

Sastun My Apprenticeship With A Maya Healer

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

The bestselling guide to forest bathing with a new section of hands-on forest bathing practices and space for journal entries and reflections. Simply being present in the natural world, with all of our senses fully alive, can have a remarkably healing effect. It can also awaken in us our latent but profound connection with all living things. This is “forest bathing,” a practice inspired by the Japanese tradition of shinrin-yoku. It is a gentle, meditative approach to being with nature and an antidote to our nature-starved lives that can heal our relationship with the more-than-human world. In *Your Guide to Forest Bathing*, you'll discover a path that you can use to begin a practice of your own that includes specific activities presented by Amos Clifford, one of the world's most experienced forest bathing experts. Whether you're in a forest or woodland, public park, or just your own backyard, this book will be your personal guide as you explore the natural world in a way you may have never thought possible. *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

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problems.

Follows three English teenagers as they journey through the rainforests of Brunei. Suggested level:

This collection of biographies of brave and brilliant Jewish female role models--selected in collaboration with Ruth Bader Ginsburg and including an introduction written by the iconic Supreme Court justice herself-- provides young people with a roster of inspirational role models, all of whom are Jewish women, who will appeal not only to young people but to people of all ages, and all faiths. The fascinating lives detailed in this collection--more than thirty exemplary female role models--were chosen by Ruth Bader Ginsburg, or RBG, as she was lovingly known to her many admirers. Working with her friend, journalist Nadine Epstein, RBG selected these trailblazers, all of whom are women and Jewish, who chose not to settle for the rules and beliefs of their time. They did not accept what the world told them they should be. Like RBG, they dreamed big, worked hard, and forged their own paths to become who they deserved to be. Future generations will benefit from each and every one of the courageous actions and triumphs of the women profiled here. Real Wonder Women, the passion project of Justice Ginsburg in the last year of her life, will inspire readers to think about who they want to become and to make it happen, just like RBG.

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SastunMy Apprenticeship with a Maya HealerHarper Collins

Despite its small size, Belize is one of the most ecologically and culturally diverse nations in Central America. Over 3,400 species of plants can be found here, within a diversity of ecological habitats. Because of this, Belize is paradise for ecotourists, hosting over 900,000 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 those who use plants as food, forage, fiber, ornament, in construction and ritual, along with many other purposes. 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 and life in the forest, past and present. 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 and international and local collaborators have had in motion since 1987. Drs. Balick, Arvigo and their

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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 spiritual belief 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 many different native and introduced plants in Belize and their traditional and contemporary uses including as food, medicine, fiber, in spiritual practices and 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.

American Indian Healing Arts is a magical blend of plant lore, history, and living tradition that draws on a lifetime of study with native healers by herbalist and ethnobotanist E. Barrie Kavasch. Here are the time-honored tribal rituals performed to promote good health, heal illness, and bring mind and spirit into harmony with nature. Here also are dozens of safe, effective earth remedies--many of which are now being confirmed by modern research. Each

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chapter introduces a new stage in the life cycle, from the delightful Navajo First Smile Ceremony (welcoming a new baby) to the Apache Sunrise Ceremony (celebrating puberty) to the Seminole Old People's Dance. At the heart of the book are more than sixty easy-to-use herbal remedies--including soothing rubs for baby, a yucca face mask for troubled skin, relaxing teas, massage oils, natural insect repellents, and fragrant smudge sticks. There are also guidelines for assembling a basic American Indian medicine chest.

A hands-on approach to working with the healing powers of plant spirits • Explores the scientific basis underlying the practices of indigenous healers and shamans • Illuminates the matrix where plant intelligence and human intelligence join • Reveals that partnering with plants is an evolutionary imperative 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 existence, we are increasingly challenged with broken hearts, souls in exile, and malnourished spirits. By working

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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 the healing of the earth.

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.

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.

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

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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.

