ayahuasca and the potential interactions and side effects that can occur if one mixes prescription drugs with the medicine information regarding the preparatory diet as well as an explanation of what tyramine is its dangerous interactions with ayahuasca and why one must avoid eating foods that contain it other aspects of the preparation regimen including behavioral protocols that must be followed prior to ayahuasca ingestion these protocols involve avoiding sexual contact of all kinds as well as taking up a daily mindfulness practice some common experiences people undergo after drinking the medicine of ayahuasca and how to handle the experiences as they arise the long term benefits ayahuasca has been shown to effect in people suffering from various kinds of mental illnesses including ptsd depression and addiction this book is a one stop shop for anything the potential journeyer might need to know about this amazing and transformative sacrament it has been used in the jungle for countless generations and only in modern times have westerners been able to access this life changing experience with this book as your guide you ll have everything you need to know to begin planning your own experience get your copy of ayahuasca sacred plant medicine of the amazon jungle today

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 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

buy the paperback version of this book and get the kindle version free if you ever asked yourself who you really are on the inside and wanted to get down to the bottom of this question in a raw honest and transparent way ayahuasca is a powerful medicine that will take you through the journey of realizing the answer to your question and then some have you ever contemplated on the thought that there must be more to life than this are we much more than just this limited form that walks aimlessly on this earth do you want to be able to realize the immense energy that resides in you when you enter into the multiple level healing world of ayahuasca you can connect with this infinite energy which will transform your health as well as your physical and spiritual wellbeing in a way you could never imagine if it s healing of a past traumatic event disease that you ve been battling or you simply want to know your purpose in this life then this is the book you need to get the results that you re searching for everything you need to know about what to expect during the ceremony as well as preparation and integration tips are included inside this guide will give you the insight into the complete picture of the world of the healing medicine of ayahuasca this book is a one stop shop for anything the potential journeyer might need to know about this amazing and transformative sacrament it has been used in the jungle for countless generations and only in modern times have westerners been able to access this life changing experience with this book as your guide you ll have everything you need to know to begin planning your own experience get your copy of ayahuasca awakening today

an exploration of the sacredness and folklore of ancient fermentation revealed through 200 plants and hive products includes 120 recipes and indigenous beers and meads from 31 countries and 6 continents and an evaluation of honey back cover

this report documents the religious concerns several indian tribes in oklahoma the jicarilla apache indian tribe the southern ute tribe and the ute mountain ute tribe for cultural resources remaining in the fort carson pinon canyon maneuver area in southern colorado the involvement of native american people in the study area is placed in an ethnohistorical perspective that spans more than five hundred years

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