

## Plant Intelligence And The Imaginal Realm Beyond Doors Of Perception Into Dreaming Earth Stephen Harrod Buhner

This novel book is the first to properly address the controversial issue of plant intelligence, arguing convincingly that cells and whole plants growing in competitive wild conditions exhibit aspects of plant behaviour that can be accurately described as intelligent". The author expands on three main insights drawn by the Nobel Prize winning botanist Barbara McClintock: firstly that plant cells may have knowledge of themselves; secondly that they receive challenges which lead to behavioural changes; finally, that they do so in a manner which implies assessment and intelligent behaviour. By equating the concept of intelligent behaviour with that of adaptively variable behaviour, the book provides a novel integration of signalling, behaviour, and behavioural ecology, all set within the context of plant studies. Plant Behaviour and Intelligence begins with chapters on the origins and multicellular nature of plant life, before going on to discuss novel behaviours such as branch initiation and growth, unusual behaviour of leaves, and how roots reconstruct their sensing systems and are capable of self-recognition. An entire chapter is devoted to the nature of intelligence and another to the vexed question of "consciousness", as applied to plant life. This advanced textbook will be suitable for senior undergraduate and graduate level students taking related courses in plant ecology and evolution. It will also be of relevance and use to a broader audience of professional plant ecologists seeking an authoritative reference text to help them navigate the complexity and controversy of plant behaviour."

Fasting practices to reconnect with the sacred, regain a sense of your life's purpose, and heal physically and emotionally

- Details what to expect during your fast physically, emotionally, and spiritually
- Provides step-by-step guidelines on preparing for the fast, how long you should fast, what you can and can't do during the fast, and how to end your fast
- Explains how fasting can help or heal many chronic conditions, such as type II diabetes, hypertension, cardiovascular disease, arthritis, psoriasis, and insomnia

For millennia humans have fasted for spiritual, emotional, and physical reasons--as a way to heal their bodies, reconnect to the sacred, regain a sense of life's purpose, and allow their souls to detoxify. We are evolutionarily designed to fast, and the body knows how to do it very well. Fasting allows the body and all its systems to rest, purify, and heal. During a fast, the body enters the same cleansing and healing cycle it normally enters during sleep. As a fast progresses, the body consumes everything that is not essential to bodily functioning--including bacteria, viruses, fibroid tumors, waste products in the blood, buildup around the joints, and stored fat--and the mind and heart release their toxic buildup as well. As Stephen Harrod Buhner reveals, in order to be truly transformed, you must first empty yourself. Offering step-by-step guidelines to fully prepare yourself for a deep fast, Buhner explores what to expect during and after spiritual, emotional, and physical fasting and detoxification. He details the necessary dietary and mental preparations leading up to your fast, what you can and can't do during a fast, and how to end your fast. He also explains how to plan the length of your fast and how to choose between a water fast, a juice fast, or a mono-diet fast. Revealing how fasting can help or heal many chronic conditions, such as type II diabetes, childhood seizures, hypertension, cardiovascular disease, arthritis, psoriasis, insomnia, and fibromyalgia, Buhner shows fasting as a way to truly inhabit the body, to experience its sacredness, and to activate its deep capabilities for self-healing.

Weaving together herbal and medical traditions from around the world into a singular cohesive model, this groundbreaking book guides herbal practitioners to a comprehensive understanding of the practice and philosophy of healing with herbs. Sajah Popham presents an innovative approach to herbalism that considers the holistic relationship among plants, humans, and the underlying archetypal patterns in Nature. Organized in five parts moving from the microcosmic to the universal, this work explores a unique integration of clinical herbalism, Ayurveda, medical astrology, spagyric alchemy, and medical and esoteric traditions from across the world into a truly holistic system of plant medicine. A balance of the heart and the mind, the science and spirit of people and plants, Evolutionary Herbalism provides a holistic context for how plants can be used for transformational levels of healing for the body, spirit, and soul. For both the student herbalist and experienced practitioner, Popham's original perspectives guide readers to a more intimate, synergistic, and intuitive relationship with the plant kingdom, people, and Nature as a whole.

A manual for opening the doors of perception and directly engaging the intelligence of the Natural World

- Provides exercises to directly perceive and interact with the complex, living, self-organizing being that is Gaia
- Reveals that every life form on Earth is highly intelligent and communicative
- Examines the ecological function of invasive plants, bacterial resistance to antibiotics, psychotropic plants and fungi, and the human species

In Plant Intelligence and the Imaginal Realm, Stephen Harrod Buhner reveals that all life forms on Earth possess intelligence, language, a sense of I and not I, and the capacity to dream. He shows that by consciously opening the doors of perception, we can reconnect with the living intelligences in Nature as kindred beings, become again wild scientists, nondomesticated explorers of a Gaian world just as Goethe, Barbara McClintock, James Lovelock, and others have done. For as Einstein commented, "We cannot solve the problems facing us by using the same kind of thinking that created them." Buhner explains how to use analogical thinking and imaginal perception to directly experience the inherent meanings that flow through the world, that are expressed from each living form that surrounds us, and to directly initiate communication in return. He delves deeply into the ecological function of invasive plants, bacterial resistance to antibiotics, psychotropic plants and fungi, and, most importantly, the human species itself. He shows that human beings are not a plague on the planet, they have a specific ecological function as important to Gaia as that of plants and bacteria. Buhner shows that the capacity for depth connection and meaning-filled communication with the living world is inherent in every human being. It is as natural as breathing, as the beating of our own hearts, as our own desire for intimacy and love. We can change how we think and in

so doing begin to address the difficulties of our times.

