

Plant Spirit Shamanism Traditional Techniques For Healing The Soul Ross Heaven

Today, practicing shamanism doesn't mean you have to live in a rain forest or a desert. Thanks to a modern renaissance of shamanic spirituality, practitioners from all walks of life now use powerful indigenous techniques for healing, insight, and spiritual growth. With *Awakening to the Spirit World*, teachers Sandra Ingerman and Hank Wesselman bring together a circle of renowned Western shamanic elders to present a comprehensive manual for making these practices accessible and available in our daily lives, including: How the original practice of shamanism shaped the world's spiritual traditions and why it is still relevant today. The art of the shamanic journey--a time-tested meditative method for experiencing important spiritual lessons and truths. Guidance for avoiding common pitfalls of shamanic practice. Instruction for working with your dreams, connecting to your spirit guides, healing yourself and your environment. The core of shamanism is the experience of direct revelation-- to communicate firsthand with your spiritual allies and discover your own power. *Awakening to the Spirit World* takes you through each step of developing a personal connection with your helping spirits to receive wisdom, insight, and healing energy. From an overview of shamanism, to your first journeys and encounters with your power animals, to expanding your skills and insight through long-term practice, here is an in-depth resource for the shamanic arts that includes: Creating rituals and ceremonies for healing and transformation Reconnecting with nature to heal ourselves and the planet Working with your dreams, songs, and artistic vision to strengthen your practice Traditional wisdom for children-- healthy rites of passage for each phase of a child's journey to adulthood Honoring the cycle of life and death-- shamanic practices to prepare for and celebrate our final transition in this life Excerpt Shamanism is the most ancient spiritual practice known to humankind and is the "ancestor" of all our modern religions. As a method, it is a form of meditation combined with a focused intention to accomplish various things, as well become apparent in this book. As a spiritual practice, shamanism can become a way of life that may utterly transform the one who practices it. The word "shaman" comes from the language of the Evenki peoples, a Tungusic tribe in Siberia. This is a word whose meaning has to do with esoteric knowledge and extraordinary spiritual abilities and as such a shaman is often defined as an intermediary between the human and spirit worlds. In shamanic cultures, the word "shaman" has come to mean "the one who sees in the dark" or "the one who knows." There are certain commonalities in a shaman's worldview and practice across the world that allow us to make certain broad generalizations about shamanism. In the majority of indigenous cultures, the universe is viewed as being made up of two distinct realms: a world of things seen and a world of things hidden, yet that these two worlds present themselves together as two halves of a whole. The shaman is the inspired visionary, a man or a woman who learns through practice how to enter into this "world of things hidden," and once there, he or she typically encounters extra-mundane personalities or archetypal forces that the indigenous peoples refer to as spirits, ancestors, or even gods. Reviews "Awakening to the Spirit World" takes a deep look at tapping sources of invisible power in daily life. So much of what Sandra Ingerman and Hank Wesselman write about is lost to modern medicine: listening to the weather and the elements, understanding death, and more. This is a courageous book that will appeal to all who long to explore the unseen world." —Judith Orloff, MD, author of *Emotional Freedom* "In an era when chaos, confusion, and uncertainty take center stage, the ancestors, focused on balancing the energies of life, call forth calm, clarity, and pragmatic direction for accessing the medicine needed to heal the individual and collective psyche. In this moment in time, we are invited into "Awakening the Spirit World," where we are reassured that we are not alone. We are in good company, indeed." —Malidoma Patrice Some, PhD, author of "Of Water and the Spirit, The Healing Wisdom of Africa," and "Ritual: Power, Healing, and Community."

