

[PDF] Plant Spirit Healing: A Guide To Working With Plant Consciousness

Stephen Harrod Buhner, Pam Montgomery - pdf download free book



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Description:

Review "This is a profound work. Written with a clarity and depth of understanding that only someone deeply attuned to their subject could master. Pam Montgomery weaves indigenous wisdom, modern research, science, and quantum physics into a vibrant testament of the sacred and powerful

nature inherent in plant medicine. The message transmitted through every page in this amazing book is bound to change our perception of herbal healing--and of medicine in general."

(Rosemary Gladstar, herbalist and founder of United Plant Savers and author of *Rosemary Gladstar's Family Herbal*)

"A blessing of a book. Pam Montgomery's writing shines with what Hildegard of Bingen called *viriditas*--the healing power of the Green. It is filled with the wisdom of a real herbalist."

(David Hoffmann, FNIMH, AHG, author of *Medical Herbalism* and *Herbal Prescriptions after 50*)

"Pam Montgomery lives the way of life she writes about in *Plant Spirit Healing*. Her extensive knowledge of plants is conveyed in the context of a wider spiritual path of healing and transformation. It honors and utilizes her direct intuitive experience as well as her rigorous studies as a highly respected herbalist and teacher."

(Nicki Scully, author of *Alchemical Healing* and *Power Animal Meditations*)

"If you've ever found yourself having a conversation with a plant, feeling emotional towards a mountain, or hearing whispers on the wind this book is for you. We are urged to listen very carefully to the primal conversation of plants and join in, widening our community to really *include* them. *Plant Spirit Healing* offers practical icebreakers to establish relationships with our green friends, not just those currently used in herbal medicine traditions, but all plants."

(John Seed, rainforest activist, founder of the Rainforest Information Centre and coauthor of *Thinking Like a Mountain*)

"*Plant Spirit Healing* is a book about communicating with the spirits of plants, and enlisting plant spirits to heal. Pam Montgomery presents a portrait of what it is like to live immersed in a living Nature. *Plant Spirit Healing* is an antidote to the excesses of modern life, stripped of meaning, spirit, and relationship. Words like love, joy, spirit, and life can be abstractions, but here they are real."

(Matthew Wood, AHG, author of *The Book of Herbal Wisdom*)

"Pam's new book, *Plant Spirit Healing*, gets to the root of a profound way to wholeness--from modern physics to native tradition--then takes us through a growing process of learning and deepening our trust in connections with the loving power of the green world. She ultimately helps us create a flowering of this wonderful way of healing in our own lives and with our clients. In my mind, it is already a classic."

(Brooke Medicine Eagle, author of *Buffalo Woman Comes Singing* and *The Last Ghost Dance*)

"Every soul searching for truth will drink in the words on these pages like a healing potion, whether or not one has any experience using herbs. And for those who love Latin names and chemistry, this door opens a way to the power of plants that goes far beyond the physical."

(Amanda McQuade Crawford, MNIMH, RH(AHG), author of *Herbal Remedies for Women* and *The Herbal Menopause Book*)

"Pam Montgomery has built a tangible bridge between the spiritual needs of people and the spiritual powers of plants. She shows us how to work with these powerful allies to heal our bodies and nourish our souls. This work presents a whole new arena for plant lovers and herbalists. At this time in our evolution, plant spirits can and will be our partners in a new paradigm of mutual understanding that might just save us all. Pam is a spiritual ambassador for the plant kingdom, urging us to view and sense plants in a profoundly deep way that honors their much overlooked spiritual gifts, and she shows us how to tap into this power for healing of ourselves and the planet."

(Rosita Arvigo, ND, author of *Sastun* and *Spiritual Bathing*)

"You've heard of gardeners talking to their plants to help them grow. What about letting plants talk to us? . . . Montgomery explores the many avenues for gaining information and insight from the plant world . . . "

(Rutland Herald)

". . . contains many personal accounts of interactions with plants with both herself and her students."

(Richard D. Wright, New Age Retailer)

"This book weaves in modern research and quantum physics, but does not stop there. It becomes an experiential lesson to lead readers into deepening their relationship with healing plants. Anyone with an open mind can follow Montgomery's directions, much of which involves developing a keen sense of observation and attention."

(The American Herb Association Quarterly Newsletter, Vol. XXIII, Issue 3, Summer 2008)

"This groundbreaking book is based on the author's own research and experience. She explains how readers can bring about wellness and balance by joining with the spirit essence of the plants. At the same time, this accomplishes other important goals, such as healing the earth and providing experiences with nature."

(BellaOnline, March 2009)

"That *Plant Spirit Healing* is a top seller for its publisher signals that not only is it written in an accessible way, but that the modern audience resonates with the idea that people and plants share root and bough."

(Cascade Anderson Geller, Herbalist, Nov 2009)

"Herbalist Pam Montgomery not only gives us a concise glimpse into origins of disease and the therapeutic use of plant spirits, she gives us ways we can heal our own body, mind and spirit through the healing powers. . . Montgomery will give you, in lay-terms, inspiration to make changes within your own life and reflect the importance of plant life in human survival and healing our planet."

(Irene Watson, Reader Views, August 2010)

From the Back Cover

NATURE / HERBAL HEALING

"This is a profound work. Written with a clarity and depth of understanding that only someone deeply attuned to their subject could master. Pam Montgomery weaves indigenous wisdom, modern research, science, and quantum physics into a vibrant testament of the sacred and powerful nature inherent in plant medicine. The message transmitted through every page in this amazing book is bound to change our perception of herbal healing--and of medicine in general."

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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 life, 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 for the healing of the earth.

PAM MONTGOMERY has been investigating plants and their intelligent spiritual nature since 1986. She is a founding member of the Northeast Herbal Association and is on the advisory board of United Plant Savers. The author of *Partner Earth: A Spiritual Ecology* and contributing author in *Planting the Future*, she is a practicing herbalist and plant spirit healer who offers trainings and treatments from her home in Danby, Vermont.

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