Between the Highlander and Fever worlds lies a place beyond imagining. This new edition of the novella contains more than 100 pages of bonus material, including: • a deleted scene from Kiss of the Highlander • a proposal for a never-published romance • an alternate opening version of The Dark Highlander • a sneak peek at art from the upcoming graphic novel Fever Moon For the first time in hardcover, here is #1 New York Times bestselling author Karen Marie Moning's novella Into the Dreaming, a tale of Highland fantasy, star-crossed lovers, and the timeless manipulation of the ancient, immortal Unseelie king. This is Moning at her romantic, funniest finest. Free him from his ice-borne hell . . . Stolen from his beloved home in the Highlands of Scotland, imprisoned in the Unseelie king's dark, frosty kingdom, Aedan MacKinnon endured centuries of torture before becoming the icy, emotionless Vengeance, the dark king's dispatcher of death and destruction in the mortal realm. And in his century you both may dwell . . . Aspiring romance novelist Jane Sillee has always believed that she was born in the wrong century, but she's managed to make a decent enough life for herself—if only she could stop having those recurring dreams about a man too perfect to exist. In the Dreaming you have loved him . . . Haunted every night of her life by a devastatingly sexy Highlander who comes to her while she sleeps, Jane tries to write him out of her head and heart. As a child he protected her, as a woman he loves her. Now in the Waking you must save him . . . When an ancient tapestry bearing the likeness of her beloved Highlander arrives on her doorstep, Jane is whisked back in time to fifteenth-century Scotland, to the castle of Dun Haakon on the isle of Skye, where she is given one chance to save her dream lover . . . or lose him forever to the Unseelie king. Caught in a deadly game between the light and dark courts of the Fae, Jane must find a way through the ice to the heart of her Highlander. But will the love of one mortal woman be enough to defeat such ancient and ruthless immortal enemies? 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

Schauberger shows how a world that exploited its resources rather than cherishing them was doomed to destroy itself. Drawing upon traditional wisdom, visualizations, and her long experience as an herbalist, Pam Montgomery explains how to create space, find plant and animal allies, and create flower essences that can help individuals heal the rift between themselves and their environment.

How psilocybin mushrooms facilitate a direct link to the wisdom of Nature and the meaning of life • Examines the neurochemistry underlying the visionary psilocybin experience • Explains how sacred mushrooms help restore our connection to the natural intelligence of Nature • Reviews the research on psilocybin's ability to dispel anxiety in the terminally ill and its helpful effects on obsessive-compulsive disorder It has been more than 50 years since sacred mushrooms were plucked from the shamanic backwaters of Mexico and presented to the modern world by R. Gordon Wasson. After sparking the psychedelic era of the 1960s, however, the divine mushroom returned underground from whence it mysteriously originated. Yet today, the mushroom's extraordinary influence is once again being felt by large numbers of people, due to the discovery of hundreds of wild psilocybin species growing across the globe. In The Psilocybin Solution, Simon G. Powell traces the history of the sacred psilocybin mushroom and discusses the shamanic visionary effects it can induce. Detailing how psilocybin acts as a profound enhancer of consciousness and reviewing the research performed by the Multidisciplinary Association for Psychedelic Studies (MAPS), Johns Hopkins University, and the Heffter Research Institute on psilocybin's ability to dispel anxiety in the terminally ill and its helpful effects on obsessive-compulsive disorder, he examines the neurochemistry, psychology, and spirituality underlying the visionary psilocybin experience, revealing the interface where physical brain and conscious mind meet. Showing that the existence of life and the functioning of mind are the result of a naturally intelligent, self-organizing Universe, he explains how sacred mushrooms provide a direct link to the wisdom of Nature and the meaning of life.