A story of awakening to remarkable shamanic powers, teachings, and techniques • Describes the author's work with plant spirits, entheogens such as ayahuasca, and indigenous shamans during his 20 years of fieldwork in the Peruvian Amazon • Explores the practice of soul retrieval and shamanic work with feathers, stones, and sound • Includes techniques for exploring non-ordinary reality, exercises for expanding sensory perception, and practices to open your creative artistic visionary potential After surviving a serious elevator crash in London, Howard G. Charing found he had developed healing touch as well as the ability to hear voices and experience visions--just as a healer in Italy had predicted only a week before the accident. He began using his abilities to heal but felt he needed more guidance and training. He first connected with a national spiritual healing organization, only to be told he was doing everything wrong. Then, through a friend, he discovered shamanism. Sharing profound teachings and extraordinary experiences from his more than 30 years of shamanic healing work, Charing explains how he accidentally became a shaman and completely changed the course of his life. He describes his work with plant spirits, entheogens such as ayahuasca, and indigenous shamans during his 20 years of fieldwork in the Peruvian Amazon, including his studies with the late visionary artist Pablo Amaringo. Investigating altered states of perception, he provides visionary techniques for exploring non-ordinary reality, exercises for expanding sensory perception, and practices to open your creative artistic visionary potential. Detailing the practice of soul retrieval, the author discusses why it is one of the most effective and profound spiritual healing practices and shares emotionally charged stories of successful shamanic healings he has attended. He also includes shamanic wisdom on working with feathers, stones, and sound and compares current research in physics with the vast body of experiential knowledge from indigenous spiritual traditions. From the accident that started his journey to the many remarkable spiritwork encounters that have happened since, Charing's story will empower readers to begin exploring the realms of consciousness and energy that surround us and welcome the dissolution of the boundary between the physical and the spiritual.

A hands-on guide to advanced spiritual transformation through the combined sacred arts of alchemy and shamanism • Recasts the 7 stages of the alchemical "Great Work" as a transformative shamanic journey and initiatic experience • Provides step-by-step instructions for 18 shamanic alchemy practices for inner transformation, including vibrational energy work, consciousness-altering techniques, the creation of mirrors of the mind, and sacred ceremonies tied to the four elements • Explores the alchemical plant-medicine techniques of spagyrics, as well as recipes for basic tinctures and "plant-stones" Offering a unique, hands-on guide to advanced self-transformation, James Endredy shows how traditional shamanic techniques offer a doorway into the sacred art of alchemy, the inner transformation of the soul. Revealing the practical and intuitive connections between shamanism and alchemy, including not only Western alchemy but also alchemical practices from the East, Endredy recasts the 7 stages of the alchemical "Great Work" as a transformative shamanic journey and initiatic experience. He provides step-by-step instructions for 18 shamanic alchemy practices for inner transformation, including vibrational energy work, consciousness-altering techniques, the creation of mirrors of the mind,

shamanic viewing, and sacred ceremonies tied to the four elements. Exploring the healing art of spagyrics, the author shows how this alchemical plant-medicine practice is receptive to the energetic work of traditional shamanic techniques. He details formulations for distilling shamanic spagyric remedies, as well as recipes for basic tinctures and "plant-stones." He also discusses the creation of sacred space, altars, and shamanic distillation lodges. Comparing shamanic and alchemical cosmologies, the author explains how both shamanism and alchemy employ direct experience of the numinous and invisible worlds, also known as gnosis, to impart wisdom, invoke peace of mind, and increase creativity and vitality. Showing how the practical vibrational science of alchemy and the consciousness-transforming techniques of shamanism directly enhance and expand upon each other, Endredy also reveals how they have the same ultimate goals: to allow the practitioner to transmute spiritual lead into gold and to penetrate the deep secrets of life and of nature.

A rare in-depth look at the inner workings of Huichol shamanism • Describes the five sacred sites of the Huichol and their peyote ceremonies • Explains how the Huichol teachings of awareness, centered on the five points of attention, connect you to your true essence • Reveals the deep relationship between Huichol cosmology, Gnosticism, and Christianity, especially Jesus Christ and the Virgin Mary Taking place in the heart of the Huichol homeland in western Mexico, this book offers a rare in-depth look at the inner workings of Huichol shamanism, which is permeated with the use of the sacred peyote cactus. Outsiders are almost never allowed access to Huichol sacred sites and ceremonies; however, James Endredy, after years of friendship with Huichol families, earned the privilege nearly by accident. Swayed by persistent pleading, he agreed to take another gringo into the mountains to one of the Huichols' ceremonial centers, and they were both caught. After trial and punishment, Endredy was invited to stay within the sacred lands for the festivities he had illegally intruded upon and found his initiation into the Huichol shamanic tradition had begun. Sharing his intimate conversations and journeys with the shaman he calls "Peyote Jesus," the author explains how Huichol belief revolves around the five sacred directions, the five sacred sites, and the five points of attention. As Peyote Jesus explains, the five points of attention refer to dividing your awareness yet staying focused on your inner self. This is not a normal state of consciousness for most people, yet when we maintain these points of attention, we discover our true essence and move closer to God. Endredy undergoes dozens of spiritual journeys with peyote as he makes the pilgrimages to the five sacred Huichol sites with Peyote Jesus. He is shocked by his vision of the Virgin Mary while under peyote's guidance and learns of the deep relationship--strictly on Huichol terms--between their cosmology, Gnosticism, and Christianity, especially Jesus Christ. Providing an inside look at the major ceremonies and peyote rituals of the Huichol, this unexpectedly powerful book reveals the key tenants of the Huichol worldview, their beliefs in the afterlife, and their spiritual work on behalf of all of humanity.

