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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

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discover the power of nature s most sacred plants just as native americans have for centuries long ago indigenous healers used the earth s herbs to ease pain uplift spirits and find balance their ancient wisdom lives on in remedies potent natural and time tested that you can still use today this book unlocks that knowledge no expertise needed want to brew a tea that melts stress grow herbs that heal colds naturally feel more connected to nature it s all here step by step with sacred plants you can nurture anywhere and much more weave this herbal wisdom into your life and thrive inside this sacred guide to native american herbalism you ll learn how to understand the deep spiritual and cultural roots of native american herbal healing traditions identify and use over 50 sacred herbs and medicinal plants used by native american herbalists prepare your own herbal

remedies including teas tinctures poultices salves balms and decoctions master the techniques of a native american herbalist gathering drying storing and preserving herbs create a healing garden using ancient principles even in small apartments or containers practice sacred roots healing to align your body mind and spirit with the natural world apply herbal remedies for common ailments like anxiety insomnia digestive issues fatigue skin problems and more blend traditional knowledge with modern science to better understand how herbs support immune function inflammation energy and emotional wellness reconnect with the land and experience a profound sense of natural balance well being and peace what you'll get inside a complete herbal apothecary learn how to build your own natural medicine cabinet with healing plants like sage yarrow echinacea elderberry sweetgrass cedar and others detailed plant profiles discover the origin uses preparation methods and healing powers of each herb with beautiful descriptions and cultural context easy diy recipes from soothing teas and calming baths to immune boosting tonics and skin salves every recipe is broken down into simple clear steps the 30 day herbal healing challenge a guided plan to introduce herbal remedies into your daily life complete with activities prompts and self care rituals bonus quick reference herbal charts for quick decision making when you're feeling unwell or need a fast fix all of this and much much more ready to ditch the pills and tap into nature's pharmacy take charge of your health with remedies that have stood the test of time grab this book now and learn all about native american herbalism today

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