An exploration of dreaming history, science, traditions, and practices from prehistory to today • Examines ancient dream traditions from around the world, shamanic dreaming, and the profound role of dreaming in Native American and African-American cultures • Investigates dream psychology and the neuroscience of the dreaming brain • Explores the practice of dream incubation, lucid dreaming, and telepathic dreaming with tips on remembering your dreams and working with them We have been dreaming for all of our 3 million or more years of existence. Dreams provide an extraordinary way to process the day's events and uncover new perspectives. Many cultural creatives credit their world-changing creations to their dreams, and science now believes that dreams helped evolve the very process of thought itself. In this book, Stephen Larsen and Tom Verner examine dream traditions from around the world, beginning with the oldest records from ancient Egypt, India, Greece, and Australia and expanding to shamanic and indigenous societies. The authors investigate the psychology of dreaming, the neuroscience behind the dreaming brain, the Jungian perspective, and the intersections of yoga and modern dream research. They show how dreams and myth are related in the timeless world of the Archetypal Imagination and how dreams often reveal the wishes of the soul. They explore the practice of dream incubation, an age-old tradition for seeding the unconscious mind to help solve problems and gain deep insights. They examine the profound role that dreams have played in the survival of exploited and persecuted cultures, such as the

Native Americans, African slaves, and the Jews during the Holocaust, and share inspirational dream stories from exceptional woman dreamers such as Hildegard von Bingen, Joan of Arc, and Harriet Tubman. Drawing on their more than 50 years' experience keeping dream journals, the authors offer techniques to help you remember your dreams and begin to work with them. They also explore the clairvoyant and telepathic dimensions of dreaming and the practices of lucid dreaming and shamanic dreaming. Revealing how the alchemical cauldron of dreaming can bring inspiration, healing, and discovery, the authors show how dreams unite us with each other and the past and future dreamers of our world.

Psychedelic Shamanism presents the spiritual and shamanic properties of psychotropic plants and discusses how they can be used to understand the structure of human consciousness. Author Jim DeKorne offers authoritative information about the cultivation, processing, and correct dosages for various psychotropic plant substances including the belladonna alkaloids, d-lysergic acid amide, botanical analogues of LSD, mescaline, ayahuasca, DMT, and psilocybin. Opening with vivid descriptions of the author's personal experiences with psychedelic drugs, the book describes the parallels that exist among shamanic states of consciousness, the use of psychedelic catalysts, and the hidden structure of the human psyche. DeKorne suggests that psychedelic drugs allow us to examine the shamanic dimensions of reality. This worldview, he says, is ubiquitous across space, time, and culture, with individuals separated by race, distance, and culture routinely describing the same core reality that provides powerful evidence of the dimensional nature of consciousness itself. The book guides the reader through the imaginal realm underlying our awareness, a world in which spiritual entities exist to reconnect us with ourselves, humanity, and our planet. Accurate drawings of plants, including peyote, *Salvia divinorum*, and San Pedro, enhance the book's usefulness.

An investigation into the root cause of the modern acne epidemic--fluoride--and how to remove it from your diet and lifestyle for clear, healthy skin • Chronicles the existing acne research to reveal fluoride was behind the rise of teenage acne in the mid-20th century and the dramatic increase in adult acne today • Details how to avoid fluoridated foods and beverages as well as other common sources of fluoride, such as pesticides, pharmaceuticals, and household products • Explains how to displace fluoride stored in your bones and other tissues through nutrition and the careful use of iodine According to a recent study, over 20 percent of men and 35 percent of women experience acne after the age of 30. At the same time, remote indigenous societies--such as the Inuit before they "moved to town" in the 1960s--experience no acne at all, even among their teenagers. Many things have been cited as causing acne, from sugar, chocolate, or pizza to dirty pillowcases, hormones, or genetics, but none of these "causes" have been able to explain the majority of acne cases, nor why chronic acne is on the rise. Using her FBI intelligence analyst skills, Melissa Gallico identifies fluoride as the root cause of the modern acne epidemic. Chronicling the existing acne research, she reveals where each study went wrong and what they missed. She shares her personal 20-year struggle with severe cystic acne not only on her face, but on her neck, chest, back, and even inside her ears. She explains how her travels around the world and her intelligence work helped her pinpoint exactly what was causing her treatment-resistant flare-ups--fluoridated water, foods, dental products, and the systemic build-up of childhood fluoride treatments. She details how to avoid fluoridated foods and beverages and explains how sources of fluoride work their way deeply into our daily lives through water as well as fluoride-based pesticides, pharmaceuticals, and common household products. The author exposes the corrupt science used to convince people of fluoride's health benefits and examines the systemic toxicity of fluoride, including its anti-thyroid and neurotoxin effects, how it remains in the body for years, and how it can cause the symptoms of illnesses, such as arthritis, fibromyalgia, and depression. She explains how to displace fluoride stored in your bones and tissues through nutrition and the careful use of iodine. Offering a guide to freeing yourself from persistent adult acne, Gallico shows that it is possible to heal your skin even when dermatologists and their prescriptions have failed.