A guide for solitaries, eclectics, and non-traditional Witches. It features lessons that contain meditations based on the Underworld journey teachings, as well as an advanced discussion of some facet of magick or witchcraft.

The first in-depth examination of the sacred underpinnings of the world of Native American medicinal herbalism • Reveals how shamans and healers "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 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 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 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 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 medicinal uses, preparatory guidelines, and ceremonial elements such as prayers and medicine songs associated with its use.

Connecting with nature and nature beings to help heal us and the Earth • Provides experiential practices to communicate with nature and access the creative power of the Earth • Shares transformative wisdom teachings from conversations with nature beings, such as Snowy Owl, Snake, Blackberry, Mushroom, and Glacial Silt, exploring the role of each in bringing balance to the planet Nature and the Earth are conscious. They speak to us through our dreams, intuition, and deep longings. By opening our minds, hearts, and senses we can consciously awaken to the magic of the wild, the rhythms of nature, and the profound feminine wisdom of the Earth. We can connect with nature spirits who have deep compassion and love for us, offering their guidance and support as we each make our journey through life. Renowned shamanic teachers Sandra Ingerman and Llyn Roberts explain how anyone can access the spirit of nature whether through animals, plants, trees, or insects, or through other nature beings such as Mist or Sand. They share transformative wisdom teachings from their own conversations with nature spirits, such as Snowy Owl, Snake, Blackberry, Mushroom, and Glacial Silt, revealing powerful lessons about the feminine qualities of nature and about the reader's role in the healing of the Earth. They provide a wealth of experiential practices that allow each of us to connect with the creative power of nature. Full of rich imagery, these approaches can be used in a backyard, in the wilderness, in a city park, or even purely through imagination, allowing anyone to communicate with and seek guidance from nature beings no matter where you live. By communing and musing with nature, we learn how to speak to the spirit that lives in all things, bringing balance to us and the planet. By tapping into the feminine wisdom of the Earth, we evoke a deep sense of belonging with the natural world and cultivate our inner landscape, planting the seeds for harmony and a natural state of joy.

Plant Spirit Shamanism Traditional Techniques for Healing the Soul Destiny Books

Increasing numbers of professionals in the fields of psychology and therapy are seeking to incorporate elements of spirituality into their therapeutic oeuvre, addressing not only mental and emotional issues, but also the soul. This book discloses how indigenous traditions can be adapted to offer practitioners a highly effective repertoire of insights, psycho-spiritual approaches and therapeutic tools. The underlying concepts and world-views of indigenous and contemporary shamanism are explained and tied in with current developments in psychology and science. After clarifying altered states of perception, concepts of integrative wholeness of mind, body, soul and spirit and transformative shamanic 'healing' approaches, the book goes on to outline concrete contemporary tools and techniques that can be applied directly to work with clients. It presents research, examples and case studies throughout. This will be enlightening and compelling reading for psychologists, therapists, counsellors and coaches looking for profound insights and

innovative methods of practice that cater for the whole human psyche, reaching beyond contemporary Western mind and body approaches.

