

Sastun My Apprenticeship With A Maya Healer

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The Gift of Healing Herbs - Robin Rose Bennett
2014-03-11

Herbalists, naturopaths, plantspeople, witches, and natural healers will love the empowering information, engaging stories, and heartfelt meditations and rituals of natural herbal medicines in this book. Nominated as a Herbal Book of the Year by the International Herb Association, *The Gift of Healing Herbs* by well-respected urban herbalist Robin Rose Bennett offers readers who want to take charge of their health an immersion into a myriad ways to use plant-based remedies to care for themselves and others on physical, emotional, and spiritual levels. With more than 180 easy-to-follow recipes informed by the wisdom that physical and spiritual healing are inextricably intertwined, *The Gift of Healing Herbs* explores herbology as the "people's medicine", freely available to all, and as a powerful yet gentle way to heal body, mind, heart, and soul. The book is divided into three parts: the first part examines health and the causes of illness; the second part comprises a reference of all the physical systems of the body and the common and not-so-common herbs for tonifying them; and the third part contains recipes for teas, brews, and instructions for incorporating herbs into our daily lives. The hundreds of recipes for herbal preparations in this book—accompanied by prayers, meditations, and rituals—offer spiritual and physical insights into the relationship between our body systems and the elements, Earth, Air, Fire and Water, thus helping the reader explore and experience

the interconnection of all things in the web of life. Filled with personal stories, case histories, and elements of personal memoir, *The Gift of Healing Herbs* is equal parts inspiration and instruction drawn from the author's life and decades spent teaching and practicing herbal medicine in a spiritual, earth-based, nondogmatic style. The author explores how one's personal story turns into one's embodied physicality and ultimately reveals individual unique paths of healing for each reader. From the Trade Paperback edition.

The Everybody Ensemble - Amy Leach
2021-11-16

In short, gloriously inventive essays, Whiting Award-winning author Amy Leach's *The Everybody Ensemble* invites us to see and celebrate our oddball, interconnected world. Humans, please turn your guns into kazooes. Are you feeling dismay, despair, disillusion? Need a break from the ho-hum, the hopeless, and the hurtful? Feel certain that there's a version of our world that doesn't break down into tiny categories of alliance but brings everybody together into one clattering, sometimes discordant but always welcoming chorus of glorious pandemonium? Amy Leach, the celebrated author of the transcendent *Things That Are*, invites you into *The Everybody Ensemble*, an effervescent tonic of a book. These short, wildly inventive essays are filled with praise songs, poetry, ingenious critique, soul-lifting philosophy, music theory, and whimsical but scientific trips into nature. Here, you will

meet platypuses, Tycho Brahe and his moose, barnacle goslings, medieval mystics, photosynthetic bacteria, and a wholly fresh representation of the biblical Job. Equal parts call to reason and to joy, this book is an irrepressible celebration of our oddball, interconnected world. The Everybody Ensemble delivers unexpected wisdom and a wake-up call that sounds from within. For readers of Ross Gay, Eula Biss, Anne Lamott, Annie Dillard, Ralph Waldo Emerson, and even Lewis Carroll, these twenty-four essays will be a perfect match. *Monumental Ambivalence* - Lisa C. Breglia 2009-12-03

From ancient Maya cities in Mexico and Central America to the Taj Mahal in India, cultural heritage sites around the world are being drawn into the wave of privatization that has already swept through such economic sectors as telecommunications, transportation, and utilities. As nation-states decide they can no longer afford to maintain cultural properties—or find it economically advantageous not to do so in the globalizing economy—private actors are stepping in to excavate, conserve, interpret, and represent archaeological and historical sites. But what are the ramifications when a multinational corporation, or even an indigenous village, owns a piece of national patrimony which holds cultural and perhaps sacred meaning for all the country's people, as well as for visitors from the rest of the world? In this ambitious book, Lisa Breglia investigates "heritage" as an arena in which a variety of private and public actors compete for the right to benefit, economically and otherwise, from controlling cultural patrimony. She presents ethnographic case studies of two archaeological sites in the Yucatán Peninsula—Chichén Itzá and Chunchucmil and their surrounding modern communities—to demonstrate how indigenous landholders, foreign archaeologists, and the Mexican state use heritage properties to position themselves as legitimate "heirs" and beneficiaries of Mexican national patrimony. Breglia's research masterfully describes the "monumental ambivalence" that results when local residents, excavation laborers, site managers, and state agencies all enact their claims to cultural patrimony. Her findings make it clear that informal and partial