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. Plant Intelligence and the Imaginal Realm Beyond the Doors of Perception into the Dreaming of Earth Simon and Schuster A guide to the natural treatment of two of the most common and damaging coinfections of Lyme disease--*Bartonella* and *Mycoplasma* • Reveals how these conditions often go undiagnosed, complicate Lyme treatment, and cause a host of symptoms--from arthritis to severe brain dysfunction • Outlines natural treatments for both infections, with herbs and supplements for specific symptoms and to combat overreactions of the immune system • Reviews the latest scientific research on *Bartonella* and *Mycoplasma* coinfections and how treatment with antibiotics is often ineffective Each year Harvard researchers estimate there are nearly 250,000 new Lyme disease infections--only 10 percent of which will be accurately diagnosed. One of the largest factors in misdiagnosis of Lyme is the presence of other tick-borne infections, which mask or aggravate the symptoms of Lyme disease as well as complicate treatment. Two of the most common and damaging Lyme coinfections are *Bartonella* and *Mycoplasma*. Nearly 35 million people in the United States are asymptotically infected with each of these pathogens, and at least 10 percent will become symptomatic every year--with symptoms ranging from arthritis to severe brain dysfunction. Distilling hundreds of peer-reviewed journal articles on the latest scientific research on *Bartonella*, *Mycoplasma*, and Lyme disease, Stephen Buhner examines the complex synergy between these infections and reveals how all three can go undiagnosed or resurface after antibiotic treatment. He explains how these coinfections create cytokine cascades in the body--essentially sending the immune system into an overblown, uncontrolled response in much the same way that rheumatoid arthritis or cancer can. Detailing effective natural holistic methods centered on herbs and supplements, such as the systemic antibacterial herb *Sida acuta*, which acts to protect blood cells from invading organisms, he reveals how to treat specific symptoms, interrupt the cytokine cascades, and bring the immune system back into balance as well as complement ongoing Lyme disease treatments.

Find balance and enhance fertility with whole food and whole plants Healthy babies don't just happen. The lifestyle of the prospective parents is a crucial factor in promoting fertility and ensuring a successful pregnancy. But the average North American diet is saturated with processed foods and environmental toxins are rampant—we must take responsibility for what we put into and onto our bodies to create optimum conditions for the childbearing year. Drawing on the author's own personal triumph over infertility, *Conceiving Healthy Babies* is a unique herbal guide geared to helping couples achieve balance in preconception, pregnancy, lactation, and beyond. Its individualized approach to fertility explains the importance of: Understanding, accepting, and celebrating our own bodies Basing our diets on organic, nutrient-dense foods that have been traditionally prepared Using whole plants in their original form for their medicinal benefits Packed with detailed information on hundreds of different herbs with a focus on their roles in building healthy babies, this comprehensive manual is a roadmap to wellbeing. The reference guide is rounded out by complete information on herbal use before, during, and post-pregnancy, and special attention is paid to supporting nursing and lactation. Whether you are have experienced challenges in conceiving or just want to ensure that your pregnancy is as natural and uncomplicated as possible, *Conceiving Healthy Babies* is an indispensable guide. Dawn Combs is an ethnobotanist and herbalist who apprenticed with Rosemary Gladstar. After resolving her own infertility diagnosis through whole foods and natural herbal remedies, she chose to specialize in helping women rebalance their bodies for fertility.

Sixteen-year-old Elaine Archer thinks the Earth might really be screwed. And she's pretty sure sitting in a classroom memorizing Civil War battle dates isn't gonna save it. Desperate to do something meaningful, but not sure it will do any good, Elaine talks her moms into letting her drop out of school to write a novel. Spending her days circling Chicago in search of her story, she discovers a universe of people and ideas she'd never have encountered behind the doors of D.B. High. As her understanding of the complexity of the world and relationships deepens, so does her fear that she might not have what it takes to make any difference at all. *Rage Is a Wolf* is the biting, hilarious story of a teenage girl trying to answer life's questions--Is not telling your best friend something the same as lying to her? Can you have a crush on more than one person? Why is the movie *Aliens* so perfect? What's the point of sex? What's the point of life? Can one person change the world? Can a story? Can love?

The most ancient sciences in the world are Alchemy and Kabbalah, which constitute the practical, spiritual knowledge hidden in the depths of every great religion and mystical tradition. Modern scientists are only recently discovering what these ancient teachings have always known: that we are a part of a multidimensional universe, and that our consciousness, our awareness, can expand to perceive matter and energy that are invisible to the flesh. Just as physics and chemistry illuminate our understanding of the physical world, Alchemy and Kabbalah constitute a scientific method to awaken the consciousness and fully develop the human being, opening the doors to vast worlds that are hidden from the physical senses. This awakening or alchemical birth requires a precise scientific method, for everything that exists depends upon causes and conditions. Hidden in centuries of mystical texts and obscure drawings are the specific instructions that lead towards the opening of their inner senses and the entrance into a higher life. The Philosopher's Stone, the secret of transmuting lead into gold, and many other sacred mysteries long restricted to initiates who had proven their trustworthiness were publicly revealed for the first time by the author Samael Aun Weor. These mystical sciences are hidden in the twenty-two primary Tarot cards, whose origins and precise meanings have never before now been publicly revealed. Now, see for yourself how these ancient traditions are all truly one science. Discover the keys to unlock the mysteries hidden in scriptures, mystical texts, and enigmatic images, and most importantly the mysteries hidden within us.