Increased concern for patient safety has put the issue at the top of the agenda of practitioners, hospitals, and even governments. The risks to patients are many and diverse, and the complexity of the healthcare system that delivers them is huge. Yet the discourse is often oversimplified and underdeveloped. Written from a scientific, human factors perspective, *Patient Safety: A Human Factors Approach* delineates a method that can enlighten and clarify this discourse as well as put us on a better path to correcting the issues. People often think, understandably, that safety lies mainly in the hands through which care ultimately flows to the patient—those who are closest to the patient, whose decisions can mean the difference between life and death, between health and morbidity. The human factors approach refuses to lay the responsibility for safety and risk solely at the feet of people at the sharp end. That is

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where we should intervene to make things safer, to tighten practice, to focus attention, to remind people to be careful, to impose rules and guidelines. The book defines an approach that looks relentlessly for sources of safety and risk everywhere in the system—the designs of devices; the teamwork and coordination between different practitioners; their communication across hierarchical and gender boundaries; the cognitive processes of individuals; the organization that surrounds, constrains, and empowers them; the economic and human resources offered; the technology available; the political landscape; and even the culture of the place. The breadth of the human factors approach is itself testimony to the realization that there are no easy answers or silver bullets for resolving the issues in patient safety. A user-friendly introduction to the approach, this book takes the complexity of health care seriously and doesn't over simplify the problem. It demonstrates what the approach does do, that is offer the substance and guidance to consider the issues in all their nuance and complexity. The third book in the World Elite Dance Academy series from international superstar, wellbeing guru and Pussycat Doll, Kimberly Wyatt Quirky headteacher's son, Andre, is under a huge amount of pressure to succeed. He's obsessed with street dance, and uniquely talented - but all eyes are on him, except the ones that really count. His dad just doesn't seem to get him, or care about his dreams. Can Andre find a way to be himself, as well as please both of his parents? Can he overcome his fear of letting everyone down, or will it all prove too much? Join Andre and his new friends on a fierce, empowering and sometimes scary journey to dance stardom. Kimberly Wyatt rose to fame as a member of one of the biggest girl-groups of all time, The Pussycat Dolls. Together they sold over 55 million records world-wide, before coming to an end in 2010. Now a firm favourite on our UK screens, Kimberly has appeared on scores of

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high profile TV shows, notably as lead judge on SKY 1's 'Got To Dance', as well as CBBC's 'Taking the Next Step'. She was crowned 2015's winner of BBC1's hugely popular primetime show, Celebrity Masterchef. Passionate about keeping fit, eating well and being the 'best version of yourself', Kimberly has fast become a positive role model and fitness inspiration for many. She tours schools with her 'Well Fit' campaign with the Youth Sport Trust, promoting the physical and mental wellbeing messages that tie in to her books. In 2014 Kimberly became a mother to daughter Willow. Written in collaboration with Siobhan Curham, author of Dear Dylan, Finding Cherokee Brown, Midnight Dreamers and editorial consultant on global blockbuster, Girl Online.

A guide to Mexican herbal healing, offers treatments for common ailments, using teas, liniments, compresses, and soothing baths

Are you worried and anxious about the present state of the world? Are you concerned about your future and that of your family? Do you want to live better, cheaper and healthier? Without worrying about politics, war, money problems, government surveillance, keeping up with the Joneses or even the unthinkable -- nuclear Armageddon? Then consider bugging out to Belize, the little English-speaking country on the Caribbean Coast. It's so close, yet so far from most of the world's problems. Bug Out to Belize by Lan Sluder tells you how to do it: What areas are best? How much does it cost to live in Belize? How do you get residency? What are the pitfalls to avoid? And, how to make the move! Written by a leading expert on Belize, an award-winning reporter, newspaper and magazine editor, contributor to leading publications around the world including the New York Times, Caribbean Travel & Life, Chicago Tribune, Miami Herald and the Globe and Mail, and author of more than 20 books, Bug Out to Belize can

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guide you to a better, more worry-free future in beautiful Belize, the friendly, affordable, frost-free and English-speaking little country on the Caribbean Coast.

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

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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.

