

# Evolutionary Herbalism: Science, Spirituality, and Medicine from the Heart of Nature

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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.

SAJAH POPHAM's mission is to create a new paradigm of plant medicine based on the synergy of herbal traditions from across the world with modern science and spirituality. His approach is to work with plants to not just heal the body, but to attend to our psychological, emotional, and spiritual health—using plants to facilitate the soul's evolution. Popham is the founder of the School of Evolutionary Herbalism, where he trains herbalists in the practice of transformational healing through the integration of clinical herbalism, medical astrology, and spagyric alchemy. He is also the founder of Organic Unity Spagyrics, a practitioner-grade spagyric herbal product line specializing in traditional alchemical extracts used by herbalists, doctors, and naturopaths around the world. He lives with his wife, Whitney, on their homestead in the forests and mountains of the Pacific Northwest. To follow Sajah and Whitney's work, visit [www.evolutionaryherbalism.com](http://www.evolutionaryherbalism.com) and their podcast, The Plant Path. "This is no simple compendium of herbal recipes and cures, but a book that digs deeply, exploring the roots of humanity's spiritual and physical illness and the amazing power of plants to heal. Evolutionary Herbalism masterfully blends the metaphors of science, metaphysics, medical astrology, and alchemy into a deeply insightful journey that takes us to the very heart and soul of herbalism and provides a holistic model for understanding people and plants."

-Rosemary Gladstar, author of Rosemary Gladstar's Medicinal Herbs: A Beginner's Guide

"Well researched at the scholarly level, Evolutionary Herbalism includes the author's own profound experiential knowledge of the subject. Pushing the boundary of modern herbal medicine, this book provides us with a new vision of the herbal realm teeming with life and intelligence that will work with us as a partner and powerful ally once we understand how to initiate that contact. Sajah Popham provides us with a wealth of hard-won tips and guidance to open that wider vista of the herbal realm."

-Robert Allen Bartlett, author of Real Alchemy: A Primer of Practical Alchemy

"Sajah Popham has written an intelligent and genuine book in which his deep caring for the world and the suffering of people shines through. Evolutionary Herbalism is a wide-ranging, synergistic exploration of multiple systems of traditional herbal healing."

-Stephen Harrod Buhner, author of Plant Intelligence and the Imaginal Realm

"Sajah Popham powerfully presents a holistic model of plant medicine that weaves traditional knowledge, science, and an integration of the heart and mind to guide you toward transformational health."

-Rosalee de la Fort, author of Alchemy of Herbs: Transform Everyday Ingredients into Foods and Remedies That Heal

"Popham crystallizes complex healing traditions and modalities, simplifying and making them palatable. Practical tips abound on merging observations of the human and differentiating to match the plant to that human, whether in relation to astrology, elements, principles, holism, or whichever concept is being shared. Chapters are infused with Popham's own delightful herb profiles. His humor grounds the education shared, creating a sense of ordinary, necessary knowledge. Essential for serious practitioners."

-Margi Flint, RH, author of The Practicing Herbalist

"Popham's evolutionary approach to herbalism provides a detailed blueprint to guide aspiring herbalists as well as those already walking the Green Path in the bringing together of plants and humans to inspire wholeness and affect healing. Firmly grounded in ancient wisdom and expertly distilled by the author before being recombined with his own clinical experiences, Evolutionary Herbalism offers medicine for transforming the root of our individual and cultural dis-ease."

-Scott Kloos, author of Pacific Northwest Medicinal Plants: Identify, Harvest, and Use 120 Wild Herbs for Health and Wellness

"An incredibly beautiful weaving of herbal and esoteric traditions creating a rich tapestry of what author Sajah Popham calls Universal Herbalism. This is a comprehensive study of not only the principles of various modalities but also the patterns inherent within them and how they intersect with each other. This is a must-read for anyone looking to have a comprehensive understanding of the expansive nature of healing and how to move into a new herbalism."

-Pam Montgomery, author of Plant Spirit Healing and founder of Organization of Nature's Evolutionaries (ONE)

"A tireless confederacy of dedicated souls strive to preserve and pass forward our collective herbal, alchemical, and astrological knowledge. Within each generation a few pioneers arise to forge new schools or mediate divergent approaches. Sajah Popham has achieved a remarkably synthetic paradigm, integrating previous historic stages of herbal practice with his profound understanding of energetic systems, Eastern and Western."

-Judith Hill, producer of the Renaissance Medicine Conference and author of Medical Astrology: A Guide to Planetary Pathology

Other Books

Conversations with God,

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