privatizations—which go on quietly and continually—are as real a threat to a nation's heritage as the prospect of fast-food restaurants and shopping centers in the ruins of a sacred site.

Remains of Ritual - Steven M. Friedson
2010-07-15

Remains of Ritual, Steven M. Friedson's second book on musical experience in African ritual, focuses on the Brekete/Gorovodu religion of the Ewe people. Friedson presents a multifaceted understanding of religious practice through a historical and ethnographic study of one of the dominant ritual sites on the southern coast of Ghana: a medicine shrine whose origins lie in the northern region of the country. Each chapter of this fascinating book considers a different aspect of ritual life, demonstrating throughout that none of them can be conceived of separately from their musicality—in the Brekete world, music functions as ritual and ritual as music. Dance and possession, chanted calls to prayer, animal sacrifice, the sounds and movements of wake keeping, the play of the drums all come under Friedson's careful scrutiny, as does his own position and experience within this ritual-dominated society.

Sounds Wild and Broken - David George Haskell
2022-03-01

"[A] glorious guide to the miracle of life's sound." —The New York Times Book Review A lyrical exploration of the diverse sounds of our planet, the creative processes that produced these marvels, and the perils that sonic diversity now faces We live on a planet alive with song, music, and speech. David Haskell explores how these wonders came to be. In rain forests shimmering with insect sound and swamps pulsing with frog calls we learn about evolution's creative powers. From birds in the Rocky Mountains and on the streets of Paris, we discover how animals learn their songs and adapt to new environments. Below the waves, we hear our kinship to beings as different as snapping shrimp, toadfish, and whales. In the startlingly divergent sonic vibes of the animals of different continents, we experience the legacies of plate tectonics, the deep history of animal groups and their movements around the world, and the quirks of aesthetic evolution. Starting with the origins of animal song and

traversing the whole arc of Earth history, Haskell illuminates and celebrates the emergence of the varied sounds of our world. In mammoth ivory flutes from Paleolithic caves, violins in modern concert halls, and electronic music in earbuds, we learn that human music and language belong within this story of ecology and evolution. Yet we are also destroyers, now silencing or smothering many of the sounds of the living Earth. Haskell takes us to threatened forests, noise-filled oceans, and loud city streets, and shows that sonic crises are not mere losses of sensory ornament. Sound is a generative force, and so the erasure of sonic diversity makes the world less creative, just, and beautiful. The appreciation of the beauty and brokenness of sound is therefore an important guide in today's convulsions and crises of change and inequity. *Sounds Wild and Broken* is an invitation to listen, wonder, belong, and act.

Spiritual Bathing - Nadine Epstein 2021-11-01

For centuries, people have used a combination of water, prayer, meditation and herbs to rejuvenate the mind, body and soul. In *Spiritual Bathing*, Rosita Arvigo and Nadine Epstein explore traditions—many lost or forgotten—that have been intertwined with religion, spirituality and culture since ancient and medieval times. From baptism to mikvahs to charity baths, these traditions can serve as a way to reconnect with nature or God; rejuvenate the mind, body and soul; and help relieve anxiety, insomnia and depression. Encompassing knowledge from 15 world traditions, this beautifully illustrated guide features detailed instructions to create nurturing and restorative spiritual bathing rituals both at home and elsewhere.

