

Sastun My Apprenticeship With A Maya Healer

People throughout time and place, no matter their belief system, have sought to discover causes and cures for illness and disease. Among Westerners is a groundswell to augment biomedicine with holistic practices inherent in ethnomedicines of non-Western traditions. Yet missing are awareness and knowledge of the foundations and outgrowth of these alternative concepts. Erickson fills this gap by clearly explaining the basic organizing principles that underlie all medical systems, the full range of theories of disease causation, the geographical distribution of medical practices, and the historical trends that led to biomedical dominance. Her efficient, balanced approach highlights commonalities among the world's vast and diverse medical systems, making ethnomedicine easier to internalize and to apply in clinical settings.

The compelling drama of American herbologist Rosita Arvigo's quest to preserve the knowledge of Don Elijo Panti, one of the last surviving and most respected traditional healers in the rainforest of Belize.

Rushing's study of over 200 young, bright women mentored by older scholars, usually men, is the subject of this eloquent book, which uses mythology and Jungian psychology to elicit women's self-understanding and personal development."

Discover the Womb Rites and initiatory magic of Mary Magdalene, who was revered as a Priestess and human embodiment of the Goddess • 2020 Nautilus Gold Award • Reveals how Mary Magdalene was a sacred priestess of the ancient Womb Mysteries, connected to moon wisdom, sacred harlot archetypes, and goddesses in many traditions, including Sophia, Isis, Inanna, Asherah, Lilith, Jezebel, and Witches • Explains how the Magdalene Mysteries have been encoded in Gnostic texts, sacred art, and literature and unveils the secret Grail heresy of the Ghent Altarpiece • Offers rituals and practices to initiate you into the Womb magic of the ancient priestesses and access deeper dimensions of sexuality and feminine power A sacred priestess of the ancient Womb Rites, Mary Magdalene was at the center of a great and enduring Mystery tradition, one that touched on a stream of perennial spiritual wisdom as old as humanity. Worshipped as the human embodiment of the Goddess, the earthly Sophia, her womb was the spiritual luminatrix that anointed and empowered Jesus, transforming him into the Christ. As a priestess of the Goddess, Mary Magdalene knew how to embody the light and the dark, how to harness the magic potency of sacred sexual energy, and how to cleanse, awaken, and resurrect the soul. Yet, even though she sparked the creation of a worldwide religion, her story and teachings have been forgotten. Unveiling the lost left-hand path of the Magdalene, the Feminine Christ, authors Seren and Azra Bertrand explore how this underground stream of knowledge has been carried forward over the millennia through an unbroken lineage of Womb Shamans, Priestesses, Oracles, and Medicine Women. They explain how the Magdalene Mysteries, symbolized by the Rose, have been encoded in Gnostic codices and gospels and in the highest art, literature, and architecture of many ages, including most significantly the Ghent Altarpiece. They examine Mary Magdalene's connection to moon wisdom, sacred harlot archetypes, and goddesses in many traditions, including Isis, Inanna, Asherah, Lilith, and Jezebel, and look at shamanic, tantric, and Cathar expressions of sacred feminine mysteries as well as the Witch and Templar roots of Robin Hood and Maid Marian. In this revelatory and magical text on the lost feminine mystery traditions of Mary Magdalene and the lineage of Sophia, the authors present encompassing theological, historical, mythological, and archetypal wisdom, with rituals and practices to initiate you into the Womb magic of the ancient priestesses and the path of the wild feminine.

The third book in the World Elite Dance Academy series from international superstar, wellbeing guru and Pussycat Doll, Kimberly Wyatt

Quirky headteacher's son, Andre, is under a huge amount of pressure to succeed. He's obsessed with street dance, and uniquely talented - but all eyes are on him, except the ones that really count. His dad just doesn't seem to get him, or care about his dreams. Can Andre find a way to be himself, as well as please both of his parents? Can he overcome his fear of letting everyone down, or will it all prove too much? Join Andre and his new friends on a fierce, empowering and sometimes scary journey to dance stardom. Kimberly Wyatt rose to fame as a member of one of the biggest girl-groups of all time, The Pussycat Dolls. Together they sold over 55 million records world-wide, before coming to an end in 2010. Now a firm favourite on our UK screens, Kimberly has appeared on scores of high profile TV shows, notably as lead judge on SKY 1's 'Got To Dance', as well as CBBC's 'Taking the Next Step'. She was crowned 2015's winner of BBC1's hugely popular primetime show, Celebrity Masterchef. Passionate about keeping fit, eating well and being the 'best version of yourself', Kimberly has fast become a positive role model and fitness inspiration for many. She tours schools with her 'Well Fit' campaign with the Youth Sport Trust, promoting the physical and mental wellbeing messages that tie in to her books. In 2014 Kimberly became a mother to daughter Willow. Written in collaboration with Siobhan Curham, author of Dear Dylan, Finding Cherokee Brown, Midnight Dreamers and editorial consultant on global blockbuster, Girl Online.

