

## **Plant Spirit Shamanism Traditional Techniques For Healing The Soul**

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The authors explain the techniques that shamans use to establish connections to plant spirits. Practical exercises are provided using traditional Amazonian and Caribbean healing plants and their common North American equivalents, so that readers can explore the world of plant spirits and make allies of their own.

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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 are communing with the spirits of the plants themselves.

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This is simply a tea made by steeping the leaves in freshly boiled water for ten minutes. As a guideline, use about an ounce (around 30 grams) of dried plant to two cups of boiled water, which will provide three doses of plant infusion. Another method is to make a macerado, or tincture.

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