The Web That Has No Weaver - Ted J. Kaptchuk 2000-05-02

A Doody's Core Title for 2019! *The Web That Has No Weaver* is the classic, comprehensive guide to the theory and practice of Chinese alternative medicine. This accessible and invaluable resource has earned its place as the foremost authority in synthesizing Western and Eastern healing practices. This revised edition is the product of years of further reflection on ancient Chinese sources and active involvement in cutting-edge scientific research.

Sastun - Rosita Arvigo 1995

Druidry Handbook - John Michael Greer 2021-04-01

The classic guide to living a spiritual life rooted in Celtic antiquity and revived to meet the challenges of contemporary life. *Druidry* offers people a path of harmony through reconnection with the green Earth. The *Druidry Handbook* is the first hands-on manual of traditional British druid practice that explores the Sun Path of seasonal celebration, the Moon Path of meditation, and the Earth Path of living in harmony with nature as tools for crafting an Earth-honoring life here and now. From ritual and meditation to nature awareness and ecological action, John Michael Greer opens the door to a spirituality rooted in the living Earth. Featuring a mix of philosophy, rituals, spiritual practice, and lifestyle issues, *The Druidry Handbook* is an essential guide for those seriously interested in practicing a traditional form of druidry. It offers equal value to eclectics and solitary practitioners eager to incorporate more Earth-based spirituality into their own belief system.

Crystals for Healing - Karen Frazier 2016-05-01

Ready to create positive change in your life? Discover the power of crystals to heal mind, body, and spirit. Whether you're working through grief or holding onto grudges, seeking love or increasing gratitude, *Crystals for Healing* offers the basics for beginners to explore the deep connection between mind, body, and spirit. Learn the fundamentals to clear emotional blockages, stimulate creativity, and elevate your mood through the vibrational power of healing crystals. Discover a more fulfilling life through the power of crystal healing as explained by ordained metaphysical minister, intuitive energy healer, and Usui Reiki practitioner Karen Frazier.

The Path of a Christian Witch - Adelina St. Clair 2010-09-08

A unique mix of memoir and how-to that includes practical daily Pagan rituals, this inspiring book shows how one woman blended Christian traditions with the magic and beauty of a Wiccan practice. Raised in the Catholic faith, yet strongly drawn to Paganism, Adelina St. Clair spent many years questioning and soul-searching before she found a way to blend aspects of Wicca and Christianity into a vibrant

and loving belief system. Filled with personal anecdotes, this book tells the story of St. Clair's journey of self-discovery and revelation, from her initial fear and guilt to her ultimate sense of peace and joy. With warmth and heartfelt reverence, St. Clair discusses vital aspects of Witchcraft and Christianity, as well as the commonalities between the two. Monotheism vs. polytheism
Magical practice
The teachings of Christ
Goddess worship
The femininity of God
The Wheel of the Year
Praying the rosary
Sacred space

Mushrooms of the Southeast - Todd F. Elliott
2018-01-24

Mushrooms of the Southeast is a compact, beautifully illustrated guide packed with descriptions and photographs of more than 400 of the region's most important mushrooms. The geographic range covered by the book includes northern Florida, Georgia, South Carolina, North Carolina, Virginia, Delaware, Maryland, West Virginia, Kentucky, Tennessee, Arkansas, Louisiana, Mississippi, and Alabama. In addition to profiles on individual species, the book also includes a general discussion and definition of fungi, information on where to find mushrooms and collection guidelines, an overview of fungus ecology, and information on mushroom poisoning and how to avoid it.

Good Dog - Editors of Garden and Gun
2014-10-21

Inspired by Garden & Gun magazine's popular "Good Dog" column, a rich collection of true stories celebrating the unique relationship between humans and their canine companions, penned by some of today's top writers, including Jon Meacham, Roy Blount, Jr, Dominique Browning, and P.J. O'Rourke. When Garden & Gun magazine debuted a column aptly named "Good Dog," it quickly became one of the publication's most popular features in print. Now, Editor-in-Chief David DiBenedetto (proud owner of a Boykin spaniel) and the editors of G&G have gathered the most memorable stories, as well as original pieces, in this collection of essays written by some of most notable dog owners in literature and journalism. *Good Dog* offers memorable, beautifully written stories of dog ownership, companionship, friendship, and kinship. From the troublemakers who can't be fenced in to the lifelong companions who won't

leave our sides, this poignant anthology showcases man's best friend through all of his most endearing—and sometimes maddening—attributes. By turns inspirational and humorous (just like the dogs we love), *Good Dog* is a must-have collection for dog lovers everywhere.