Sacred Masturbation: Sensual Self Smarts & Sexual Healing Affirmations pulls you back on the road to Self-Love and wholeness. It is an enticing, smart, sensually arousing guide and erotic resource. It is a navigator for solo or group healing journeys and a couple's or community's enlightener. It offers heart stirring daily reflections and visuals. The activities and affirmations rock and uproot old sexual psychological barriers, activating sacred sensual space and the desire to cuddle up with one's whole Self! SM is a redemption of Self-Worth, a return to Whole Love, an initiation of Self-Mastery!

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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.

Original publication and copyright date: 2003.

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.

Tortoises disappear from a Madagascar reserve and reappear in the Bronx Zoo. A dead iguana floats in a jar, awaiting its unveiling in a Florida court. A viper causes mayhem from Ethiopia to Virginia. In *Stolen World*, Jennie Erin Smith takes the reader on an unforgettable journey, a dark adventure over five decades and six continents. In 1965, Hank Molt, a young cheese salesman from Philadelphia, reinvented himself as a "specialist dealer in rare fauna," traveling the world to collect exquisite reptiles for zoos and museums. By the end of the decade that followed, new endangered species laws had turned Molt into a convicted smuggler, and an unrepentant one, who went on to provide many of the same rare reptiles to many of the same institutions, covertly. But

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Molt soon found a rival in Tommy Crutchfield, a Florida carpet salesman with every intention of usurping Molt as the most accomplished reptile smuggler in the country. Like Molt, Crutchfield had modeled himself after an earlier generation of natural-history collectors celebrated for their service to science, an ideal that, for Molt and Crutchfield, eclipsed the realities of the new wildlife-protection laws. Zoo curators, caught between a desire for rare animals and the conservation-minded focus of their institutions, became the smugglers' antagonists in court but also their best customers, sometimes simultaneously. Crutchfield forged ties with a criminally inclined Malaysian wildlife trader and emerged a millionaire, beloved by some of the finest zoos in the world. Molt, following a string of inventive but disastrous smuggling schemes in New Guinea, was reduced to hanging around Crutchfield's Florida compound, plotting Crutchfield's demise. The fallout from their feud would result in a major federal investigation with tentacles in Germany, Madagascar, Holland, and Malaysia. And yet even after prison, personal ruin, and the depredations of age, Molt and Crutchfield never stopped scheming, never stopped longing for the snake or lizard that would earn each his rightful place in a world that had forgotten them—or rather, had never recognized them to begin with.

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

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have studied it, and how they interpret or explain it since the late 19th century. The meridian pathways of the human body were mapped out by gifted healers in China thousands of years ago. Working with the invisible energy (Qi) that flows through these pathways, they were able to heal illness. Perhaps more importantly, they were able to support vitality in ways that prevent illness and encourage wellness. Vitality is an expression of energy. Meridian Massage is a hands-on modern application of this ancient wisdom to balance mind, body, and spirit for health and happiness. Knowing how to work directly with energy opens a powerful dimension for massage therapists and bodyworkers to access through their work. An organized and practical integration of modern energy work and ancient Chinese medicine, Meridian Massage can complement any form of hands-on healing.

The Practical Reference Guide on Women's Health in Traditional Chinese Medicine Get your copy and learn how to understand your cycles and transform your life 7 Times a Woman is the product of a 20 year personal and clinical journey in understanding and balancing women's cycles. It began with Dr. Andrews' personal health challenges which led her to become an acupuncturist and open her own clinic where she has helped many women heal from hormonal imbalances. 7 Times a Woman is a reference book for women's health, covering daily, monthly, yearly, and 7 year cycle care to increase beauty and vitality. It educates women on the topics of conception, childhood, menstruation, postpartum, menopause, detoxification, rejuvenation, Daoist sexual

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cultivation, Inner Alchemy, and senior care. 7 Times a Woman includes over 50 meditations, qigong exercises, and practices and over 70 recipes and herbal formulas women can use to transform themselves. For lay women, 7 Times a Woman will show you how to look and feel your best at every age: Stay juicy and vital after menopause Keep your figure and your mind after childbirth Learn ancient Daoist meditation, sexual alchemy, and beauty secrets Use safe detox and weight loss strategies For acupuncturists, 7 Times a Woman gives you herbal formulas, point prescriptions, diet plans, and strategies for common female maladies so you can: Alleviate PMS, menstrual cramps, and yeast infections Heal postpartum weight gain, low libido, and depression Quickly treat hot flashes, vaginal dryness, insomnia, and other menopausal symptoms And much more

