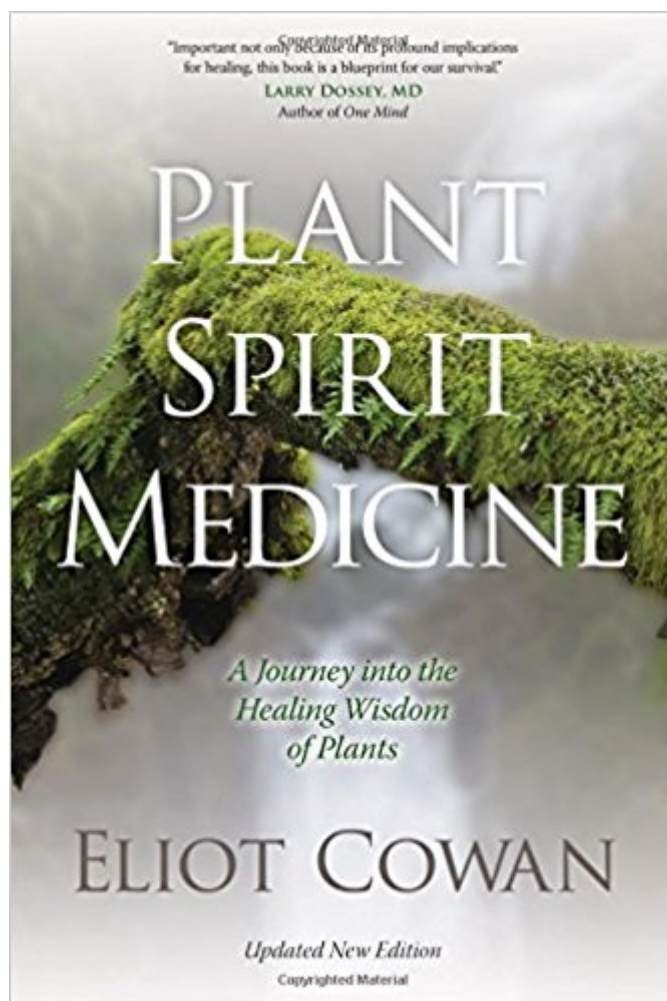


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Plant Spirit Medicine: A Journey Into The Healing Wisdom Of Plants



Synopsis

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

Book Information

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Customer Reviews

"Through the pages of the book, you will meet many people and enjoy a narrative of healing, hope, and transcendent connection with nature. This is a magical journey, told very descriptively and with great reverence and love. It is a story about repairing the web of life - on this side and the other. The best news is that we can practice these ancient teachings in our own backyards or with the herb gardens on our kitchen window sills. Cowan tells us how to do that." —Anna

Jedrziwski, and InannaWorks.com “Cowan has charted the territory for a medicine of the past and the future and restores one of the vital links for this to happen • which is the healing power behind our relationship with the plant world. This book is an excellent addition to the alternative medicine collections.” •Malidoma Somfâ, author of *Ritual: Power, Healing and Community* and *Of Water and the Spirit: Ritual, Magic and Initiation in the Life of an African Shaman* “Eliot Cowan’s inspiring *Plant Spirit Medicine* explores the intrinsic unity and connectedness of all living things. It extends the boundaries of consciousness to include not just humans and animals but plants as well. Important not only because of its profound implications for healing, this book is a blueprint for our survival. It illuminates the kind of sacred regard we must develop for all of life on Earth if our species is to survive and thrive.” •Larry Dossey, MD, author of *One Mind: How Our Individual Mind Is Part of a Greater Consciousness and Why It Matters*

Eliot Cowan Eliot Cowan is the founder of the Blue Deer Center in Margaretville, New York, where he provides training in plant spirit medicine and other traditions. For many years, he apprenticed with the shaman Don Guadalupe Gonzalez Rios who, in 2000, ritually recognized Cowan as a guide to shamanic apprentices in the Huichol tradition. He is a member of the Council of Elders for the Temple of Sacred Fire Healing.

For those with open hearts and minds, who feel the pull to connect to their roots and to the roots of the earth. A beautiful book full of necessary truths and ideas. If we are going to get this planet back on track, the themes here will lead us there. The chapters about plants like marijuana and ayahuasca are full of information that will be important maps to the influx of people looking to do spiritual experimentation with them. Eliot writes about good intentions often not being quite enough to honor these sacred plants. This book helped me further connect with plants in a way that is beyond the physical nature of all things living on the Earth. Plants and animals and rivers and humans all have a spirit that houses their true essence and the connections are available to us if we are willing to discover truths beyond our Western conditioning..

I first read Eliot Cowan's book in one sitting because I couldn't put it down. For me it was the next step in a journey towards deepening and enriching my life through relationship with our natural world. The Findhorn Garden book had paved the way for the revelation that the plants want to collaborate with us for our benefit and healing. Eliot Cowan's book is rich with stories from all over

the world as he traveled to meet native healers and unfold a new understanding about how to enter into relationship with the local plants. There is humor and compassion as well as a beautiful insight into the indigenous world view. In this recent edition a lot of fresh new material has been introduced to give readers a deeper awareness about plant and other teachers

My son has been amazed and awed at the knowledge and connection to the plant world the author has expressed! He has not been able to put it down.

My journey through this delightfully informative book continues long after the final word has been read. Indeed, the connections both created and shared by the author and also the plants themselves continue to unfold and expand into nothing less than memories of a once forgotten life; wondrous in its scope. We are immersed in and surrounded by so much subtle magnificence!

This is a comprehensive book related to really getting to know plants, the spirit of plants and self.

Very interesting material. I highly recommend this book to anyone who works with plant medicine.

the book I need

Preferred the original edition actually - Mr Cowan's become a bit of a jaded neophobe in his view of the modern world I'm afraid to say, and his more recent writing does not ring so true as the original inspired content - not that the original content is missing, just that to my mind, one has to wade through less inspired padding to get to the original and beautiful message and story.

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