In "Scatterlings" Martin Shaw walks the myth-lines of seven stories based in and around his homeland of Dartmoor, England. Rather than the commentaries on such tales being primarily balanced against other literary sources, Shaw uses what actually occurs on these walks as the main source of information on the tales. The swoop of raven, the swamp, the thinking that moves through him, all form a knot of relationship between the land and the story. As he walks he tells the story of the place back to itself. This is a highly unusual move for a mythologist, an aspiration to use speech as form of animistic relationship, of binding, of praise to a place. In a time of rapid migrations and climatic movement, Shaw asks: how could we be not just from a place but of a place? When did we trade shelter for comfort? what was the cost of that trade? What are the stories the west tells itself in private?

"Scatterlings" also takes us on a wonder through the wild edges of British culture, a story of secret histories: from the ancient storytelling of the bardic schools to medieval dream poetry, from the cunning man to animal call words, to Arabian and steppe Iranian influence on English dialect. Through its astonishing journey, Shaw reveals to us that when you gaze deep enough into the local you find the nomad, and when you look deep enough into the nomad you find the local. "Scatterlings" is a rebel keen, a rising up, to bend your head to the stories and place that claim you.

A practical guide to connecting with plants through ceremony • Explains how to commune with plants and their spirits through the traditional shamanic method of "plant dieting" to receive their teachings and guidance • Details 8 ceremonial plant initiations centered on common, easily recognized plants and trees such as primrose, dandelion, oak, and dog rose • Provides instructions to develop your own sacred plant initiations and make ceremonial plant elixirs • Includes four audio journeys to facilitate plant initiations In this guide to sacred plant initiations, medical herbalist and shamanic practitioner Carole Guyett explains how to commune with plants and their spirits through the traditional shamanic method of "plant dieting." A plant diet involves ingesting a particular plant over a period of time so you regularly receive the plant's vibratory energy as well as its medicinal actions. Adding a ceremonial element to plant dieting offers a sacred initiation by the plant world, allowing you to connect deeply with all aspects of a plant, receive its sacred teachings, and forge a relationship for guidance and healing, benefitting both yourself and others. Each of the eight ceremonial plant initiations detailed in the book was personally developed by the author through extensive work with her ceremonial groups. They each center on an easily recognized plant or tree such as primrose, dandelion, oak, and dog rose. These common plants have powerful teachings and healing guidance to share with those who communicate with and honor them. The initiations, for both individuals and groups, work with the Wheel of the Year, honoring each plant's sacred timing and connecting with one of the eight Celtic and Pre-Celtic Fire Festivals--the solstices, equinoxes, and the holy days of Beltane, Lughnasadh, Samhain, and Imbolc. Offering practical instructions so you can develop your own sacred plant initiations, the author also include access to 4 audio journeys to facilitate the initiations in the book. She also explains how to make plant elixirs for use in plant diets and for healing. She shows how connecting with plants allows us to deepen our relationship with Nature, access higher levels of

consciousness and spiritual realms, and facilitate the full flowering of human potential.

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

An accessible and compelling story of a scientist's discovery of plant communication and how it influenced her research and changed her life. In this "phytobiography"--a collection of stories written in partnership with a plant--research scientist Monica Gagliano reveals the dynamic role plants play in genuine first-hand accounts from her research into plant communication and cognition. By transcending the view of plants as the objects of scientific materialism, Gagliano encourages us to rethink plants as people--beings with subjectivity, consciousness, and volition, and hence having the capacity for their own perspectives and voices. The book draws on up-close-and-personal encounters with the plants themselves, as well as plant shamans, indigenous elders, and mystics from around the world and integrates these experiences with an incredible research journey and the groundbreaking scientific discoveries that emerged from it. Gagliano has published numerous peer-reviewed scientific papers on how plants have a Pavlov-like response to stimuli and can learn, remember, and communicate to neighboring plants. She has pioneered the brand-new research field of plant bioacoustics, for the first time experimentally demonstrating that plants emit their own 'voices' and, moreover, detect and respond to the sounds of their environments. By demonstrating experimentally that learning is not the exclusive province of animals, Gagliano has re-ignited the discourse on plant subjectivity and ethical and legal standing. This is the story of how she made those discoveries and how the plants helped her along the way.

In this book, a leading plant scientist offers a new understanding of the botanical world and a passionate argument for intelligent plant life. Are plants intelligent? Can they solve problems, communicate, and navigate their surroundings? For centuries, philosophers and scientists have argued that plants are unthinking and inert, yet discoveries over the past fifty years have challenged this idea, shedding new light on the complex interior lives of plants. In Brilliant Green, leading scientist Stefano Mancuso presents a new paradigm in our understanding of the vegetal world. He argues that plants process information, sleep, remember, and signal to one another--showing that, far from passive machines, plants are intelligent and aware. Part botany lesson, part manifesto, Brilliant Green is an engaging and passionate examination of the inner workings of the plant kingdom.--

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.