In *The Urban Herbalist*, Dr. Rosita Arvigo introduces both beginner and practicing herbalists to the rich array of medicinal healing plants that can be found in urban communities. In this easy-to-read book, you will explore the wonders that abound in urban alleys, sidewalks, and parks as you discover medicinal and edible plants right in your neighborhood. I love the many easy-to-follow recipes for making herbal teas, salves, tinctures, and poultices.

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

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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.

This evocative guide to Shamanism takes you on a journey from its origins in Europe, North America, Siberia and the Arctic Circle through to contemporary rituals to try today. Illustrated with cultural images, totems and people, shaman John Matthews reveals the rich animistic traditions of this ancient spirituality and reveals how it can empower your life. Discover: The significance of power animals Shapeshifting - moving into different states of being Healing with spirit guides Vision questing - finding guidance in meditation and dream experiences Working with totems Shamanic drumming and trance

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,

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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.

The history of polygamy in the Mormon Church intertwines the story of Ann Eliza Young, the nineteenth wife of Brigham Young, and a modern mystery in which a polygamous man has been found murdered and one of his wives is accused of the crime.

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.

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

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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."

Discover the Womb Rites and initiatory magic of Mary Magdalene, who was revered as a Priestess and human embodiment of the Goddess • 2020 Nautilus Gold Award • Reveals how Mary Magdalene was a sacred priestess of the ancient Womb Mysteries, connected to moon wisdom, sacred harlot archetypes, and goddesses in many traditions, including Sophia, Isis, Inanna, Asherah, Lilith,

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Jezebel, and Witches • Explains how the Magdalene Mysteries have been encoded in Gnostic texts, sacred art, and literature and unveils the secret Grail heresy of the Ghent Altarpiece • Offers rituals and practices to initiate you into the Womb magic of the ancient priestesses and access deeper dimensions of sexuality and feminine power A sacred priestess of the ancient Womb Rites, Mary Magdalene was at the center of a great and enduring Mystery tradition, one that touched on a stream of perennial spiritual wisdom as old as humanity. Worshipped as the human embodiment of the Goddess, the earthly Sophia, her womb was the spiritual luminatrix that anointed and empowered Jesus, transforming him into the Christ. As a priestess of the Goddess, Mary Magdalene knew how to embody the light and the dark, how to harness the magic potency of sacred sexual energy, and how to cleanse, awaken, and resurrect the soul. Yet, even though she sparked the creation of a worldwide religion, her story and teachings have been forgotten. Unveiling the lost left-hand path of the Magdalene, the Feminine Christ, authors Seren and Azra Bertrand explore how this underground stream of knowledge has been carried forward over the millennia through an unbroken lineage of Womb Shamans, Priestesses, Oracles, and Medicine Women. They explain how the Magdalene Mysteries, symbolized by the Rose, have been encoded in Gnostic codices and gospels and in the

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highest art, literature, and architecture of many ages, including most significantly the Ghent Altarpiece. They examine Mary Magdalene's connection to moon wisdom, sacred harlot archetypes, and goddesses in many traditions, including Isis, Inanna, Asherah, Lilith, and Jezebel, and look at shamanic, tantric, and Cathar expressions of sacred feminine mysteries as well as the Witch and Templar roots of Robin Hood and Maid Marian. In this revelatory and magical text on the lost feminine mystery traditions of Mary Magdalene and the lineage of Sophia, the authors present encompassing theological, historical, mythological, and archetypal wisdom, with rituals and practices to initiate you into the Womb magic of the ancient priestesses and the path of the wild feminine.

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

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commonalities among the worlds vast and diverse medical systems, making ethnomedicine easier to internalize and to apply in clinical settings.

