

ROSS HEAVEN and HOWARD G. CHARING

FOREWORD BY PABLO AMARINCO

PLANT SPIRIT SHAMANISM



TRADITIONAL TECHNIQUES
FOR HEALING THE SOUL

Plant Spirit Shamanism Traditional Techniques For Healing The Soul Ross Heaven

Ross Heaven



Plant Spirit Shamanism Traditional Techniques For Healing The Soul Ross Heaven:

Plant Spirit Shamanism Ross Heaven, Howard G. Charing, 2006-08-03 An in depth look at the role of plant spirits in shamanic rituals from around the world Shows how shamans heal using their knowledge of plant spirits as well as the plant s medical properties Explores the core methods of plant shamanism soul retrieval spirit extraction and sin eating and includes techniques for connecting with plant spirits Includes extensive field interviews with master shamans of all traditions In *Plant Spirit Shamanism* Ross Heaven and Howard G Charing explore the use of one of the major allies of shamans for healing seeing dreaming and empowerment plant spirits After observing great similarities in the use of plants among shamans throughout the world they discovered the reason behind these similarities Rather than dealing with the medical properties of the plants or specific healing techniques shamans commune with the spirits of the plants themselves From their years of in depth shamanic work in the Amazon Haiti and Europe including extensive field interviews with master shamans Heaven and Charing present the core methods of plant shamanism used in healing rituals the world over soul retrieval spirit extraction sin eating and the Amazonian tradition of pusanga love medicine They explain the techniques shamans use to establish connections to plant spirits and provide practical exercises as well as a directory of traditional Amazonian and Caribbean healing plants and their common North American equivalents so readers can explore the world of plant spirits and make allies of their own

The Secret Teachings of Plants Stephen Harrod Buhner, 2004-10-27 Ancient and indigenous peoples have insisted their knowledge of plant medicines came from the plants themselves perceived through a heart centered mode of perception not trial and error experimentation Author Stephen Harrod Buhner explores this heart centered mode of perception helping readers learn about the medicinal uses of plants and gather information directly from the heart of Nature

Wisdom of the Plant Devas Thea Summer Deer, 2011-08-19 Consulting plant spirits for spiritual and psychological guidance and healing Reveals how by communing with the deva or spirit of a plant we can call forth its medicine without even needing to ingest it Includes wisdom from the devas of 13 herbs such as rosemary datura and uva ursi Empowers readers with the tools to develop their own inner resources for healing in relationship with the plant devas around them Each plant has a story to share with us a healing story to guide us in trying times a spirit medicine for the New Earth that is presently unfolding Herbs are some of the most powerful allies we have for these transitional times we just need to learn how to listen as they share their knowledge with us In *Wisdom of the Plant Devas* Thea Summer Deer reveals a new dimension of herbal medicine one where the plant s spirit is consulted for guidance and healing beyond the physical Examining the botany modern and traditional uses history and folklore of 13 special herbs such as rosemary uva ursi and datura she shares divinations and messages from their devas or plant spirits explaining how these stories carry the herbs into our lives letting them work their magic on us Exploring herbal medicine from an energetic perspective she reveals that by communing with the deva of a plant we can call on the plant s physical psychological and spiritual medicine and guidance without ingesting it