Anthropology and Religion - Robert L. Winzeler
2012

Drawing from ethnographic examples found throughout the world, this revised and updated text, hailed as the "best general text on religion in anthropology available," offers an introduction to what anthropologists know or think about religion, how they have studied it, and how they interpret or explain it since the late 19th century.

Good Housekeeping Amazing Science - Good Housekeeping
2021-08-24

Awesome S.T.E.A.M.-based science experiments you can do right at home with easy-to-find materials designed for maximum enjoyment, learning, and discovery for kids ages 8 to 12 Join the experts at the Good Housekeeping Institute Labs and explore the science you interact with every day. Using the scientific method, you'll tap into your own super-powers of logic and deduction to go on a science adventure. The engaging experiments exemplify core concepts and range from quick and simple to the more complex. Each one includes clear step-by-step instructions and color photos that demonstrate the process and end result. Plus, secondary experiments encourage young readers to build on what they've discovered. A "Mystery Solved!" explanation of the science at work helps your budding scientist understand the outcomes of each experiment. These super-fun, hands-on experiments include:

- Building a solar oven and making s'mores
- Creating an active rain cloud in a jar
- Using static electricity created with a balloon to power a light bulb
- Growing your own vegetables—from scraps!
- Investigating the forces that make an object sink or float
- And so much more!

Bursting with more than 200 color photos and incredible facts, this sturdy hard cover is the perfect gift for any aspiring biologist, chemist, physicist, engineer, and mathematician!

Sastun - Rosita Arvigo
2014-03-04

The compelling drama of American herbologist

Rosita Arvigo's quest to preserve the knowledge of Don Elijio Panti, one of the last surviving and most respected traditional healers in the rainforest of Belize.

Messages from the Gods - Michael J. Balick 2015
Despite its small size, Belize is one of the most ecologically diverse nations in Central America. Over 3,400 species of plants can be found here, within six different ecological life zones. Because of this, Belize is paradise for ecotourists, hosting over 300,000 visitors annually, who enjoy the natural habitat and friendly people of this nation. Many of the plants of Belize have a long history of being "useful," with properties that have served traditional herbal healers of the region as well as modern medicinal applications. With Messages from the Gods: A Guide to the Useful Plants of Belize, Drs. Michael Balick and Rosita Arvigo give us the definitive resource on the many species of plants in Belize and their folklore, as well as the natural history of the region and a detailed discussion of "bush" uses of plants, including for traditional healing. Both Balick and Arvigo bring important perspectives to the project, Balick as ethnobotanical scientist from The New York Botanical Garden, and Arvigo as a former apprentice to a Belizean healer and an experienced physician. The book has been decades in the making, a culmination of a biodiversity research project that The New York Botanical Garden has had in motion since 1987. Drs. Balick, Arvigo and their colleagues have collected and identified thousands of plants from the region, and have worked extensively with hundreds of Belizean people, many of them herbal healers and bushmasters, to record uses for many of the species. This collaboration with local plant experts has produced a fascinating discussion of the intersection of herbal medicine and religion in the area, and these interviews are used to compliment and contextualize the numerous species accounts presented. The book is both a cultural study and a specialized field guide; information is provided on plants used as food, medicine, fiber, in spiritual practices and for many other purposes. Richly illustrated with over 600 images and photographs, Messages from the Gods: A Guide to The Useful Plants of Belize will serve as the primary reference and guide to the ethnobotany of Belize for many years to come.