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

Paul Cox describes his research and adventures in Samoa, work that led to him being hailed by TIME magazine as a hero of medicine and awarded the Goldman Environmental Prize. Working closely with the native healers, Cox studied traditional rainforest remedies and is credited with finding natural drugs that can be used in treating AIDS, discovering a rare species of flying fox, launching an international campaign to save a 30,000-acre rainforest and helping to rebuild a village destroyed by a hurricane. Cox's respect for the traditional villagers and his excitement and perseverance make *Nafunua* a story of scientific and personal discovery.

The increasing prevalence of diabetes mellitus world-wide is an issue of major socio-economic concern. Scientific interest in plant-derived medicine is steadily rising, yet there is often a wide disparity in the caliber of information available. A detailed compilation of scientific information from across the globe, *Traditional Medicines for Modern Times: Antidiabetic Plants* highlights the potential role of dietary and medicinal plant materials in the prevention, treatment, and control of

diabetes and its complications. The book not only describes plants traditionally used to treat diabetes, but evaluates the scientific studies on these plants and describes in vitro, in vivo, and clinical methods for their investigation. It examines the theory that changes in dietary patterns from traditional plant foodstuffs containing beneficial components, to richer, more processed "junk" food is responsible for the increased prevalence of diabetes worldwide. The book begins with an introduction to the disease diabetes mellitus written by a consultant physician and an up-to-date, detailed summary table and discussion of scientifically screened antidiabetic plants compiled by authors from the Jodrell Laboratories, Royal Botanic Gardens, Kew, UK. The next chapters provide an outline of clinical, in vivo, and in vitro methods for assessing antidiabetic activity of plant materials, followed by descriptions of traditional plant remedies used in Asia, the Americas, Africa, Europe, and Australia written by an international group of authors active in antidiabetic plant research. The final chapters emphasize the role of particular phytochemical groups in the treatment or prevention of diabetes. By documenting both traditional and scientifically derived knowledge, *Traditional Medicines for Modern Times: Antidiabetic Plants* brings us closer to the translation of traditional knowledge into new methods for treatment of this important disease.

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Plants provide the food, shelter, medicines, and biomass that underlie sustainable life. One of the earliest and often overlooked uses of plants is the production of smoke, dating to the time of early hominid species. Plant-derived smoke has had an enormous socio-economic impact throughout human history, being burned for medicinal and recreational purposes, magico-religious ceremonies, pest control, food preservation, and flavoring, perfumes, and incense. This illustrated global compendium documents and describes approximately 2,000 global uses for over 1,400 plant species. The *Uses and Abuses of Plant-Derived Smoke* is accessibly written and provides a wealth of information on human uses for smoke. Divided into nine main categories of use, the compendium lists plant-derived smoke's medicinal, historical, ceremonial, ritual and recreational uses. Plant use in the production of incense and to preserve and flavor foods and beverages is also included. Each entry includes full binomial names and family, an identification of the person who named the plant, as well as numerous references to other scholarly texts. Of particular interest will be plants such as Tobacco (*Nicotiana tabaccum*), *Boswellia* spp (frankincense), and *Datura stramonium* (smoked as a treatment for asthma all over the world), all of which are described in great detail.

When two baby teeth came knocking at her door, artist Inhae Lee did what

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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.

Written with pace, humor and startling literary allusion, Lilian Faschinger's novel is the story of the sensual Magdalena, who, disguised in a nun's habit, kidnaps a priest at gunpoint and drives him in the sidecar of her Puch motorbike to a remote forest clearing where she ties him to a tree. What she is about to confess to him is profoundly shocking: All Magdalena wanted was to find true love. What she found instead was a string of lovers who each made the fatal mistake of disappointing her. From a Latin dance instructor who uses a metronome to help

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him keep his rhythm in bed to a Ukrainian who plays mental chess games at the gravesite of former grandmaster Alexander Alekhine, Magdalena's men all lost their lives when they no longer satisfied her; perishing by her hand through poison, drowning and incineration. A head-on collision between Church and sex, Magdalena the Sinner interweaves highly charged erotica with modern views on Catholicism, feminism and the tensions between men and women.

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