American Indian Healing Arts is a magical blend of plant lore, history, and living tradition that draws on a lifetime of study with native healers by herbalist and ethnobotanist E. Barrie Kavasch. Here are the time-honored tribal rituals performed to promote good health, heal illness, and bring mind and spirit into harmony with nature. Here also are dozens of safe, effective earth remedies--many of which are now being confirmed by modern research. Each chapter introduces a new stage in the life cycle, from the delightful Navajo First Smile Ceremony (welcoming a new baby) to the Apache Sunrise Ceremony (celebrating puberty) to the Seminole Old People's Dance. At the heart of the book are more than sixty easy-to-use herbal remedies--including soothing rubs for baby, a yucca face mask for troubled skin, relaxing teas, massage oils, natural insect repellents, and fragrant smudge sticks. There are also guidelines for assembling a basic American Indian medicine chest.

BELIZE contains a description of a tour followed by chapters on the reefs, rain forests, and Mayan culture. Info. on its history, government, people, and problems.

Set in the ancient Maya city of Chichen, The Oracle of Ix Chel tells the story of Jade Skirt, Oracle and High Priestess of the Goddess Ix Chel during a critical time in history when the Maya are turning away from peaceful worship of the goddess and embracing the brutal practice of human sacrifice. Jade Skirt must set herself against the bloodthirsty priests of the War God to save her beloved granddaughter, a young girl destined to continue the sacred lineage and one day rule Ix Chel's women's sanctuary, Cuzamil Island. With the help of her spirit guide, her deep knowledge of rainforest plant lore and a staunch ally who is her forbidden love, Jade Skirt sets off on a tense adventure that will change the course of Maya history forever.

This one-semester text is designed for an upper level botany course. Plants in our World emphasizes how people use plants; including fundamental information on morphology, anatomy, and taxonomy as a foundation of general botany. Now in full color, the fourth edition includes molecular data that has immensely altered the understanding of relationships among flowering plants and recently pinpointed the origin of numerous crops. Taxonomy of species has been updated to discuss the system of the Angiosperm Phylogeny Group.

Drawing from ethnographic examples found throughout the world, this revised and updated text, hailed as the “best general text on religion in anthropology available,” offers an introduction to what anthropologists know or think about religion, how they have studied it, and how they interpret or explain it since the late 19th century.

For centuries, people have used a combination of water, prayer, meditation and herbs to rejuvenate the mind, body and soul. In *Spiritual Bathing*, Rosita Arvigo and Nadine Epstein explore traditions—many lost or forgotten—that have been intertwined with religion, spirituality and culture since ancient and medieval times. From baptism to mikvahs to charity baths, these traditions can serve as a way to reconnect with nature or God; rejuvenate the mind, body and soul; and help relieve anxiety, insomnia and depression. Encompassing knowledge from 15 world traditions, this beautifully illustrated guide features detailed instructions to create nurturing and restorative spiritual bathing rituals both at home and elsewhere.

Follows three English teenagers as they journey through the rainforests of Brunei. Suggested level:

Wind in the Blood is a detailed look at Mayan medicine on Mexico's Yucatan peninsula and its similarities to Chinese traditional medicine. It was originally published in Spanish as a manual for health workers in Mayan areas to bridge the gulf between Western medical technique and Mayan medical knowledge. Mexican physicians Hernan Garcia, Antonio Sierra, and Hiberto Balam discovered that the similarities between Mayan medicine and traditional Chinese medicine were profound and helpful in their medical work.

The remarkable arts and culture of the Kuna of Panama are accessible in this comprehensive, illustrated volume. From the familiar reverse appliqued molas to music, dance, and verbal arts, the Kuna live their values and bind their people together. This focus and strength has helped them to resist outside forces and maintain their culture and self-determination in the face of peoples and governments far more powerful.