Sastun - Rosita Arvigo 1994

The author recounts her apprenticeship to a traditional healer in the Belize rainforest

Wild Witch - Marian Green 2019-10

A practical guide for bringing magic into your life using plants and herbs, the seasons, and the natural elements A "wild witch" is someone who has discovered the true source of magic. She finds her magic in the elements of the earth, the ways of healing herbs and scented flowers, the ocean's tides, the cycle of the moon, and the energies of the planets. By becoming intimate with nature, a wild witch comes to see the living spirits in all things - everything is alive. She learns that these spirits must be honored and then they will act as trustworthy guides. In essence a wild witch is a child of nature, a wise woman, a lore master, and a healer. In this book you will learn how to use: Herbs, plants, and trees The element of fire through candle magic and spell casting The hidden spirit of water through purification, dosing, and scrying The language of flowers and scents The rhythms of nature, the seasons' cycles, and rituals of sacred days Embrace your wild witch and rediscover the natural magic in your life.

Evolutionary Herbalism - Sajah Popham 2019-04-30

Weaving together herbal and medical traditions from around the world into a singular cohesive model, this groundbreaking book guides herbal practitioners to a comprehensive understanding of the practice and philosophy of healing with herbs. Sajah Popham presents an innovative approach to herbalism that considers the holistic relationship among plants, humans, and the underlying archetypal patterns in Nature. Organized in five parts moving from the microcosmic to the universal, this work explores a unique integration of clinical herbalism, Ayurveda, medical astrology, spagyric alchemy, and medical and esoteric traditions from across the world into a truly holistic system of plant medicine. A balance of the heart and the mind, the science and spirit of people and plants, Evolutionary Herbalism provides a holistic context for how plants can be used for transformational levels of healing for the body, spirit, and soul. For both the student herbalist and experienced practitioner, Popham's original perspectives guide readers to a more intimate,

synergistic, and intuitive relationship with the plant kingdom, people, and Nature as a whole.

Sastun - Rosita Arvigo 1995-02-03

The compelling drama of American herbologist Rosita Arvigo's quest to preserve the knowledge of Don Elijo Panti, one of the last surviving and most respected traditional healers in the rainforest of Belize.

Plant Magic - Christine Buckley 2020-03-31

A fun, modern, and irreverent introduction to healing herbs, this field guide to feeling good includes more than 20 plant profiles. Here is an invitation to the wild world of healing plants growing right outside your door. Highlighting herbs from catnip and plantain to nettles and rosemary, this book provides the information you need to assemble an herbal arsenal for combatting any ailment—everything from brewing up a slick lube tea for sexual health to fashioning a simple summer band-aid from backyard “weeds” to crafting an herbal smoking blend to quiet a busy mind. This accessible guide covers questions like: What is plant medicine? What can I put in my mouth and where do I find it? Can I still go to my doctor? We’ve got you covered.

Womb Awakening - Azra Bertrand 2017-08-15

Rediscover the lost ancient mystery teachings of the Cosmic Womb • Explains how each of us has a holographic blueprint of the Womb of Creation, our spiritual Womb • Offers practices to help awaken your spiritual Womb, experience the Womb of God within, and activate the Womb’s sacred magic of creation and manifestation • Looks at the power of the moon and its connection to sacred Womb Consciousness • Explores how the lost Womb mystery teachings were encoded in folk and fairy tales, the legends of the Holy Grail, and the traditions of Mary Magdalene and Sophia • Includes access to three guided Womb Awakening audio journeys The Ancients lived by a feminine cosmology of creation, where everything was birthed and dissolved through a sacred universal Womb. Within each of us, whether female or male, lies a holographic blueprint of this Womb of Creation, connecting us to the Web of Life. By awakening your spiritual Womb, the holy of holies within the temple of your body, you can reconnect to the transformative energy of Womb Consciousness