Within you is a greater, wiser self that is not bound by your fears, worries, or perceived limitations. Dr. José Luis Stevens calls this the Inner Shaman—the part of you that connects directly to the true source of the universe. "The shamans of every tradition know that the physical world we can see and touch is a mere shadow of the true spirit world," writes Dr. Stevens. With *Awaken the Inner Shaman*, he presents a direct and practical guide for opening our eyes to the greater wisdom and knowing within—and stepping into the power and responsibility we possess to shape and serve our world. In this rousing and provocative book, he invites readers to discover: What is the Inner Shaman? How an understanding of our deeper spiritual potential shows up in every mystical and scientific tradition. Seeing through the heart—why the heart offers us the most immediate path for accessing the Inner Shaman Illuminating the Inner Shaman through spirituality, quantum physics, medical science, and experiential knowing The Inner Shaman in action—how to stop living from the egoic mind and put your true essence in charge Eight tools to strengthen your connection to the Inner Shaman, and much more Humanity has become enthralled by the Siren's song of technological progress, which has lured us away from the spiritual source that truly sustains us. In *Awaken the Inner Shaman*, Dr. José Stevens challenges us to reclaim our lost power to heal, see truly, and fulfill our purpose in life. As Dr. Stevens writes: "The Inner Shaman, suppressed and ignored for centuries, can be discovered in the most obvious place possible—within your own heart."

In *Vegetalismo*, la dieta, or diet, strengthens the practitioner's treatments, songs, and protection, while opening the door for spirit interaction. In this tradition, the practitioner is a vessel for various energies, acquiring various astral gifts via trance and interaction with Spirits, with or without Ayahuasca. These gifts are tools and include diets, trance states, and dream work. Be not fooled: getting these tools and learning how to use them is a feat in itself. Master Shaman Inorao reveals more secrets. Working with Plant Spirits require a special diet if you expect to reach high levels of empowerment and get communications of great wisdom from Ayahuasca. The secrets are all revealed here. Simple, powerful methods that produce powerful states of being. You are taught step-by-step the diet of Master Shamans and how they are used now in common society. Here's just a sample of the many secrets REVEALED: The Plant Energy Diet and Other Secret Methods The Stone Diet How to perform a proper traditional Ayahuasca Ceremony Secrets of the Magical Herb Diet Peruvian Shaman energy secrets For Luck, Protection, Spiritual Attack Reversal, Sexual Attraction, and Business Success These is the REAL PRACTICES OF PERUVIAN SHAMANS KNOWN FOR THEIR GREAT ABILITIES, NOT "White Man" new age nonsense! This is a Mysterious book as well that instantly connects you to the "stream of power" of Inorao. This connection empowers your diets to the highest levels and connects you to the Stream of Ayahuasca empowerment, helping to access treasure troves of spiritual knowledge that some people seek through the use of the "herb". This book does help you to create a similar connection without using the herb, although not on the same strong physical level; you'll experience the connection on a strong spiritual level that changes over time in a powerful way. Many report seeing visions in their dreams after placing a photo in the book on the activation sigil. Profound changes take place once you connect to Inorao's power stream. UNDERSTAND: THIS IS NOT A COMMON BOOK; IT IS A POWER-TOOL THAT TRANSFORMS YOUR LIFE FOR PENNIES! A LIFETIME TOOL YOU USE DAILY. CHANGE YOUR LIFE AND GET THIS BOOK NOW!!!

The first book to demonstrate how plants originally considered harmful to the environment actually restore Earth's ecosystems and possess powerful healing properties • Explains how invasive plants enhance biodiversity, purify ecosystems, and revitalize the land • Provides a detailed look at the healing properties of 25 of the most common invasive plants Most of the invasive plant species under attack for disruption of local ecosystems in the United States are from Asia, where they play an important role in traditional healing. In opposition to the loud chorus of those clamoring for the eradication of all these plants that, to the casual observer, appear to be a threat to native flora, Timothy Scott shows how these opportunistic plants are restoring health to Earth's ecosystems. Far less a threat to the environment than the cocktails of toxic pesticides used to control them, these invasive plants perform an essential ecological function that serves to heal both the land on which they grow and the human beings who live upon it. These plants remove toxic residues in the soil, providing detoxification properties that can help heal individuals. *Invasive Plant Medicine* demonstrates how these "invasives" restore natural balance and biodiversity to the environment and examines the powerful healing properties offered by 25 of the most common invasive plants growing in North America and Europe. Each plant examined includes a detailed description of its physiological actions and uses in traditional healing practices; tips on harvesting, preparation, and dosage; contraindications; and any possible side effects. This is the first book to explore invasive plants not only for their profound medical benefits but also with a deep ecological perspective that reveals how plant intelligence allows them to flourish wherever they grow.