or even being in its presence Detailing the sacred space of a Medicine Wheel Garden whether in a backyard or our imaginations she connects us with the devas and empowers us to seek our own answers with their much needed spiritual guidance and divinatory advice Creating a bridge between botanical medicine and plant spirit medicine she shows how by coming into community with the devas and co creating with the world of nature we can gain tremendous insights to help heal our hearts our minds and our spirits and consciously evolve as together we birth the New Earth [Touch the Earth, Kiss the Sky](#) Diotima Mantinea,2020-03-08 Discover a Powerful Integration of Science Spirit Magic Touch the Earth Kiss the Sky is a fascinating blend of spiritual practice and cutting edge science Follow the eight Stations of the Sun through an astronomical year with Touch the Earth exercises designed to help ground your experience in nature as well as Kiss the Sky exercises that will help you get in contact with the Divine and your own inner sense of the sacred Within these pages you will explore a scientific account of consciousness and its relationship to magical practice spiritual energy and the subtle realms Profound meditations and exercises lead you to a deeper sense of personal meaning and show you how to make magical changes in your life and the larger reality around you **Visionary Ayahuasca** Jan Kounen,2014-12-15 A what to expect guide for first time ayahuasca users paired with accounts from the author s extensive shamanic experiences in the Amazon Describes how to prepare for the first ceremony what to do in the days afterward and how to maintain a shamanic healing diet Details some of the author s own ayahuasca experiences including an intensive trip in 2009 when he underwent 17 ceremonies Explores the many other plants that are part of the ayahuasca healer s medicine cabinet as well as the icaros healing songs of the ayahuasca shaman Since 1999 Jan Kounen has regularly traveled to the Peruvian Amazon to participate in ayahuasca ceremonies At first only a curious filmmaker over multiple trips he transformed from explorer to apprentice to ayahuasquero and often found himself surrounded by other foreigners coming to the jungle for their first taste of ayahuasca medicine Knowing how little guidance is available on how to prepare or what to expect he naturally offered them advice Part visionary ayahuasca memoir and part practical guide this book contains the same step by step advice that Kounen provides first time ayahuasca users in the jungle He describes how to prepare for the first ceremony and what to do in the days afterward He explores how to deal with the nausea and details the special preparatory diets an ayahuasca shaman will put you on often lasting for months but necessary for life transforming results and teachings from the plant spirits He also explains how it is far easier to maintain these restrictions in the jungle than in the city Detailing his own ayahuasca experiences over hundreds of sessions including a trip in 2009 when he underwent 17 ceremonies in 25 days Kounen describes how ayahuasca transformed him He tells of his meetings with Shipibo healers including Kestenbetsa who opened the doors of this world for him and Panshin Beka the shaman to whom Kounen became an apprentice He details the many other plants and foods that are part of the ayahuasca healer s medicine cabinet such as to and tobacco as well as their icaros or healing songs A veritable what to expect guide this book should be your first step prior to committing to ayahuasca **Speaking with**

Nature Sandra Ingerman, Llyn Roberts, 2015-04-23 Connecting with nature and nature beings to help heal us and the Earth Provides experiential practices to communicate with nature and access the creative power of the Earth Shares transformative wisdom teachings from conversations with nature beings such as Snowy Owl Snake Blackberry Mushroom and Glacial Silt exploring the role of each in bringing balance to the planet Nature and the Earth are conscious They speak to us through our dreams intuition and deep longings By opening our minds hearts and senses we can consciously awaken to the magic of the wild the rhythms of nature and the profound feminine wisdom of the Earth We can connect with nature spirits who have deep compassion and love for us offering their guidance and support as we each make our journey through life Renowned shamanic teachers Sandra Ingerman and Llyn Roberts explain how anyone can access the spirit of nature whether through animals plants trees or insects or through other nature beings such as Mist or Sand They share transformative wisdom teachings from their own conversations with nature spirits such as Snowy Owl Snake Blackberry Mushroom and Glacial Silt revealing powerful lessons about the feminine qualities of nature and about the reader's role in the healing of the Earth They provide a wealth of experiential practices that allow each of us to connect with the creative power of nature Full of rich imagery these approaches can be used in a backyard in the wilderness in a city park or even purely through imagination allowing anyone to communicate with and seek guidance from nature beings no matter where you live By communing and musing with nature we learn how to speak to the spirit that lives in all things bringing balance to us and the planet By tapping into the feminine wisdom of the Earth we evoke a deep sense of belonging with the natural world and cultivate our inner landscape planting the seeds for harmony and a natural state of joy *Sacred Plant Medicine* Stephen Harrod Buhner, 2006-02-24 Explains the synergistic process of communicating with a Plant and how the Plants help us overcome anxiety grief fears and limiting beliefs and teach us to trust forgive and embrace self love Shares teachings from a variety of Plants such as Yarrow Mugwort Maple Dandelion Poison Ivy and Japanese Hops Presents step by step activities and practices that allow you to actualize each Plant's teaching in an immediate way Everyone has the ability to consciously communicate with Plants Jen Frey shows that if we are willing to listen we can hear the Plants speak to our Hearts and teach us how to heal With the support of our Plant allies we can be our truest selves and remember our intrinsic wholeness In this step by step guide Frey shows how to awaken your ability to directly receive the unique wisdom and healing gifts of Plants She describes how communicating with Plants is more like a communion than an exchange of words The primary language we share with Plants is through the Heart and Plant communication brings an expansion of Heart intelligence and emotional growth She explains how the Plants help us overcome anxiety grief fears and limiting beliefs and teach us to trust forgive embrace self Love and enjoy the sweetness of life Sharing teachings she has received from a variety of Plants such as Yarrow Mugwort Maple Dandelion Poison Ivy and Japanese Hops Frey follows each Plant ally's wisdom with a step by step activity or practice She includes both native and invasive Plants because all Plant Spirits have valuable lessons to share She concludes

with Tulsi showing how this Plant is essential to helping us recover our Sacred nature especially in a time of great Earth changes With the wisdom of Plant Spirits we can have support and guidance whenever we need it and live in co creative partnership with Nature

