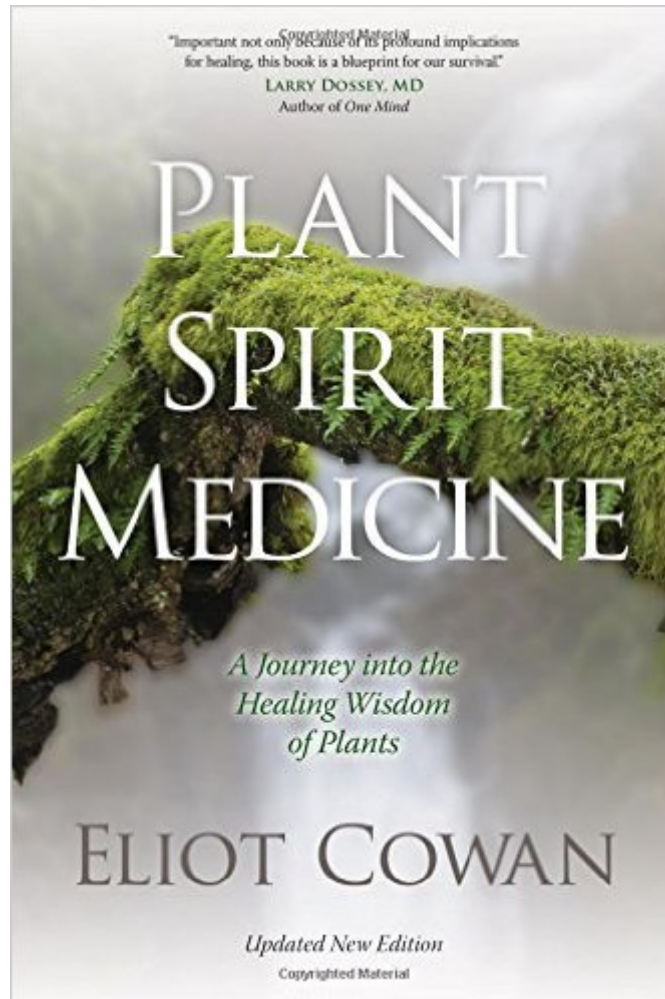


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# Plant Spirit Medicine: A Journey Into The Healing Wisdom Of Plants



## Synopsis

Whether you live in a mountain cabin or a city loft, plant spirits present themselves to us everywhere. Since its first printing in 1995, *Plant Spirit Medicine* has passed hand-to-hand among countless readers drawn to indigenous spirituality and all things alive and green. In this updated edition, Eliot Cowan invites us to discover the healing power of plantsânot merely their physical medicinal properties, but the deeper wisdom and gifts that they offer. Enriched by many new insights, this guide unfolds as a series of chapters on how plant spirit medicine helped Cowan resolve specific challenges in his own healing journey and in his work with others. In the telling, we learn how plant spirits can directly communicate with and aid all of us, including:

- Plant spirit medicine's five-element view of healing
- Ways to assess our own states of health and balance
- Receiving guidance from plants, including those found within herbal preparations
- New passages on community and sacred plants such as peyote, marijuana, and tobacco
- Additional interviews with plant shamans across diverse traditions, and more

## Book Information

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## Customer Reviews

I read the first edition in 1999 and I am thrilled to get the updated new edition. It is even better than the first edition with more chapters. I highly recommend this book to anyone who loves plants, nature or has a longing for connection and spiritual healing. It is a fun book of stories. This book led me to receive Plant Spirit Medicine, and I still get PSM treatments 9 years later and continue to benefit from this healing. Now I'm a plant spirit medicine healer trained by the author and I love

offering this healing work to others.

I first read Eliot Cowan's book in one sitting because I couldn't put it down. For me it was the next step in a journey towards deepening and enriching my life through relationship with our natural world. The Findhorn Garden book had paved the way for the revelation that the plants want to collaborate with us for our benefit and healing. Eliot Cowan's book is rich with stories from all over the world as he traveled to meet native healers and unfold a new understanding about how to enter into relationship with the local plants. There is humor and compassion as well as a beautiful insight into the indigenous world view. In this recent edition a lot of fresh new material has been introduced to give readers a deeper awareness about plant and other teachers

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

A stranger gave me a copy of this book. It turned out to be life-changing as I wished to have a two-way connection to the plant world and did not know it was possible until I read the book. This book is written by a healer, Elliot Cowan who founded the [www.bluedeer.org](http://www.bluedeer.org) retreat center. It details how he learned from trained shamans that consulting with the energetic consciousness of plants can help human beings overcome their diseases. If you read this book, the plant world will come alive for you and forever transform the silence into messages of hope and healing. I agree with Elliot, that we must stay connected to the plant kingdom in ways that are more profound than utilitarian, above and beyond nutrition, fiber and wood but spiritual. They give their lives to us and in the end we to them.

Thanks Eliot Cowan for your magical book on Plant Spirits and Energies. While there are many beautiful things I have learned from Cowan's book, one particular thing I appreciate is how to allow the Plant Spirits to guide the healing process rather than limit ourselves to the physical constitutes of the material plant parts. My own prevailing view going into Plant Spirit Medicine was definitely constructed by my predilection of western medicine, in particular, the chemical constitutes of plants. Now I have more to work with. As Cowan says on page four, "Plant spirit medicine is the shaman's way with plants. It recognizes that plants have spirit and that spirit is the strongest

medicine. Spirit can heal the deepest reaches of the heart and soul. • And it is with that intention that Cowan teaches us about the emotional/mental healing that goes on when we tap into the plant spirits themselves. As I read Cowan's stories I was reminded of my experience with the Eastern White Pine and how it helped me heal from a separation with my child, and help me sever the strings from a toxic relationship. This week I'm going into the woods to connect – for that's what it's all about. When we connect, we find our wholeness again, and healing is part of that process. Cowan gives the English speaking world the key to tapping into and working with the plant spirits directly. His amazing stories, experiences, and insights give the reader a direct line into how we can go about doing that. While I myself do use plants directly as medicine, I have and do continue to connect and learn from plants as Cowan has talked about. In fact, Plant Spirit Medicine has given me the language and framework for understanding what I've experienced over the years working with plant energies.

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

Eliot Cowan's latest edition to this special book about his re-discovery of the ancient practice of Plant Spirit Medicine is an important read for all spiritual seekers or for those interested in the essence and possibilities of life. It also includes stories from his twelve year Huichol apprenticeship. It is a warm and intimate tome filled with humor, deep insights and guiding principles that can change your life. It is an intriguing read as we are taken on a wondrous journey in which he shares stories from his experiences with the Plant Spirits and his human teachers and colleagues. I couldn't put it down. . .

I started reading this but haven't finished it yet. What I have read is amazing! I love nature and all the amazing insights and energy that come from plants and trees. I loved trees as a child, who doesn't right? It is mesmerizing to read about all that nature can help you with once you tap in.

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