Combine meditation and magic to develop your natural spiritual power through the change of consciousness. A must-have textbook for wizards, energy healers, and spiritual developers to help you achieve your wishes. Open your wizard's eyes- the so-called spiritual power is how to contact and interact with subtle energy. Spiritual power and magic are actually the same thing, because before you can use magic, you must first develop your spiritual power and perceive energy in order to practice, control, and use this energy steadily.

Powerful attraction in one small bag Cultures worldwide have long incorporated small bags containing herbs, stones, and other sacred items as part of their belief systems, whether to ward off evil, protect them while traveling or to attract positive elements into their lives. Egyptians carried amulets for protection, Native Americans wore medicine bags filled with healing herbs, and African Americans collected "sticks, stones, roots and bones" inside flannel bags and called them "mojo" or "gris gris." Gris gris and sachet bags are, in essence, a prayer or magical spell you can carry with you. *Magic's in the Bag* explores this history, plus offers 75 simple spells to create your own gris gris bag, including

our modern technological culture • Chosen as one of the “Top 10 Books of the New Edge” by Jonathan Talat Phillips on The Huffington Post When composer and Bard College music professor Margaret De Wys learned she had breast cancer, the diagnosis shattered her comfortable life. Seized by fear, crushed by existential loneliness, she couldn't respond when her loved ones reached out to her. To everyone's concern, the illness propelled her away from her family and deep into the Amazon to work with Carlos, a charismatic Shuar shaman and master of medicina milenaria, an ancient mystical tradition with a highly sophisticated and precise technology of healing. In *Black Smoke*, De Wys writes of her amazing encounter with Carlos as he guided her into a world of potent visionary plants, harrowing initiations, ritual purification, and miraculous healings, including the complete disappearance of her cancer. It was, as Carlos called it, “the path of the warrior.” Sharing a journey not only through cancer but also through self-transformation, De Wys provides an intimate inside look at the shamanic ceremonies of ayahuasca and the ways this spiritual medicine can heal the emotional origins of disease now plaguing our modern technological culture. Capturing her physical, emotional, and “holy voyage” through a world that differs vastly from our own in its perception of healing and wholeness, she offers a revealing chronicle of spiritual insight and a trenchant exploration of the limits of idealism. She not only provides a probing look at how our society can learn and benefit from indigenous wisdom but also weaves a cautionary tale about how potentially dangerous it is--on both sides--to try to cross those frontiers.

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

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 curandero using ayahuasca medicine, San Pedro cactus, tobacco purges, psychedelic mushrooms, and other visionary plants • Offers first-hand accounts of miraculous healing where ayahuasca 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 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 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 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 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 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 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 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 mind expansion through ayahuasca and shows how this fascination is triggered by humanity's reawakening need to connect to the universal life force.

A “what to expect” guide for first-time ayahuasca users paired with accounts from the author's extensive shamanic experiences in the Amazon • Describes how to prepare for the first ceremony, what to do in the days afterward, and how to maintain a shamanic healing diet • Details some of the author's own ayahuasca experiences, including an intensive trip in 2009 when he underwent 17 ceremonies • Explores the many other plants that are part of the ayahuasca healer's medicine cabinet as well as the icaros, healing songs, of the ayahuasca shaman Since 1999 Jan Kounen has regularly traveled to the Peruvian Amazon to participate in ayahuasca ceremonies. At first only a curious filmmaker, over multiple trips he transformed from explorer to apprentice to ayahuasquero and often found himself surrounded by other foreigners coming to the jungle for their first taste of ayahuasca medicine. Knowing how little guidance is available on how to prepare or what to expect, he naturally offered them advice. Part visionary ayahuasca memoir and part practical guide, this book contains the same step-by-step advice that Kounen provides first-time ayahuasca users in the jungle. He describes how to prepare for the first ceremony and what to do in the days afterward. He explores how to deal with the nausea and details the special preparatory diets an ayahuasca shaman will put you on, often lasting for months but necessary for life-transforming results and teachings from the plant spirits. He also explains how it is far easier to maintain these restrictions in the jungle than in the city. Detailing his own ayahuasca experiences over hundreds of sessions, including a trip in 2009 when he underwent 17 ceremonies in 25 days, Kounen describes how ayahuasca transformed him. He tells of his meetings with Shipibo healers, including Kestenbetsa, who opened the doors of this world for him, and Panshin Beka, the shaman to whom Kounen became an apprentice. He details the many other plants and foods that are part of the ayahuasca healer's medicine cabinet, such as toé and tobacco, as well as their icaros, or healing songs. A veritable “what to expect” guide, this book should be your first step prior to committing to ayahuasca.

