

97 - Always went to use tobacco with San Pedro Yaku

We will not allow you to be fully human  
A fault in the logic that says a plant can be illegal  
"We withhold the sacred from you" - you cannot experience reality for what it is. - Deepen them Bill of Rights

To make the holy plants illegal, like saying god has made a mistake.

97 - Repression **NOT** for our safety - it is to keep us locked into the materialist mindset / Renew the spiritual **NOT** allowed - the transformational experience that shows the interconnectedness of all things.  
- Self defeating - Heading toward disaster.

98 - Set your intention - to meet with the spirits of Nature

104 - Diet - exactly my diet.

103 - Black Cosh - helps stimulate serotonin?

105 - Remember - We are here on earth to enjoy ourselves.  
Whitman "spirituality of all things"

106 Traditional Societies - 2 main causes of illness  
1) lost vital energy 2) Negative spiritual influences.

And plants have always been used

107 The world of Nature is our first source of power.

124 - Simply be close to plants - their energy fields can be enough to call back the soul.

134 4000-7000 BC - First Topical oil plant based salves.

136 Cannabis Clearly mentioned in Egypt

Knowledge and development of plants, herbs, and fragrances, was very highly developed in Egypt. Even had a test to determine pregnancy and gender.

138 - Lavender - is basis - famous for healing - lavender oil? Aroma therapy

1928 - Aroma therapy invented in France / medical / mystical

142 - "I wanted to kill" - revenge - But - learned from the plants spirits that it was wrong to kill - hearts softened.

148 - Therapy - Why can't I have what I want - ? Because I am afraid I would be happy

To Control oneself is fundamental to having the strength to work with the spirits.

149 - Plants like people - maybe not pure DMT  
Turn two pages for some

166 - Plants - The Transformers - Sun to Food And O<sub>2</sub> To give us life.

167 - Get Norby - Intelligence in Nature - Plants are energy - but they are also intelligence

168 Watch Series - "The Private Lives of Plants."

202 - The Spirit of the plants is all you really ever need. (A)

205 - Information can come from the spirit world that the healer could not otherwise have known.

206 We can learn to re-enchant the world by allowing our spirits to meet with the greater spirit that is behind all things

And **PLANT SPIRIT**

Then **SHAMANISM**

Find a more honorable and holistic way of being on the earth.

- ix. Daily Sustenance of Plants - Not just body food - in my soul!
- ix - The Science of Vegetalism
- x - She taught me how to use plants.
- x - plant's - essent: al - oxygen - give life to all beings
- x - I am a "representative" of plants.
- xi - learns from the greatest teachers - our plant brothers and sisters.
- xvi - It is the spirit of the plant that matters - not chemical properties for traditional healers - "The plants tell me what to use."
- xix - Nature is alive and talking to us.
- xx - First Trip - Crest - our idea of a separate mind - an illusion created by the senses.
- xvii - Elliott Cowan - check the name
- 7 Dreams and visions are doorways to plant consciousness.
- 14 We should be the heart and the mind of the earth - not its wala lady
- 5 - Einstein - on genuine religious feelings
- 20 - Go for a walk - your plant ally will find you
- 22 - Aim of Plant Shaman may not be to cure a specific condition at all but to remove its spiritual cause by finding balance/connection.
- 22 - Core of the Shaman.
- 24 - Placebo effect is relation for cure in 1/3 to 1/2 of cases? - It works - Can be proven scientifically to "work"
- 26 - Go21 - Restoration of balance by interaction of the plant spirit on the soul
- 46 - Bottom - Plants respond to and are motivated by love - The healing nature of the universe is love, and plants are doorways for this. It is their pleasure to do this.
- 29 - in Andes - Aching stomach caused by sorrow.
- 33 Rel. Gringos their religion has failed them - all gods come through nature. Have we thrown out spirituality with the religion?
- 34 Future? - There is no future the way we are going - Shamans and Lovelock/Gaia
- 40 - The Secret Life of Plants - Cleve Backster.
- 40 - Plant showed fear - on lie detector - when he just thought about burning it with a match. Sensitive to humans - able to pick up emotions and intention. Pick up a spider's decision. More sensitive than humans. Plants - memories. Emotions - Psychic Abilities. Plant can pick the student responsible for killing his buddy.
- 42 - Outside the electromagnetic spectrum. Locked in Lead Box it can pick up empathy from hundreds of miles - Got heart beat from unfertilized chicken egg. A life force - a energetic field - that connects and is contained within all things.
- 47 - Co-operation is a fundamental value of Nature.