Vodou Shaman Ross Heaven,2003-11-10 Goes beyond the stereotypes to restore Vodou to its proper place as a powerful shamanic tradition Provides practical exercises and techniques from the Vodou tradition that can be used as safe and effective means of spiritual healing and personal transformation Shows how to remove evil spirits and negative energies sent by others Written by a fully initiated Houngan Vodou shaman Providing practical exercises drawn from all aspects and stages of the Vodou tradition Vodou Shaman shows readers how to contact the spirit world and communicate with the loa the angel like inhabitants of the Other World the ghebe the spirits of the ancestors and djabs nature spirits for healing purposes The author examines soul journeying and warrior path work in the Vodou tradition and looks at the psychological principles that make them effective The book also includes exercises to protect the spiritual self by empowering the soul with techniques of soul retrieval removing evil spirits and negative energies overcoming curses and using the powers of herbs and magical baths The Publishers Weekly ,2006

Medicine for the Soul Ross Heaven,2012-07-27 A complete study course in classical and cross cultural shamanism teaching the reader all s he ever needs to know about shamanism shamanic healing soul retrieval spirit extraction house cleansing cleaning the energy body working with the souls of the dead and much more

Plant Spirit Wisdom Ross Heaven,2008 Explains the plant spirit practices used in sin eating and Celtic shamanism and the nature of the soul and its maladies which can lead to illness as well as the means of finding new health and balance through an understanding of our soul purpose and the herbs plants and practices that can help with this Ross Heaven is a psychologist author therapist and plant spirit healer

Shamanic Quest for the Spirit of Salvia Ross Heaven,2013-05-20 The first practical guide to the transformative uses of salvia Explains how salvia connects you with your higher purpose and aids you in envisioning your unique path in life Describes appropriate methods of use a shamanic diet to increase effectiveness and the meaning of the symbols experienced during salvia s ecstatic embrace Explores recent clinical research into salvia s long term positive psychological effects and its potential as a treatment for Alzheimer s depression and addiction Salvia divinorum has been used since ancient times by the Mazatec shamans of Mexico for divination vision quests and healing Known by many names nearly all associated with the Virgin Mary who has come to symbolize the spirit of salvia this plant ally is now regarded as the most powerful natural hallucinogen Providing the first practical guide to the shamanic spiritual and therapeutic uses of salvia Ross Heaven shares his in depth quest to connect with the spirit of this plant teacher He explores recent clinical research into its many long term psychological effects such as increased insight and self confidence improved mood and concentration and feelings of calmness and connection with nature as well as salvia s potential for combating diseases like Alzheimer s depression and even cocaine addiction Reviewing the traditional Mazatec ceremonies surrounding salvia s harvest and use Heaven describes

appropriate methods of consumption typical dosages and the shamanic diet he used to increase salvia s effectiveness
Examining firsthand accounts of salvia journeys from around the world he decodes the meaning of the symbolic images
experienced during salvia s ecstatic embrace and details the interplay between salvia and the lucid dreaming state
Comparing salvia to ayahuasca and the San Pedro cactus Heaven explains that salvia s greatest strength as a shamanic plant
ally lies in its ability to connect you with your higher purpose and aid you in envisioning your unique path in life

Bibliografia națională română ,2008 Shamanic Plant Medicine - Ayahuasca Ross Heaven,2014-01-31 The
Shamanic Plant Medicine series acts as an introduction to specific teacher plants used by shamans in a variety of cultures to
facilitate spirit communion healing divination and personal discovery and which are increasingly known used and respected
in Western society by modern shamans as a means of connecting to spirit Ayahuasca is the shamanic medicine of the
Amazonian rainforest and has been used by shamans for millennia to induce visionary states wherein they astrally travel to
other locations see the future or carry out healings for others It is increasingly used in the West and is perhaps the best
known of shamanic plant teachers *Darkness Visible* Ross Heaven,Simon Buxton,2005-11-16 The first book to examine the
spiritual and therapeutic practice of retreat in physical darkness to explore inner light Shows how experiencing complete
darkness over prolonged periods helps in developing mental clarity and creativity Draws upon many indigenous and spiritual
traditions that use this technique The use of ceremonial darkness is a classic and cross cultural method for exploring hidden
aspects of unconscious and super conscious states accessing invisible landscapes and embracing the deeper recesses of the
self In *Darkness Visible* Heaven and Buxton examine the spiritual and therapeutic practice of taking retreat in physical
darkness For millennia mystics and sages have used darkness as a spiritual tool for breaking with their pasts prior
conditioning and the limited reality of their societies Spiritual seekers from many traditions Celtic Eastern indigenous North
and South American Tibetan and African have used darkness as a tool for spiritual enlightenment Heaven and Buxton show
how experiencing complete darkness even for only a period of hours brings about a remarkable clarity and mental stillness
and thus provides a springboard for creativity intuition and spiritual development They include exercises that explore lucid
levels of dream consciousness drawing both from their experience as teachers of this method and from the many cultures
that include this practice in their spiritual traditions *Darkness Visible* shows how deprivation of sight can truly teach us to
see **Plant Spirit Healing** Pam Montgomery,2008-01-30 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