and reclaim your sacred powers of creation and love. Drawing on mythical and spiritual traditions from almost every culture, Dr. Azra and Seren Bertrand reconstruct the moon-based feminine mystery teachings of a lost global Womb religion, tracing the tradition all the way back to the Neanderthals and beyond. They explore how these teachings were encoded in the symbolism of folk and fairy tales; the legends of the Holy Grail; the traditions of Mary Magdalene and Sophia; the maiden, queen, and crone archetypes; and the teachings of alchemy and the chakras. They show how sages and shamans across the globe all secretly spoke of the Cosmic Womb and the sacred creative powers of Moon Blood. The authors look at the power of the Moon and its connection to sacred Womb Consciousness, offering meditations and practices to help awaken your spiritual Womb and activate its sacred magic of creation and manifestation. They explain how to activate the energetic gateways of the Womb and merge the heart and Womb to make sexual union the highest sacrament of love. Revealing how we must reconnect with the Divine Feminine to rebirth the Divine Masculine and restore balance to our world, they show how, as we reawaken the powerful ancient path of the Womb Mysteries, we help return our world to harmony with the wild, untamed creative flows and cyclical rhythms of the cosmos.

Rainforest Remedies - Rosita Arvigo 1993-01

Timely book on rainforest herbology and traditional healing. Authors work with Central American healers to compile herbal lore.

[How to Sew Rabbit Fur Mittens](#) - Bonnie J. Brummett 2015-04-23

Fur Crafting: A Forgotten Tradition - How to Sew Rabbit Fur Mittens takes you through all the steps of how to lay your pattern, cutting and sewing by hand, a warm pair of fur mittens that will last for years to come. Includes a FREE mitten pattern (\$12 value!).

The Oracle of Ix Chel - Rosita Arvigo 2015-03-15

Set in the ancient Maya city of Chichen, The Oracle of Ix Chel tells the story of Jade Skirt, Oracle and High Priestess of the Goddess Ix Chel during a critical time in history when the Maya are turning away from peaceful worship of the goddess and embracing the brutal practice of

human sacrifice. Jade Skirt must set herself against the bloodthirsty priests of the War God to save her beloved granddaughter, a young girl destined to continue the sacred lineage and one day rule Ix Chel's women's sanctuary, Cuzamil Island. With the help of her spirit guide, her deep knowledge of rainforest plant lore and a staunch ally who is her forbidden love, Jade Skirt sets off on a tense adventure that will change the course of Maya history forever.

Ashkenazi Herbalism - Deatra Cohen 2021-04-06

The definitive guide to medicinal plant knowledge of Ashkenazi herbal healers, from the Middle Ages to the 20th century. Until now, the herbal traditions of the Ashkenazi people have remained unexplored and shrouded in mystery. *Ashkenazi Herbalism* rediscovers the forgotten legacy of the Jewish medicinal plant healers who thrived in eastern Europe's Pale of Settlement, from their beginnings in the Middle Ages through the modern era. Including the first materia medica of 25 plants and herbs essential to Ashkenazi folk medicine, this essential guide sheds light on the preparations, medicinal profiles, and applications of a rich but previously unknown herbal tradition--one hidden by language barriers, obscured by cultural misunderstandings, and nearly lost to history. Written for new and established practitioners, it offers illustrations, provides information on comparative medicinal practices, and illuminates the important historical and cultural contexts that gave rise to eastern European Jewish herbalism. Part I introduces a brief history of the Ashkenazim and provides an overview of traditional eastern European medicine. Part II offers descriptions of predominantly Jewish towns in the Pale, their many native plants, and the remedies applied by indigenous healers to treat a range of illnesses. This materia medica names each plant in Yiddish, English, Latin, and other relevant languages. *Ashkenazi Herbalism* also details a brief history of medicine; the roles of the Ba'alei shem, Feldshers, Opshprekherins, midwives, and brewers; and the seferot.

Woman Heal Thyself - Jeanne Elizabeth Blum 1996

Based on the wisdom of ancient teachings, this book introduces a practical system for modern day life that aims to help women to regulate their menstrual cycles and take control of their

bodies.