This text looks at the parallels between yoga practice and Jungian analysis, focusing on Jung's ideas as experienced through bodywork. Previously hidden energy brings psyche and body together, uniting them in sacred union that gives birth to a new consciousness.

How to maintain optimum testosterone levels for the male body through the use of herbs, nutritional supplements, and diet • Explains the phenomenon of male menopause and how to deal with it • Reveals scientific evidence of testosterone-blocking agents in the environment that alter men's essential chemistry as they age • Presents safe, organic plant medicines that can restore optimum testosterone levels • Contains the most up-to-date natural treatments for impotence, infertility, and prostate disease The recognition of andropause, the middle-age stage in male development comparable to women's menopause, is hampered by the lack of a clear outward manifestation of the chemistry and physiology specific to aging men. Men are still capable of reproduction well into and beyond middle age. Yet a man's sexual desire and potency varies, often according to his testosterone level. Recent studies show that the lowered testosterone levels endemic in aging men--a gradual drop that is quite normal--are being exacerbated by environmental agents. Testosterone-blocking estrogen agents are present in insecticides, industrial materials, pharmaceuticals, and foods. Men are daily inundated with a "cocktail" of estrogen agents that alter the fine balance of testosterone that makes them male. But as recent medical research has revealed, testosterone replacement therapy with Low T drugs is not a good option because of the increased risk of cardiovascular problems, such as heart attack and stroke, and because the body can become dependent on pharmaceutical testosterone and stop producing any on its own. In this updated edition of The Natural Testosterone Plan, Stephen Harrod Buhner shows why men need help to maintain their testosterone levels as they age and explains how naturally occurring phytoandrogens--plant medicines that contain male hormones--can safely remedy the depletion exerted by the environment. Buhner details how each phytoandrogen works, when its use is indicated, and the most appropriate method of application, providing all men with safe, natural, and effective means of maintaining optimum testosterone levels well into old age.

Applying the principles of Chinese medicine and Native American shamanism to answer the call of the Earth and heal its polluted landscapes • Explains how to build a healing relationship with the natural world by making offerings of thanks and listening to the Earth's responses •

Details methods of diagnosis and several types of Earth acupuncture treatment, including building stone circles, planting crystals, and working with wooden and copper-rod needles • Shares the author's journey of healing a river with these methods After experiencing a powerful vision of the nuclear power plant near her home and its toxic effects on the Hudson River, acupuncturist Gail Rex was inspired to help heal the river and surrounding lands but was unsure how to begin. Soon after, at a workshop with Cherokee-wisdom teacher Venerable Dhyan Ywahoo, she discovered the answer: she could treat the landscape just as she treated her patients--by taking its pulses and treating the points of stagnant energy and pollution with acupuncture. Tracing her journey from initial vision and pulse taking to building a stone circle to open a major energy meridian of the Hudson, the author reveals how our rivers, valleys, and forests are capable of illness and healing just like a living being. She explains simple practices for attuning with the living landscape and responding appropriately to the messages and images received from the Earth's intelligence. By making offerings of thanks and asking the land's permission before every interaction, Gail Rex demonstrates the power of right relationship in action. Drawing upon the principles of Chinese medicine and her work with Native American shamanic traditions, Rex shows how the landscape itself reveals both its imbalances and the opportunities for treatment. Using a broad range of diagnostic tools--including direct observation, principles of feng shui, listening to pulses, and working with maps--she demonstrates ways of identifying the master points of the surrounding landscape. She then explores different methods of Earth acupuncture treatment, including building stone circles, planting crystals, and working with wooden and copper-rod needles to treat these specific points and restore energy balance. Offering not only a proactive method for healing the environment, Rex also reveals how to communicate with the rivers, mountains, trees, and rocks that surround us, allowing each of us to develop an authentic spiritual relationship with the living body of the Earth.

"Enraged, Energized, Exultant. You won't know how to feel after reading Stephen Harrod Buhner's *The Lost Language of Plants*. This is a devastating expose about how we are polluting our environment with the pharmaceuticals that Western medicine has developed to heal us. We are ingesting Prozac, Premarin, and antibiotics whether we want to or not." "Yet, as we foul air and water with toxic residues, we overlook the power of the planet's natural healers, stabilizers, and chemists - plants. Buhner sees plants as fully sentient beings, adjusting and fine-tuning to the environment just as they have done for the past 500 million years. Until recently, humans shared the language of plants, but increasingly we have lost our ability to communicate with the natural world. Buhner shows us a path back to our shamanic roots."--BOOK JACKET.