The Accidental Shaman Howard G. Charing, 2017-02-16 A story of awakening to remarkable shamanic powers teachings and techniques Describes the author's work with plant spirits entheogens such as ayahuasca and indigenous shamans during his 20 years of fieldwork in the Peruvian Amazon Explores the practice of soul retrieval and shamanic work with feathers stones and sound Includes techniques for exploring non ordinary reality exercises for expanding sensory perception and practices to open your creative artistic visionary potential After surviving a serious elevator crash in London Howard G Charing found he had developed healing touch as well as the ability to hear voices and experience visions just as a healer in Italy had predicted only a week before the accident He began using his abilities to heal but felt he needed more guidance and training He first connected with a national spiritual healing organization only to be told he was doing everything wrong Then through a friend he discovered shamanism Sharing profound teachings and extraordinary experiences from his more than 30 years of shamanic healing work Charing explains how he accidentally became a shaman and completely changed the course of his life He describes his work with plant spirits entheogens such as ayahuasca and indigenous shamans during his 20 years of fieldwork in the Peruvian Amazon including his studies with the late visionary artist Pablo Amaringo Investigating altered states of perception he provides visionary techniques for exploring non ordinary reality exercises for expanding sensory perception and practices to open your creative artistic visionary potential Detailing the practice of soul retrieval the author discusses why it is one of the most effective and profound spiritual healing practices and shares emotionally charged stories of successful shamanic healings he has attended He also includes shamanic wisdom on working with feathers stones and sound and compares current research in physics with the vast body of experiential knowledge from indigenous spiritual traditions From the accident that started his journey to the many remarkable spiritwork encounters that have happened since Charing's story will empower readers to begin exploring the realms of consciousness and energy that surround us and welcome the dissolution of the boundary between the physical and the spiritual

Spirit in the City Ross Heaven, 2002-01 The search for the sacred in everyday life using ancient shamanic wisdom and practices In this illuminating guide British shaman Ross Heaven uncovers the key to rediscovering our connection to the sacred as he explores the ancient world of the shaman a world which has existed for thousands of years

and which extends from the icy wastes of Siberia to the rain forests of South America and beyond Drawing upon this rich legacy of wisdom he reveals what the powerful shaman visionaries and healers have always known and which modern science now accepts everything around us is energy pure and simple and you can change this energy and your life in just a heartbeat

Spirit Medicine Henry Barnard Wesselman, 2004 The rediscovery that each one of us can achieve the direct transformative connection with the sacred realms lies right at the heart of the spiritual reawakening sweeping the Western world a phenomenon explored by anthropologist Hank Wesselman Ph D in his widely read book *The Journey to the Sacred Garden* In *Spirit Medicine* Dr Wesselman is joined by his wife transpersonal medical practitioner Jill Kuykendall RPT to present us with a cross cultural consideration of illness healing and health care from the ancient wisdom of the traditional peoples *Spirit Medicine* opens a window into a universal worldview that will help you understand the classic causes of illness an essential step in true healing work with the four levels of spiritual healing expand your connections to inner sources of wisdom and power and deepen your contacts with your helping spirits and healing masters *Spirit Medicine* will provide you with the singular key to success that energy medicine by itself lacks It will also provide you with a perspective derived from the Hawaiian kahuna tradition in which knowledge of the soul cluster as well as the multileveled nature of reality forms the foundation Included is an experiential CD of shamanic drumming and rattling to be used with specific exercises and meditations designed to enhance your healing practice for yourself and others *Spirit Medicine* reconsiders and reworks the time tested techniques pioneered by the shamans of the indigenous peoples providing nontribal Westerners with extraordinarily effective insights into healing and problem solving

Plant Spirit Healing Pam Montgomery, 2008-01-30 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

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