- 47 - Nature Provides everything we need to protect/maintain our health. if we know what we were doing, what to look
- 79 - Staggering Walt Whitman poem - Nature - Spirituality "Surely there is something more in each"
- 79 - The Western Dream is one of separation and disconnection from the flow of things. Then competition.

# PLANT SPIRIT SHAMANISM

79 Sacred Hallucinogen break through the trance of Western civilization.

## TRADITIONAL TECHNIQUES

They do NOT lead us away from ourselves BUT FOR HEALING THE SOUL deeper into ourselves.

- Guayusa 60 - for stomach acidity
- 65 - Lavender - for peace.
- 80 - Great on usefulness - plants  Doorway into the spiritual intelligence of a living planet.
- 81 - What caused the dramatic expansion of the Brown AND HOWARD G. CHARING

Ayahuasca - Drink it and experience an energetic world underneath our own.

- 85 Perfect Paragraph - Ayahuasca step 1 Reunite with the consciousness of the universe "2 Reenchant the world through imagination and inspiration... harder with D.W. Killing real religion free the soul from corporeal confinement.
- 86 Schouten - "That can accept the mystery The Spiritual - Appear out of balance in Not knowing this side of themselves



- 87 Rel. - when you see - go into from another dimension you accept the mystery The Spiritual - Appear out of balance in Not knowing this side of themselves
- Our Religions - are supposed to teach us about god. BUT lead us away
- 88 - Perfect Shaman paragraph. Rochester, Vermont
- 90 TOBACCO - so ? NO Not around me sacred.

97 - There is a fault in the logic that says that plants can be illegal. This is NOT for our safety - we are losing our connections with the spirit of the world.

148 To Control Ourselves is fundamental to having the strength to work with the spirits.

164 - AB bath for infants - a bath for skin infections

165 - Plants are composed of sentient energies that are disposed toward human beings.

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166 Universe is stranger than we can imagine.

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like saying that god made a mistake.  
- Now they don't even know what they want or what is good for them or how to get it.  
177 Albacca - used for gastritis in Peru.



For my children: Ocean, Jodie, and Mili. And with thanks to Donna, Andy, Leticia, Ram, and Howard, the case for the sane. Outcome inevitable and now a trail of truth back to the ocean.

R. H.

For my daughters, Katie and Elizabeth. And with appreciation and thanks to Peter Cloudsley for his assistance and support in preparing this book. Also to my friend and colleague Leo Rutherford, for his encouragement.

H. C.

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End - Al Schweitzer  
"Until he extends the circle of his compassion to all living things, man will not himself find peace." (wow)

Great Relationship? - Been in the middle of this for a while - biggest <sup>Index</sup> I have (maybe I am lucky), still want about 500...

- All I should be forced to believe - and one where you treat 15 days to live sin eating, 113-14