With antibiotic-resistant infections on the rise, herbal remedies present a naturally effective alternative to standard antibiotics. Herbal expert Stephen Harrod Buhner explains the roots of antibiotic resistance, explores the value of herbal treatments, and provides in-depth profiles of 30 valuable plants, noting the proper dosages, potential side effects, and contraindications of each.

A guide to the natural treatment of three coinfections of Lyme disease • Reviews the latest scientific research on Babesia, Ehrlichia, and Anaplasma • Reveals how these three conditions often go undiagnosed, complicate the treatment of Lyme disease, and cause symptoms from headache to seizures • Outlines effective natural treatments with herbs and supplements for specific symptoms and to combat overreactions of the immune system and the inflammation response Harvard researchers estimate there are nearly 250,000 new Lyme disease infections each year--only 10 percent of which will be accurately diagnosed. One of the largest factors in misdiagnosis of Lyme is the presence of other tick-borne infections, which mask or aggravate the symptoms of Lyme disease as well as complicate treatment. Three newly emergent Lyme coinfections are Babesia, Ehrlichia, and Anaplasma. Tens of thousands of people are known to be asymptotically infected and at least ten percent will become symptomatic this year--with symptoms ranging from chronic headache and arthritis to seizures. Distilling the latest scientific research on Babesia, Ehrlichia, Anaplasma, and Lyme disease, Stephen Buhner examines the complex synergy between these infections and reveals how they can go undiagnosed or resurface after antibiotic treatment. He explains how these organisms create cytokine cascades in the body--essentially sending the immune system into an overblown, uncontrolled inflammatory response in much the same way rheumatoid arthritis or cancer can. Providing an in-depth guide for those suffering from Babesia, Ehrlichia, or Anaplasma infection as well as for clinicians who work with those infected by these organisms, Buhner details effective natural holistic methods centered on herbs and supplements, such as Ashwaganda and Chinese Skullcap, and reveals how to treat specific symptoms, interrupt the cytokine cascades, reduce inflammation, and bring the immune system back into balance. He explains how these natural methods not only complement conventional Lyme disease treatments involving antibiotics and other pharmaceuticals but also provide relief when other forms of treatment have failed.

This is the first comprehensive book ever written on the sacred aspects of indigenous, historical psychotropic and herbal healing beers of the world.

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.

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

A visionary guide to safely using psilocybin mushrooms to tap in to the wisdom of Nature and reconnect humanity to the biosphere • Explores the ecopsychological effects of wild psychedelic mushrooms, including enhanced biophilia, expanded awareness, eco-shamanic encounters, and access to the ancient wisdom that binds all life on Earth • Examines the most recent scientific studies on psilocybin in the U.S. and U.K. • Details the author's work to keep the use of psilocybin mushrooms legal in the U.K. and shows that an irrational rejection of scientific evidence underlies the harsh war against psychedelic states of consciousness Psilocybin, the active ingredient found in psychedelic mushrooms, is an invaluable natural resource for spiritually revivifying the human psyche and reconnecting us to the biosphere and the vast intelligence of Nature. Interweaving the most recent scientific studies in the United States and Britain, more than 25 years of sacred mushroom exploration, and behind-the-scenes details on the political wars against psychedelics, Simon G. Powell offers a guide to safely navigating and maximizing the healing and spiritual potential of psilocybin. Powell explores the ecopsychological effects of wild psychedelic mushrooms, including enhanced biophilia, expanded awareness, mystical visions, and eco-shamanic encounters. He reveals how the beings and otherworldly teachers common in psilocybin experiences are actually emissaries from our higher consciousness that emerge when the floodgates of perception have been opened. He shares vivid descriptions from many of his own psilocybin journeys and shows how the mushroom offers a path of return to the ancient wisdom binding all life on Earth, a wisdom conveyed through tutorial visions and higher modes of perception. Illustrating psilocybin's healthful properties, now acknowledged by mainstream science, Powell describes his activism in the fight to keep psilocybin mushroom use legal in the U.K. and shows that an irrational rejection of scientific evidence underlies the harsh war against psychedelic states of consciousness. Laying the groundwork for a new relationship with our biosphere, Powell shows how the Earth's psychedelic medicines can reconnect us to the spirituality and wisdom of Nature and bring the human race back from the brink of ecological and existential disaster.