Body Matters approaches the material world directly; it seeks to remind people that they are the matter of their bodies. This volume offers an assortment of contributions from anthropology, archaeology and medieval studies, with case studies from northern Europe, the Near East, East Africa and Amazonia, which variously draw attention to the multiple shifting materials that comprise, impact upon and co-create human bodies. This lively collection foregrounds myriad material influences interacting with and shaping the human body; the chapters come together to illustrate the fundamental fleshy, bony, suppurating, leaky and oozing physicality of being human. Ultimately, by reminding readers of their indisputable materiality, *Body Matters* seeks to draw people and the rest of the material world together to illustrate that bodies not only seep into (and are part of) the landscape, but equally that people and the material world are inextricably co-constitutive.

Advocates the use of an intuitive cognition in order to discover plants' medicinal and nutritional purposes, including discussions of the scientific model's limits and how, once cultivated, it can

be applied to disciplines such as medicine.

San Pedro, a visionary and hallucinogenic brew derived from the mescaline-based *Trichocereus pachanoi* or 'cactus of vision', is one of Peru's most important and powerful teacher plants. For thousands of years this brew has been drunk by spiritual seekers and those who need healing, and has cured a wide variety of physical problems, including cancer, diabetes, paralysis and pneumonia, and emotional and psychological issues such as alcoholism, heartbreak and grief. Those who work with it say San Pedro brings us closer to God. There has been no book specifically written about the shamanic use of San Pedro...until now. This important volume is therefore a first of its kind. In it, Ross Heaven looks at the healing and ceremonial usage of San Pedro, with interviews and case studies from shamans and participants who offer their remarkable stories of instant cures and spiritual insights.

A guide to plant spirit ritual and witchcraft, with practical instruction on the use of botanicals especially associated with the beloved goddess Hekate and her daughters Circe and Medea. Bringing pharmakeia (the practice of plant spirit witchcraft) into contemporary times, *Entering Hekate's Garden* merges historical knowledge with modern techniques. In it, author Cyndi Brannen offers her extensive insight into Hekatean ritual and witchcraft and especially its application to the Green World. The book features detailed monographs dedicated to 39 plants ranging from the esoteric such as aconite, American mandrake, and damiana to the accessible including bay laurel, dandelion, fennel, garlic, juniper, and lavender. This book blends traditional methods with the author's personal approach, emphasizing her understanding of plant spirits as allies in the witch's journey. It includes a new taxonomy for interpreting plant energies, methods for creating new correspondences, the importance of layering, using botanicals in spells, rituals, altars, and more, as well as ways to develop meaningful relationships with the pharmakoi (master plant spirits). Poetry, petitions, and musings about pharmakeia are woven throughout. *Entering Hekate's Garden* takes readers deep into the mystical world of botanical witchery in a way no other book has before.

Are you a solo practitioner of magic or someone who aspires to be one? Do you smoke marijuana or are you considering it? Are you interested in learning how you can combine marijuana with your magical operations in order to amplify their power and effectiveness? If so, this may be the book you're looking for. The basic premise of this book is that any magical operations that you normally conduct can probably be enhanced and supported by the Spirit of marijuana. A big claim? Maybe. But you don't have to take the author's word for it. He's not saying that you need to smoke marijuana to improve your magic or that you should. He is saying you could explore and experiment with using cannabis and come to your own conclusions. Based on his own experience, here are seven of the author's conclusions: 1. The Spirit of marijuana is a powerful and hardy "teacher plant" that first evolved on earth approximately 50,000,000 years ago and that is known as a potent amplifier of intention. 2. The energy that powers your magical work is your own individual conscious awareness supported by the collective field of consciousness. The Spirit of marijuana is another expression of this collective field of consciousness. $1 + 1 = 2$. There is power in numbers. 3. Magic is powered by your consciousness. Consciousness is awareness. Marijuana helps to expand your awareness which in turn increases your magical power. 4. Someone once said that magic happens when a tremendous amount of imagination interacts with matter. Marijuana can enhance the function of imagination and may increase intuition. 5. The Spirit of marijuana can assist you to more fully and consciously dwell in the now-the moment of power, the moment of magic-the place where magic happens. 6. Cannabis is a psychoactive plant capable of helping you enter into an altered state of consciousness. Your magical operations can be conducted from within this altered state to your advantage. 7. Cannabis can function as a potent amplifier of your intention. This book can teach you how to enter into a friendship with the Spirit of marijuana (or renew the one you already have) in order to amplify the effectiveness of your magical operations.

