



# Sacred Plant Medicine: The Wisdom in Native American Herbalism

*Stephen Harrod Buhner, Brooke Medicine Eagle*

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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.

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#### **Richard Cary:**

A lot of people always spent their own free time to vacation or maybe go to the outside with them household or their friend. Were you aware? Many a lot of people spent they free time just watching TV, or perhaps playing video games all day long. If you want to try to find a new activity this is look different you can read the book. It is really fun for you. If you enjoy the book that you simply read you can spent all day every day to reading a e-book. The book Sacred Plant Medicine: The Wisdom in Native American Herbalism it doesn't matter what good to read. There are a lot of people who recommended this book. These people were enjoying reading this book. When you did not have enough space to develop this book you can buy often the e-book. You can m0ore simply to read this book from a smart phone. The price is not to fund but this book provides high quality.

#### **Richard King:**

Playing with family in the park, coming to see the ocean world or hanging out with pals is thing that usually you have done when you have spare time, after that why you don't try thing that really opposite from that. One particular activity that make you not sense tired but still relaxing, trilling like on roller coaster you already been ride on and with addition associated with. Even you love Sacred Plant Medicine: The Wisdom in Native American Herbalism, you can enjoy both. It is very good combination right, you still need to miss it? What kind of hang-out type is it? Oh come on its mind hangout fellas. What? Still don't get it, oh come on its known as reading friends.

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