In *The Urban Herbalist*, Dr. Rosita Arvigo introduces both beginner and practicing herbalists to the rich array of medicinal healing plants that can be found in urban communities. In this easy-to-read book, you will explore the wonders that abound in urban alleys, sidewalks, and parks as you discover medicinal and edible plants right in your neighborhood. I love the many easy-to follow recipes for making herbal teas, salves, tinctures, and poultices.

Is it possible that plants have shaped the very trajectory of human cultures? Using riveting stories of fieldwork in remote villages, two of the world's leading ethnobotanists argue that our past and our future are deeply intertwined with plants. Creating massive sea craft from plants, indigenous shipwrights spurred the navigation of the world's oceans. Today, indigenous agricultural innovations continue to feed, clothe, and heal the world's population. One out of four prescription drugs, for example, were discovered from plants used by traditional healers. Objects as common as baskets for

winnowing or wooden boxes to store feathers were ornamented with traditional designs demonstrating the human ability to understand our environment and to perceive the cosmos. Throughout the world, the human body has been used as the ultimate canvas for plant-based adornment as well as indelible design using tattoo inks. Plants also garnered religious significance, both as offerings to the gods and as a doorway into the other world. Indigenous claims that plants themselves are sacred is leading to a startling reformulation of conservation. The authors argue that conservation goals can best be achieved by learning from, rather than opposing, indigenous peoples and their beliefs. **KEY FEATURES** • An engrossing narrative that invites the reader to personally engage with the relationship between plants, people, and culture • Full-color illustrations throughout—including many original photographs captured by the authors during fieldwork • New to this edition—"Plants That Harm," a chapter that examines the dangers of poisonous plants and the promise that their study holds for novel treatments for some of our most serious diseases, including Alzheimer's and substance addiction • Additional readings at the end of each chapter to encourage further exploration • Boxed features on selected topics that offer further insight • Provocative questions to facilitate group discussion Designed for the college classroom as well as for lay readers, this update of *Plants, People, and Culture* entices the reader with firsthand stories of fieldwork, spectacular illustrations, and a deep respect for both indigenous peoples and the earth's natural heritage.

The bestselling guide to forest bathing with a new section of hands-on forest bathing practices and space for journal entries and reflections. Simply being present in the natural world, with all of our senses fully alive, can have a remarkably healing effect. It can also awaken in us our latent but profound connection with all living things. This is "forest bathing," a practice inspired by the Japanese tradition of *shinrin-yoku*. It is a gentle, meditative approach to being with nature and an antidote to our nature-starved lives that can heal our relationship with the more-than-human world. In *Your Guide to Forest Bathing*, you'll discover a path that you can use to begin a practice of your own that includes specific activities presented by Amos Clifford, one of the world's most experienced forest bathing experts. Whether you're in a forest or woodland, public park, or just your own backyard, this book will be your personal guide as you explore the natural world in a way you may have never thought possible.

The Practical Reference Guide on Women's Health in Traditional Chinese Medicine Get your copy and learn how to understand your cycles and transform your life *7 Times a Woman* is the product of a 20 year personal and clinical journey in understanding and balancing women's cycles. It began with Dr. Andrews' personal health challenges which led her to become an acupuncturist and open her own clinic where she has helped many women heal from hormonal imbalances. *7 Times a Woman* is a reference book for women's health, covering daily, monthly, yearly, and 7 year cycle care to increase beauty and vitality. It educates women on the topics of conception, childhood, menstruation, postpartum,

menopause, detoxification, rejuvenation, Daoist sexual cultivation, Inner Alchemy, and senior care. *7 Times a Woman* includes over 50 meditations, qigong exercises, and practices and over 70 recipes and herbal formulas women can use to transform themselves. For lay women, *7 Times a Woman* will show you how to look and feel your best at every age: Stay juicy and vital after menopause Keep your figure and your mind after childbirth Learn ancient Daoist meditation, sexual alchemy, and beauty secrets Use safe detox and weight loss strategies For acupuncturists, *7 Times a Woman* gives you herbal formulas, point prescriptions, diet plans, and strategies for common female maladies so you can: Alleviate PMS, menstrual cramps, and yeast infections Heal postpartum weight gain, low libido, and depression Quickly treat hot flashes, vaginal dryness, insomnia, and other menopausal symptoms And much more

A guide to Mexican herbal healing, offers treatments for common ailments, using teas, liniments, compresses, and soothing baths

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.