An in-depth, meticulously documented exploration of the ecological wisdom of Native Peoples from around the world Arranged thematically, *Wisdom of the Elders* contains sacred stories and traditions on the interrelationships between humans and the environment as well as perspectives from modern science, which more often than not validate the sacred, ancient Wisdom of the Elders. Native peoples and environments discussed range from the Inuit Arctic and the Native Americans of the Northwest coast, the Sioux of the Plains, and the Pueblo, Hopi, and Navajo of the Southwest to the Australian Outback, to the rich, fecund tropics of Africa, Malaysia, and the Amazon. "Our technological civilization is speeding toward a violent collision with nature, and we are threatening the ability of the Earth—our home—to support life as we know it. Suzuki and Knudtson's extraordinary work powerfully reminds us that we are indeed one with the Earth. We are truly indebted to them for charting for us the course toward a healthy and sustaining relationship with our planet."—Vice President Al Gore *Flowers can talk. Red roses say 'I love you', white lilies offer condolence and poppies invite us to remember. For thousands of years, humans have used flowers as a language, a short-hand for emotions and meanings. In her new book, Sally Coulthard, takes a fascinating look at floriography and shows how we still use this secret language across the world. She delves into the meanings of flowers and where they came from, whether it's ancient mythology or hedgerow folklore. Covering 50 well-loved flowers and plants, from peonies to sweetpeas,*

ivy to irises, Floriography is a beautifully illustrated guide that will take the reader on an intriguing journey through the history, legend, anthropology and literature of flowers, showing how modern-day society still relies on the meaning of flowers. From the Chinese lotus flower to the Celtic bluebell, the myth, magic and language of flowers is still blossoming today.

- Examines how integrating important alchemical images with Gaian science can offer insights into our interconnectedness with Gaia
- Looks at how the four components of the living earth--biosphere, atmosphere, hydrosphere, and lithosphere--mesh with the four elements of alchemical theory and the four functions of consciousness as understood by depth psychology
- Offers guided meditations and contemplative exercises to open your receptivity to messages from the biosphere and help you connect more deeply with Gaia

During the scientific revolution, science and soul were drastically separated, propelling humanity into four centuries of scientific exploration based solely on empiricism and rationality. But, as scientist and ecologist Stephan Harding, Ph.D., demonstrates in detail, by reintegrating science with profound personal experiences of psyche and soul, we can reclaim our lost sacred wholeness and help heal ourselves and our planet. Harding begins with compelling introductions to depth psychology, alchemy, and Gaia theory--the science of seeing the Earth as an intelligent, self-regulating system, a theory pioneered by his mentor James Lovelock. He then explores how alchemy, as understood through the depth psychology of C. G. Jung, offers us powerful methods of reuniting rationality and intuition, science and soul. He examines the integration of important alchemical engravings, including L'Azoth des Philosophes and the Rosarium Philosophorum, with Gaian science. He shows how the seven key alchemical operations in the Azoth image can help us develop deeply transformative experiences and insights into our interconnectedness with Gaia. He then looks at how the four components of the living Earth--biosphere, atmosphere, hydrosphere, and - lithosphere--mesh not only with the four elements of alchemical theory but also with the four functions of consciousness from depth psychology. Woven throughout with the author's own experiences of Gaia alchemy, the book also offers guided meditations, shamanic practices, and contemplative exercises to open your receptivity to messages from the biosphere and help you develop your own Gaia alchemical way of life, full of wonder and healing.

An examination of the use of psychedelics for understanding ourselves, connecting with the world around us, and enacting outer change through inner transformation

- Explores sacred tools and technologies to help us reestablish a lost ideology of unity, with a specific focus on natural plant/fungi psychedelics
- Looks at the history of psychedelics and their role in facilitating natural intelligence's ability to increase itself through ongoing analysis of its own experience
- Provides guidelines for safely using natural plant/fungi psychedelics and integrating them into society to access unified consciousness and restore balance to our world

Our ecological, social, and political issues all stem from the ideologies that drive our collective actions. In contrast to our innate humanity, which is rooted in unity, these ideologies have led us to believe that we are separate from each other, separate from nature, and separate from the results of our actions. Such a worldview encourages individuals to maximize self-interest, which then causes fragmentation, conflict, pollution, and the depletion of natural resources. Offering practical steps that we can take to heal ourselves and our fragmented world, author Daniel Grauer explores the use of sacred tools and technologies, such as natural psychedelics, meditation, and yoga, in order to reestablish an ideology of unity, work in symbiotic harmony with the Earth, and restore our world as a sustainable and prosperous whole. Grauer explains how individuals--and by extension societies--benefit from safely accessing transcendent states of consciousness, such as those provided by psychedelics. He explores how psychoactive substances have been used throughout history all over the world for healing, personal growth, spiritual development, and revealing hidden truths, such as in the Eleusinian Mysteries, Soma practices in Vedic India, and rituals in several South American indigenous cultures. Drawing on the plant intelligence work of Paul Stamets and Stephen Buhner, Grauer shows that the growth of individual and collective intelligence is hindered by the prohibition of psychedelics, which naturally foster humanity's capacity for analysis, innovation, and cooperation. In addition to creating a sense of unity with all things, psychedelics offer the mind a new perspective from which to analyze its experience and heighten its awareness. Drawing on his own experience and research, Grauer provides guidelines for how to safely use natural plant/fungi psychedelics in order to access the unified consciousness of our ancestors and induce the states of awareness we need to restore natural harmony to our world.

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