Plants in our World: Economic Botany: -

Molly Ogorzaly 2013-10-04

This one-semester text is designed for an upper level botany course. *Plants in our World* emphasizes how people use plants; including fundamental information on morphology, anatomy, and taxonomy as a foundation of general botany. Now in full color, the fourth edition includes molecular data that has immensely altered the understanding of relationships among flowering plants and recently pinpointed the origin of numerous crops. Taxonomy of species has been updated to discuss the system of the Angiosperm Phylogeny Group.

Year of the Witch - Temperance Alden 2020-11-01

"In her much-needed and brilliant *Year of the Witch*, Temperance Alden guides readers to observe their own land, celestial cycles, seasonal cycles, and even their own biological cycles to inform their magickal year."-- Mat Aurnyn, author of *Psychic Witch: A Metaphysical Guide to Meditation, Magick, and Manifestation* When we think of the wheel of the year, the Wiccan wheel with its celebrations of the Yule, Beltane, Mabon, and Samhain come to mind. But what about a wheel of the year for the rest of us pagans and witches? As a witch living in sunny South Florida, longtime hereditary witch Temperance Alden has often felt at odds gearing up to celebrate Yule, for example, when it is 76 degrees and sunny outside. *Year of the Witch* will help readers create their own intuitive practices in harmony with the climate, culture, and local spirits where they live. It's of interest to witches coming off the Wiccan path and looking for a more personal approach to celebrating the rhythms of nature. *Year of the Witch* covers all aspects of this new, seasonal practice: The origins of the neo-pagan wheel of the year and why it is still so relevant today Culture, historical facts, and traditions associated with the major ceremonies Basic principles of land-based magick How to intuitively connect to the nature below your feet and the local gods Being a custodian to the land and its impact on our spiritual practice

Unearthing The Secret Garden - Marta McDowell 2021-10-12

Marta McDowell returns with a beautiful, gift-worthy account of how plants and gardening deeply inspired Frances Hodgson Burnett, author of the beloved children's classic *The Secret Garden*.

Curandero - Eliseo "Cheo" Torres 2014-08-15
Eliseo Torres, known as "Cheo," grew up in the Corpus Christi area of Texas and knew, firsthand, the Mexican folk healing practiced in his home and neighborhood. Later in life, he wanted to know more about the plants and rituals of curanderismo. Torres's story begins with his experiences in the Mexican town of Espinazo, the home of the great curandero El Niño Fidencio (1899-1939), where Torres underwent life-changing spiritual experiences. He introduces us to some of the major figures in the tradition, discusses some of the pitfalls of teaching curanderismo, and concludes with an account of a class he taught in which curanderos from Cuernavaca, Mexico, shared their knowledge with students. Part personal pilgrimage, part compendium of medical knowledge, this moving book reveals curanderismo as both a contemplative and a medical practice that can offer new approaches to ancient problems. From *Curandero* ". . . for centuries, rattlesnakes were eaten to prevent any number of conditions and illnesses, including arthritis and rheumatism. In Mexico and in other Latin American countries, rattlesnake meat is actually sold in capsule form to treat impotence and even to treat cancer. Rattlesnake meat is also dried and ground and sprinkled into open wounds and body sores to heal them, and a rattlesnake ointment is made that is applied to aches and pains as well."

The Witch's Herbal Apothecary - Marysia Miernowska 2020-01-14

The Witch's Herbal Apothecary is a magickal book of recipes, rituals, and materia medica for reconnecting with the power and healing of Earth Magick. Author Marysia Miernowska is the Director of one of California's most renowned herbal schools and named one of the "top 15 witches on Instagram" (@marysia_miernowska) by Huffington Post. Mother Earth is a living entity that holds great medicine to heal us physically and spiritually. However, in today's modern world, too many of us are separated from this source of

nourishment. With the wheel of the year as a framework, you'll begin to understand the currents of nature and how to weave yourself back into this great web of life. Using the plants, seasons, and cycles as your tools, you will be able to tap into the potent Earth Magick of life, death, renewal, and rebirth. In harmony with the seasons, You will learn how to: Grow medicine Harvest from the wild or home garden Process plants Make remedies Each season opens a portal of magick that allows you to harvest the literal and spiritual gifts the Earth is offering at that time. The Witch's Herbal Apothecary will awaken the Witch inherent in every wild soul and guide her into an empowered relationship of healing and magick with the natural world.