Remains of Ritual, Steven M. Friedson's second book on musical experience in African ritual, focuses on the Brekete/Gorovodu religion of the Ewe people. Friedson presents a multifaceted understanding of religious practice through a historical and ethnographic study of one of the dominant ritual sites on the southern coast of Ghana: a medicine shrine whose origins lie in the northern region of the country. Each chapter of this fascinating book considers a different aspect of ritual life, demonstrating throughout that none of them can be conceived of separately from their

musicality—in the Brekete world, music functions as ritual and ritual as music. Dance and possession, chanted calls to prayer, animal sacrifice, the sounds and movements of wake keeping, the play of the drums all come under Friedson's careful scrutiny, as does his own position and experience within this ritual-dominated society.

Despite its small size, Belize is one of the most ecologically and culturally diverse nations in Central America. Over 3,400 species of plants can be found here, within a diversity of ecological habitats. Because of this, Belize is paradise for ecotourists, hosting over 900,000 visitors annually, who enjoy the natural habitat and friendly people of this nation. Many of the plants of Belize have a long history of being "useful," with properties that have served traditional herbal healers of the region as well as those who use plants as food, forage, fiber, ornament, in construction and ritual, along with many other purposes. With *Messages from the Gods: A Guide to the Useful Plants of Belize*, Drs. Michael Balick and Rosita Arvigo give us the definitive resource on the many species of plants in Belize and their folklore, as well as the natural history of the region and a detailed discussion of "bush" uses of plants, including for traditional healing and life in the forest, past and present. Both Balick and Arvigo bring important perspectives to the project, Balick as ethnobotanical scientist from The New York Botanical Garden, and Arvigo as a former apprentice to a Belizean healer and an experienced physician. The book has been decades in the making, a culmination of a biodiversity research project that The New York Botanical Garden and international and local collaborators have had in motion since 1987. Drs. Balick, Arvigo and their colleagues have collected and identified thousands of plants from the region, and have worked extensively with hundreds of Belizean people, many of them herbal healers and bushmasters, to record uses for many of the species. This collaboration with local plant experts has produced a fascinating discussion of the intersection of herbal medicine and spiritual belief in the area, and these interviews are used to compliment and contextualize the numerous species accounts presented. The book is both a cultural study and a specialized field guide; information is provided on many different native and introduced plants in Belize and their traditional and contemporary uses including as food, medicine, fiber, in spiritual practices and many other purposes. Richly illustrated with over 600 images and photographs, *Messages from the Gods: A Guide to The Useful Plants of Belize* will serve as the primary reference and guide to the ethnobotany of Belize for many years to come.

Sacred Masturbation: Sensual Self Smarts & Sexual Healing Affirmations pulls you back on the road to Self-Love and wholeness. It is an enticing, smart, sensually arousing guide and erotic resource. It is a navigator for solo or group healing journeys and a couple's or community's enlightener. It offers heart stirring daily reflections and visuals. The activities and affirmations rock and uproot old sexual psychological barriers, activating sacred sensual space and the desire to cuddle up with one's whole Self! SM is a redemption of Self-Worth, a return to Whole Love, an initiation of Self-

Mastery!

Rainforest Healing from Your Home and Garden Find alternatives to chemical anti-depressants and painkillers in your spice rack. Learn about natural anti-itch salves for insect bites. Soothe and relieve envy, grief, sadness, and fear the Maya way. Rid your house of negative energy with a Maya cleansing ritual. Try the easy-to-make bronchitis remedy. Timely book on rainforest herbology and traditional healing. Authors work with Central American healers to compile herbal lore.

