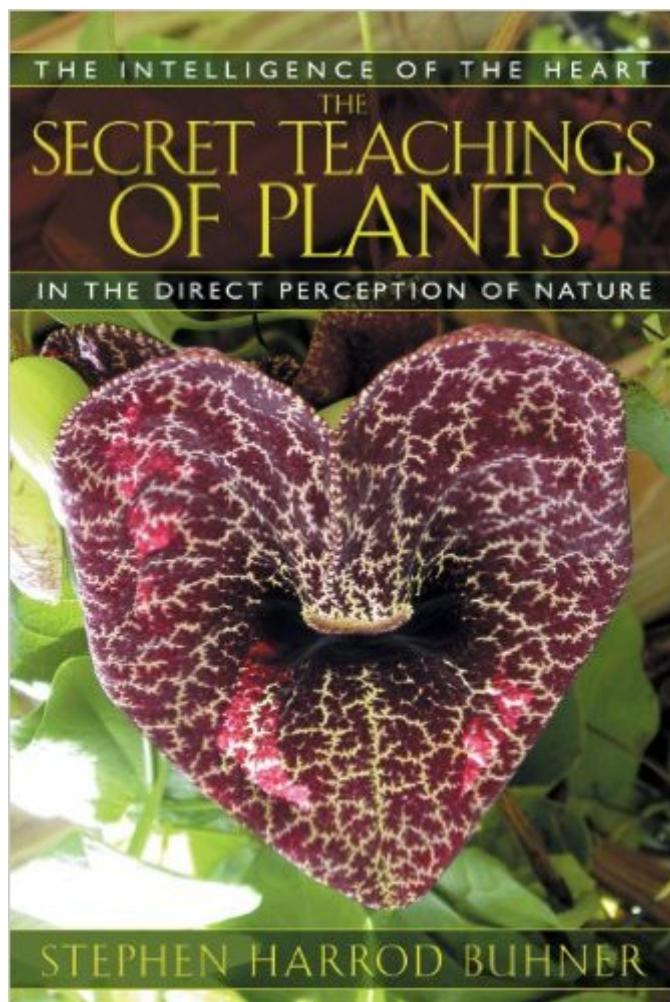


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# The Secret Teachings Of Plants: The Intelligence Of The Heart In The Direct Perception Of Nature



## Synopsis

Reveals the use of direct perception in understanding Nature, medicinal plants, and the healing of human disease. Explores the techniques used by indigenous and Western peoples to learn directly from the plants themselves, including those of Henry David Thoreau, Goethe, and Masanobu Fukuoka, author of *The One Straw Revolution*. Contains leading-edge information on the heart as an organ of perception. All ancient and indigenous peoples insisted their knowledge of plant medicines came from the plants themselves and not through trial-and-error experimentation. Less well known is that many Western peoples made this same assertion. There are, in fact, two modes of cognition available to all human beings--the brain-based linear and the heart-based holistic. The heart-centered mode of perception can be exceptionally accurate and detailed in its information gathering capacities if, as indigenous and ancient peoples asserted, the heart's ability as an organ of perception is developed. Author Stephen Harrod Buhner explores this second mode of perception in great detail through the work of numerous remarkable people, from Luther Burbank, who cultivated the majority of food plants we now take for granted, to the great German poet and scientist Goethe and his studies of the metamorphosis of plants. Buhner explores the commonalities among these individuals in their approach to learning from the plant world and outlines the specific steps involved. Readers will gain the tools necessary to gather information directly from the heart of Nature, to directly learn the medicinal uses of plants, to engage in diagnosis of disease, and to understand the soul-making process that such deep connection with the world engenders.

## Book Information

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## Customer Reviews

This is an intriguing book about our essential connection with the plant kingdom. Herbalists around the world are lamenting the loss of plants that have medicinal properties, some of which have not yet been discovered. There is a great, and little explored puzzle: virtually every known group of humans has developed sophisticated plant-based medicines and agents for altering states of consciousness. Many are only used in complex mixtures. Too much of one ingredient and not enough of another, and the concoction is either inert or toxic. Yet to have found all these plants and all of their combinations by trial and error would have taken armies or researchers and hundreds of thousands of years. Throughout the world, traditional healers report that they learned about these properties from the plants themselves. They speak of using intuition and the "intelligence of the heart" for the direct perception of nature. Stephen Buhner suggests that this perception comes from the neural network within the physical heart that beats in our chests. Throughout the book he presents countless examples of people from Thoreau to Luther Burbank and Goethe, who saw deeply into Nature, not through the intellect, but through the heart. He shows us how these people obtained their direct knowledge. It is very clear that Stephen Buhner is not reciting something that he read, but he is telling us about his own direct and deep perception of Nature. He explains how we can all share in this communion with Nature. He goes on to teach us how we, like the shamans of old, can learn the medicinal uses of plants directly from the plants themselves. He also shows us how this opening up to the world of plants can have profound effects upon us.

The following review was written for a class in Botanical Medicine as part of a degree program in Naturopathic Medicine. Buhner's book can be divided into two distinct parts. In the first half of the book, Buhner explores the ideas of linear versus nonlinear thought. He explains that nature is a culmination of fractal patterns and fluctuations, and extrapolates this idea into the concept of the human thought process. According to Buhner, the brain thinks linearly, defined by logic, language and life experience, but the heart has its own vibrational consciousness. When the heart is used as an organ of perception, the entire body is healthier and more in tune with its natural surroundings. I related to the story about the author's exposure to nature after living in the suburbs, which immediately brought up memories of my own childhood and similar feelings about being in natural versus manmade surroundings. The second half of the book is devoted to applying the concept of heart consciousness to communication with plants and with people. He explains how native peoples

around the world have learned over time to use plants for medicine, ritual and food - when asked, they always say they learned from the plants themselves. In this section I found some very powerful, unique concepts about plants. One was the idea that a person's deep-seated need will be communicated through their energy, expressed via the heart consciousness, and that plants respond to this on various levels. They not only begin to produce medicinal chemicals in response to the need, but they respond and tell the person how to use them. Buhner explores methods of communicating with plants and shows how to bring about an open dialogue for learning from the plant itself.

Stephen Buhner's writing style is captivating, humble and poetic, and mirrors the non-linear beauty of Nature. He invites you to skip around the book and read whatever interests you, and if you love all things in Nature like I do, you will surely end up reading everything twice, just like I did. This is honestly, one of the most incredible books I have read in quite some time. I am currently enrolled in a Master's program in the Health Arts and I think this book should be required reading. Though there are so many people in society today that take credit for something that has, in fact, been around for years, this is not the case with Stephen Buhner. His intentions are genuine as he writes for and about Nature. He never claims ownership of any of the ideas presented in his book, rather, he takes the words of the wise people who came long before him, and weaves them eloquently through-out his own, demonstrating how the idea of the heart as an organ of perception is not new. That we all have the capability, it has simply been unintentionally taught out us out. I am also the Director of a medical research foundation, and often times I am appalled by how close minded so many in the realm of medicine/science can be. Though their intentions may once have been sincere, the unfortunate truth is, somewhere along the way, their motivations changed and they lost the ability to see the big picture. I highly recommend this book. Society is ready for this book. The environment needs for society to read this book. I found the following quote by G.

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