

# Plant Spirit Medicine: A Journey into the Healing Wisdom of Plants

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Whether you live in a mountain cabin or a city loft, plant spirits present themselves to us everywhere. Since its first printing in 1995, *Plant Spirit Medicine* has passed hand-to-hand among countless readers drawn to indigenous spirituality and all things alive and green. In this updated edition, Eliot Cowan invites us to discover the healing power of plants—not merely their physical medicinal properties, but the deeper wisdom and gifts that they offer.

Enriched by many new insights, this guide unfolds as a series of chapters on how plant spirit medicine helped Cowan resolve specific challenges in his own healing journey and in his work with others. In the telling, we learn how plant spirits can directly communicate with and aid all of us, including:

Plant spirit medicine's five-element view of healing

- ☐ Ways to assess our own states of health and balance
- ☐ Receiving guidance from plants, including those found within herbal preparations
- ☐ New passages on community and sacred plants such as peyote, marijuana, and tobacco
- ☐ Additional interviews with plant shamans across diverse traditions, and more

Eliot Cowan

Eliot Cowan is the founder of the Blue Deer Center in Margaretville, New York, where he provides training in plant spirit medicine and other traditions. For many years, he apprenticed with the shaman Don Guadalupe Gonzalez Rios who, in 2000, ritually recognized Cowan as a guide to shamanic apprentices in the Huichol tradition. He is a member of the Council of Elders for the Temple of Sacred Fire Healing.

"Through the pages of the book, you will meet many people and enjoy a narrative of healing, hope, and transcendent connection with nature. This is a magical journey, told very descriptively and with great reverence and love. It is a story about repairing the web of life - on this side and the other. The best news is that we can practice these ancient teachings in our own backyards or with the herb gardens on our kitchen window sills. Cowan tells us how to do that." -Anna Jedrziewski and InannaWorks.com

"Cowan has charted the territory for a medicine of the past and the future and restores one of the vital links for this to happen—which is the healing power behind our relationship with the plant world. This book is an excellent addition to the alternative medicine collections." -Malidoma Somé, author of *Ritual: Power, Healing and Community* and *Of Water and the Spirit: Ritual, Magic and Initiation in the Life of an African Shaman*

"Eliot Cowan's inspiring *Plant Spirit Medicine* explores the intrinsic unity and connectedness of all living things. It extends the boundaries of consciousness to include not just humans and animals but plants as well. Important not only because of its profound implications for healing, this book is a blueprint for our survival. It illuminates the kind of sacred regard we must develop for all of life on Earth if our species is to survive and thrive." -Larry Dossey, MD, author of *One Mind: How Our Individual Mind Is Part of a Greater Consciousness and Why It Matters*

### Other Books

The Hidden Maya Forest, A complete overview of many magical and medicinal plants used by Mayans along with detailed information and pictures. An inspiring journey into the ancient traditions, the spirit world and the consciousness of a vibrant culture, revisiting modern concepts and actual beliefs. Through the exploration of the hidden forest the reader will face the shaman within, the inner medicine man.

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