In this revised and updated edition of her classic, bestselling book, Karen Kingston draws on her wealth of experience as a clutter clearing, space-clearing, and feng shui practitioner to show you how to transform your life by letting go of clutter. Her unique approach lies in understanding that clutter is stuck energy that has far-reaching physical, mental, emotional, and spiritual effects. You'll be motivated to clutter clear as never before when you realize just how much your junk has been holding you back! You will learn: - Why people keep clutter - How clutter causes stagnation in your life - How to clear clutter quickly and effectively - How to live clutter-free

This collection of biographies of brave and brilliant Jewish female role models--selected in collaboration with Ruth Bader Ginsburg and including an introduction written by the iconic Supreme Court justice herself-- provides young people with a roster of inspirational role models, all of whom are Jewish women, who will appeal not only to young people but to people of all ages, and all faiths. The fascinating lives detailed in this collection--more than thirty exemplary female role models--were chosen by Ruth Bader Ginsburg, or RBG, as she was lovingly known to her many admirers. Working with her friend, journalist Nadine Epstein, RBG selected these trailblazers, all of whom are women and Jewish, who chose not to settle for the rules and beliefs of their time. They did not accept what the world told them they should be. Like RBG, they dreamed big, worked hard, and forged their own paths to become who they deserved to be. Future generations will benefit from each and every one of the courageous actions and triumphs of the women profiled here. Real Wonder Women, the passion project of Justice Ginsburg in the last year of her life, will inspire readers to think about who they want to become and to make it happen, just like RBG.

The Great Syrian Revolt of 1925 was the largest and longest-lasting anti-colonial insurgency in the inter-war Arab East. Mobilizing peasants, workers, and army veterans, rather than urban elites and nationalist intellectuals, it was the first mass movement against colonial rule in the Middle East. The revolt failed to liberate Syria from French occupation, but it provided a model of popular nationalism and resistance that remains potent in the Middle East today. Each subsequent Arab uprising against foreign rule has repeated the language and tactics of the Great Syrian Revolt. In this work, Michael Provence uses newly released secret colonial intelligence sources, neglected memoirs, and popular memory to tell the

story of the revolt from the perspective of its participants. He shows how Ottoman-subsidized military education created a generation of leaders of modest background who came to rebel against both the French Mandate rulers of Syria and the Syrian intellectuals and landowners who helped the colonial regime to function. This new popular nationalism was unprecedented in the Arab world. Provence shows compellingly that the Great Syrian Revolt was a formative event in shaping the modern Middle East.

Tortoises disappear from a Madagascar reserve and reappear in the Bronx Zoo. A dead iguana floats in a jar, awaiting its unveiling in a Florida court. A viper causes mayhem from Ethiopia to Virginia. In *Stolen World*, Jennie Erin Smith takes the reader on an unforgettable journey, a dark adventure over five decades and six continents. In 1965, Hank Molt, a young cheese salesman from Philadelphia, reinvented himself as a “specialist dealer in rare fauna,” traveling the world to collect exquisite reptiles for zoos and museums. By the end of the decade that followed, new endangered species laws had turned Molt into a convicted smuggler, and an unrepentant one, who went on to provide many of the same rare reptiles to many of the same institutions, covertly. But Molt soon found a rival in Tommy Crutchfield, a Florida carpet salesman with every intention of usurping Molt as the most accomplished reptile smuggler in the country. Like Molt, Crutchfield had modeled himself after an earlier generation of natural-history collectors celebrated for their service to science, an ideal that, for Molt and Crutchfield, eclipsed the realities of the new wildlife-protection laws. Zoo curators, caught between a desire for rare animals and the conservation-minded focus of their institutions, became the smugglers’ antagonists in court but also their best customers, sometimes simultaneously. Crutchfield forged ties with a criminally inclined Malaysian wildlife trader and emerged a millionaire, beloved by some of the finest zoos in the world. Molt, following a string of inventive but disastrous smuggling schemes in New Guinea, was reduced to hanging around Crutchfield’s Florida compound, plotting Crutchfield’s demise. The fallout from their feud would result in a major federal investigation with tentacles in Germany, Madagascar, Holland, and Malaysia. And yet even after prison, personal ruin, and the depredations of age, Molt and Crutchfield never stopped scheming, never stopped longing for the snake or lizard that would earn each his rightful place in a world that had forgotten them—or rather, had never recognized them to begin with.