The history of San Pedro and its uses for healing, creativity, and conscious evolution • Includes interviews with practicing San Pedro shamans on their rituals, cactus preparations, and teachings on how San Pedro heals the mind and body • Contains accounts from people who have been healed by San Pedro • Includes chapters by Eve Bruce, M.D., and David Luke, Ph.D., on San Pedro's effects on psychic abilities and its similarities to and differences from ayahuasca San Pedro, the legendary cactus of vision, has been used by the shamans of Peru for at least 3,500 years. Referring to St. Peter, who holds the keys to Heaven, its name is suggestive of the plant's visionary power to open the gates between the visible and invisible worlds, allowing passage to an ecstatic realm where miraculous physical and spiritual healings occur, love and enthusiasm for life are rekindled, the future divined, and the soul's purpose revealed. Exploring the history and shamanic uses of the San Pedro cactus, Ross Heaven interviews practicing San Pedro shamans about ancient and modern rituals, preparation of the visionary brew, experiences with the healing spirit of San Pedro, and their teachings on how the cactus works on the mind, body, and illness. He investigates the conditions treated by San Pedro as well as how it can enhance creativity, providing case studies from those who have been healed by the cactus and accounts from those who have been artistically and musically inspired through its use. Psychedelic researchers Eve Bruce, M.D., David Luke, Ph.D., and journalist Morgan Maher contribute chapters delving into San Pedro's effects on conscious evolution and psychic abilities as well as its similarities to and differences from ayahuasca. Exploring plant communication and the vital role of music in San Pedro ceremonies, Heaven explains how healing songs are communicated by the sacred plants to the shamans working with them, much in the same way that other gifts of San Pedro--from healing to inspiration to expanded consciousness--are passed to those who commune with this ancient plant teacher.

Shamanism can be defined as the practice of initiated shamans who are distinguished by their mastery of a range of altered states of consciousness. Shamanism arises from the actions the shaman takes in non-ordinary reality and the results of those actions in ordinary reality. It is not a religion, yet it demands spiritual discipline and personal sacrifice from the mature shaman who seeks the highest stages of mystical development.

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 first practical guide to the transformative uses of salvia • Explains how salvia connects you with your higher purpose and aids you in envisioning your unique path in life • Describes appropriate methods of use, a shamanic diet to increase effectiveness, and the meaning of the symbols experienced during salvia's ecstatic embrace • Explores recent clinical research into salvia's long-term positive psychological effects and its potential as a treatment for Alzheimer's, depression, and addiction Salvia divinorum has been used since ancient times by the

Mazatec shamans of Mexico for divination, vision quests, and healing. Known by many names--nearly all associated with the Virgin Mary, who has come to symbolize the spirit of salvia--this plant ally is now regarded as the most powerful natural hallucinogen. Providing the first practical guide to the shamanic, spiritual, and therapeutic uses of salvia, Ross Heaven shares his in-depth quest to connect with the spirit of this plant teacher. He explores recent clinical research into its many long-term psychological effects, such as increased insight and self-confidence, improved mood and concentration, and feelings of calmness and connection with nature, as well as salvia's potential for combating diseases like Alzheimer's, depression, and even cocaine addiction. Reviewing the traditional Mazatec ceremonies surrounding salvia's harvest and use, Heaven describes appropriate methods of consumption, typical dosages, and the shamanic diet he used to increase salvia's effectiveness. Examining firsthand accounts of salvia journeys from around the world, he decodes the meaning of the symbolic images experienced during salvia's ecstatic embrace and details the interplay between salvia and the lucid dreaming state. Comparing salvia to ayahuasca and the San Pedro cactus, Heaven explains that salvia's greatest strength as a shamanic plant ally lies in its ability to connect you with your higher purpose and aid you in envisioning your unique path in life.

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