Rainforest Home Remedies - Rosita Arvigo 2013-10-22

Rainforest Healing from Your Home and Garden Find alternatives to chemical anti-depressants and painkillers in your spice rack. Learn about natural anti-itch salves for insect bites. Soothe and relieve envy, grief, sadness, and fear the Maya way. Rid your house of negative energy with a Maya cleansing ritual. Try the easy-to-make bronchitis remedy.

Infusions of Healing - Joie Davidow 1999-10-05

A guide to Mexican herbal healing, offers treatments for common ailments, using teas, liniments, compresses, and soothing baths
Wind in the Blood - Hernan Garcia 1999-10-22
Wind in the Blood is a detailed look at Mayan medicine on Mexico's Yucatan peninsula and its similarities to Chinese traditional medicine. It was originally published in Spanish as a manual for health workers in Mayan areas to bridge the gulf between Western medical technique and Mayan medical knowledge. Mexican physicians Hernan Garcia, Antonio Sierra, and Hiberto Balam discovered that the similarities between Mayan medicine and traditional Chinese medicine were profound and helpful in their medical work.

My Milk Toof - Inhae Lee 2011-03-25

When two baby teeth came knocking at her door, artist Inhae Lee did what anyone would do: she invited them to live with her and started photographing their hilarious, miniature antics. The resulting blog phenomenon has captivated legions of devoted fans with its refreshingly

sweet sentiment and hip appeal. Featuring brand-new stories alongside classic adventures, *My Milk Toof* follows two baby teeth named ickle and Lardee as they navigate the pleasures and perils of being very small in a very big world. With perfect comedic timing, the photographic tales in this book explore the world from the tiny perspective of a baby tooth (or milk toof), from taking a bath to exploring the outside world. Showcasing the intricate handcrafted universe that Lee has created, *My Milk Toof* has a quirky appeal that speaks to all ages. Whether they're baking a cake or spending a day at the pool, these two little guys are achingly sweet—but without the cavities.

Belize - Dick Lutz 2005

BELIZE contains a description of a tour followed by chapters on the reefs, rain forests, and Mayan culture. Info. on its history, government, people, and problems.

Hike - Pete Oswald 2020-03-17

Take to the trails for a celebration of nature — and a day spent with dad. In the cool and quiet early light of morning, a father and child wake up. Today they're going on a hike. Follow the duo into the mountains as they witness the magic of the wilderness, overcome challenges, and play a small role in the survival of the forest. By the time they return home, they feel alive —

and closer than ever — as they document their hike and take their place in family history. In detail-rich panels and textured panoramas, Pete Oswald perfectly paces this nearly wordless adventure, allowing readers to pause for subtle wonders and marvel at the views. A touching tribute to the bond between father and child, with resonant themes for Earth Day, *Hike* is a breath of fresh air.

Ethnomedicine - Pamela I. Erickson 2007-11-14

People throughout time and place, no matter their belief system, have sought to discover causes and cures for illness and disease. Among Westerners is a groundswell to augment biomedicine with holistic practices inherent in ethnomedicines of non-Western traditions. Yet missing are awareness and knowledge of the foundations and outgrowth of these alternative concepts. Erickson fills this gap by clearly explaining the basic organizing principles that underlie all medical systems, the full range of theories of disease causation, the geographical distribution of medical practices, and the historical trends that led to biomedical dominance. Her efficient, balanced approach highlights commonalities among the worlds vast and diverse medical systems, making ethnomedicine easier to internalize and to apply in clinical settings.