For Kate Hopper, pregnancy is downright unpleasant. She is tired and heavy and worried, and she wants her wine and caffeine back. But then, at a routine checkup, her doctor frowns at her chart and says, “I’m worried about a couple of things”—and unpleasant suddenly seems like paradise. What follows is a harrowing, poignant, and occasionally hysterical journey through premature motherhood, from the starting point of “leaking a little protein” to the early delivery of her tiny daughter because of severe preeclampsia and the beginning of a new chapter of frightful, lifelong love. Half a million

babies are born prematurely in the United States every year—almost one every minute—each with a unique story, and Hopper eloquently gives a voice to what their parents share: the shock, the scares, the lonely nights in the neonatal intensive care unit, the fierce attention to detail that makes for sanity and craziness, the light of faith, the warmth of family, and the terrifying attachment. Through it all runs the power of words to connect us to one another, as Hopper draws on her gifts as a writer first to help her navigate this uncertain territory and then to tell her story. With candor, grace, and a healthy dose of humor, she takes us into the final weeks of her pregnancy, the this-was-not-part-of-the-plan first weeks of little Stella's life, and the isolated world she and her husband inhabited when they took their daughter home at the onset of a cold Minnesota winter. Finally, frankly, Hopper ventures into the complicated question of whether to have another child. Down-to-earth and honest about the hard realities of having a baby, as well as the true joys, *Ready for Air* is a testament to the strength of motherhood—and stories—to transform lives.

When two baby teeth came knocking at her door, artist Inhae Lee did what anyone would do: she invited them to live with her and started photographing their hilarious, miniature antics. The resulting blog phenomenon has captivated legions of devoted fans with its refreshingly sweet sentiment and hip appeal. Featuring brand-new stories alongside classic adventures, *My Milk Toof* follows two baby teeth named ickle and Lardee as they navigate the pleasures and perils of being very small in a very big world. With perfect comedic timing, the photographic tales in this book explore the world from the tiny perspective of a baby tooth (or milk toof), from taking a bath to exploring the outside world. Showcasing the intricate handcrafted universe that Lee has created, *My Milk Toof* has a quirky appeal that speaks to all ages. Whether they're baking a cake or spending a day at the pool, these two little guys are achingly sweet—but without the cavities.

Eliseo Torres, known as "Cheo," grew up in the Corpus Christi area of Texas and knew, firsthand, the Mexican folk healing practiced in his home and neighborhood. Later in life, he wanted to know more about the plants and rituals of *curanderismo*. Torres's story begins with his experiences in the Mexican town of Espinazo, the home of the great *curandero* El Niño Fidencio (1899-1939), where Torres underwent life-changing spiritual experiences. He introduces us to some of the major figures in the tradition, discusses some of the pitfalls of teaching *curanderismo*, and concludes with an account of a class he taught in which *curanderos* from Cuernavaca, Mexico, shared their knowledge with students. Part personal pilgrimage, part compendium of medical knowledge, this moving book reveals *curanderismo* as both a contemplative and a medical practice that can offer new approaches to ancient problems. From *Curandero* ". . . for centuries, rattlesnakes were eaten to prevent any number of conditions and illnesses, including arthritis and rheumatism. In Mexico and in other Latin American countries, rattlesnake meat is actually sold in capsule form to treat impotence and even to treat cancer. Rattlesnake meat is also dried and ground and sprinkled into open wounds and body sores to heal

them, and a rattlesnake ointment is made that is applied to aches and pains as well."

Original publication and copyright date: 2003.

The author recounts her apprenticeship to a traditional healer in the Belize rainforest

Paul Cox describes his research and adventures in Samoa, work that led to him being hailed by TIME magazine as a hero of medicine and awarded the Goldman Environmental Prize. Working closely with the native healers, Cox studied traditional rainforest remedies and is credited with finding natural drugs that can be used in treating AIDS, discovering a rare species of flying fox, launching an international campaign to save a 30,000-acre rainforest and helping to rebuild a village destroyed by a hurricane. Cox's respect for the traditional villagers and his excitement and perseverance make *Nafunua* a story of scientific and personal discovery.

Rediscover the lost ancient mystery teachings of the Cosmic Womb • Explains how each of us has a holographic blueprint of the Womb of Creation, our spiritual Womb • Offers practices to help awaken your spiritual Womb, experience the Womb of God within, and activate the Womb's sacred magic of creation and manifestation • Looks at the power of the moon and its connection to sacred Womb Consciousness • Explores how the lost Womb mystery teachings were encoded in folk and fairy tales, the legends of the Holy Grail, and the traditions of Mary Magdalene and Sophia • Includes access to three guided Womb Awakening audio journeys

The Ancients lived by a feminine cosmology of creation, where everything was birthed and dissolved through a sacred universal Womb. Within each of us, whether female or male, lies a holographic blueprint of this Womb of Creation, connecting us to the Web of Life. By awakening your spiritual Womb, the holy of holies within the temple of your body, you can reconnect to the transformative energy of Womb Consciousness and reclaim your sacred powers of creation and love. Drawing on mythical and spiritual traditions from almost every culture, Dr. Azra and Seren Bertrand reconstruct the moon-based feminine mystery teachings of a lost global Womb religion, tracing the tradition all the way back to the Neanderthals and beyond. They explore how these teachings were encoded in the symbolism of folk and fairy tales; the legends of the Holy Grail; the traditions of Mary Magdalene and Sophia; the maiden, queen, and crone archetypes; and the teachings of alchemy and the chakras. They show how sages and shamans across the globe all secretly spoke of the Cosmic Womb and the sacred creative powers of Moon Blood. The authors look at the power of the Moon and its connection to sacred Womb Consciousness, offering meditations and practices to help awaken your spiritual Womb and activate its sacred magic of creation and manifestation. They explain how to activate the energetic gateways of the Womb and merge the heart and Womb to make sexual union the highest sacrament of love. Revealing how we must reconnect with the Divine Feminine to rebirth the Divine Masculine and restore balance to our world, they show how, as we reawaken the powerful ancient path of the Womb Mysteries, we help return our world to harmony with the wild, untamed creative flows and cyclical rhythms of the cosmos.

SastunMy Apprenticeship with a Maya Healer Harper Collins

This evocative guide to Shamanism takes you on a journey from its origins in Europe, North America, Siberia and the Arctic Circle

through to contemporary rituals to try today. Illustrated with cultural images, totems and people, shaman John Matthews reveals the rich animistic traditions of this ancient spirituality and reveals how it can empower your life. Discover: The significance of power animals Shapeshifting - moving into different states of being Healing with spirit guides Vision questing - finding guidance in meditation and dream experiences Working with totems Shamanic drumming and trance

Pharmacognosy (the science of biogenic or nature-derived pharmaceuticals and poisons) has been an established basic pharmaceutical science taught in institutions of pharmacy education for over two centuries. Over the past 20 years though it has become increasingly important given the explosion of new drugs, phytomedicines (plant medicines), nutraceuticals and dietary supplements – all of which need to be fully understood, tested and regulated. From a review of the previous edition: ‘Drawing on their wealth of experience and knowledge in this field, the authors, who are without doubt among the finest minds in pharmacognosy today, provide useful and fascinating insights into the history, botany, chemistry, phytotherapy and importance of medicinal plants in some of today’s healthcare systems. This is a landmark textbook, which carefully brings together relevant data from numerous sources and provides, in an authoritative and exhaustive manner, cutting-edge information that is relevant to pharmacists, pharmacognocists, complementary practitioners, doctors and nurses alike.’ The Pharmaceutical Journal ‘This is an excellent text book which provides fascinating insights into the world of pharmacognosy and the authors masterfully integrated elements of orthodox pharmacognosy and phytotherapy. Both the science student and the non-scientific person interested in phytotherapy will greatly benefit from reading this publication. It is comprehensive, easy to follow and after having read this book, one is so much more aware of the uniqueness of phytomedicines. A must read for any healthcare practitioner.’ Covers the history, biology and chemistry of plant-based medicines Covers pharmaceutical and nutraceuticals derived from plants Covers the role of medicinal plants in worldwide healthcare systems Examines the therapeutics and evidence of plant-based medicines by body system Sections on regulatory information expanded New evidence updates throughout New material covering non-medical supplements Therapeutics updated throughout Now on StudentConsult

By the time chemistry students are ready to study physical chemistry, they’ve completed mathematics courses through calculus. But a strong background in mathematics doesn’t necessarily equate to knowledge of how to apply that mathematics to solving physicochemical problems. In addition, in-depth understanding of modern concepts in physical chemistry requires knowledge of mathematical concepts and techniques beyond introductory calculus, such as differential equations, Fourier series, and Fourier transforms. This results in many physical chemistry instructors spending valuable lecture time teaching mathematics rather than chemistry. Barrante presents both basic and advanced mathematical techniques in the context of how they apply to physical chemistry. Many problems at the end of each chapter test students’ mathematical knowledge. Designed and priced to accompany traditional core textbooks in physical chemistry, Applied Mathematics for Physical Chemistry provides students with the tools essential for answering questions in thermodynamics, atomic/molecular structure, spectroscopy, and statistical mechanics.

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