spirit extraction, 113-14 <sup>and</sup>

spirit intrusion, 107-10 <sup>mostly the same</sup>

techniques for, 128-32 <sup>with</sup>

soul loss, 106-7, 116-18 <sup>the white energy</sup>

case study of, 124-25 <sup>twice</sup>

listening to the soul, 118-20

protecting against, 126-28 <sup>forced to</sup>

returning the soul through nature, 120-24 <sup>do up</sup>

spirit extraction, 113-14 <sup>my asshole</sup>

spirit intrusion, 106-10 <sup>nose etc.</sup>

spiritual development, 62-63 <sup>knowing</sup>

St. John's wort, 192-93 <sup>I was playing a part in</sup>

stalking, 63-65 <sup>me as a purpose</sup>

star anise, 190 <sup>I wish I could</sup>

strength, 65-66 <sup>stay married to this</sup>

Suilleabhain, Sean O, 189-90 <sup>person who belatedly defends</sup>

Sympathetic Magic, 16-17 <sup>everything</sup>

syrian rue, 105 <sup>other</sup>

tambos, 52 <sup>did find out the way</sup>

teacher plants, 57-59 <sup>the way</sup>

techniques, 74-77 <sup>Norman apology</sup>

Art and Action, 104-5

Creating a Seguro, 102

Dieting Plants, 74-77

Discovering Your Ally's Song, 101

Dreaming the Great Spirit, 98-99

Eating for a Healthy Neural Base, 102-4

Effects of Loving Intent, 50

Floral Bath Recipes, 181-85

Journey to the Plants, 17-22

Making Mojo, 48-49

Making an Offering, 47-48

Making Pusanga, 157-59

Prescribing Plant Cures, 202-5

Quest for Vision, 132

Releasing the Soul Parts of Others, 131-32

Removing Intrusions in the Body, 128-30

Returning Soul Energy, 130-31

Why I Can't Have What I Want?, 156-57

tinctures, 76

tobacco, 93, 111

Tomkins, Peter, 40

Trewavas, Anthony, 49-50

Trudeau, Kevin, 191

Tuva, 121

una de gato, 68-69

United States, 96-98, 121

universe, as intelligent energy, 6-7, 174-75

Valnet, Jean, 138-39

vervain, xv, 64

vines, 17

vision quests, 126-28

visions, 7-8, 67-68

Vodou, 61, 172, 173-74

Vogel, Alfred, 42-44, 47

Von Franz, Marie Louise, 38

Welsh Herbal Medicine, 135, 161

Western medicine, 188-93

Western religion, 31, 53-54

white magic, 31

Whitman, Walt, 78-79, 105

Wiley, Vivian, 42, 49-50

willow trees, 71

Winkelman, Michael, 53

Wolf, Fred Alan, 175

world tree, 70-71

writing, 20

Zaire, 23

We have health problems

lost it". I have a rather complete degree of emotional control - but may still exhibit emotional behavior.

I have figured out, nevertheless, why I was so furious. We have talked about pieces of cigarettes so many times, and you know it was really getting under my skin (I can also admit to the judgment may underline it Smoking) Health. Very upset about to have Pleasure - so my happy wife heard that she had stopped smoking, is real when she started - like sitting - goals then

## ABOUT THE AUTHORS

tying one hand behind your back

Key Thing - Whether we "like" each other or not, is what is best for hunter. (27) is certainly also best for hunter if we are always calm/friendly/civil/polite - but first calm.

Key - our 2 keys, interests are identical and we are totally aligned with Ross Heaven is the founder and director of The Four Gates Foundation, you in one of Europe's leading organizations for the teaching, promotion, and application of spiritual wisdom and freedom psychology. Ross offers workshops in healing, empowerment, Plant Spirit Shamanism, and indigenous wisdom. He is also a Western-trained therapist and the author of eight other books on shamanism, healing, and personal development, including *The Journey To You*, *Spirit In the City*, *Vodou Shaman*, *Darkness Visible*, and *The Spiritual Practices of the Ninja*, as well as *Infinite Journeys*, a trance drumming tape that can be used as an accompaniment to the shamanic journeys described in these books. Ross has worked extensively with the shamans of the Amazon and Andes, North America, and Europe and has been initiated into the medicine traditions of Haiti and the sin-eating practices and plant healing traditions of Celtic Britain. He runs trips overseas to work with the indigenous healers from these traditions and offers Plant Spirit Shamanism courses and medicine retreats in the UK, Ireland, France, Haiti, the United States, and the Amazon basin, where participants are able to experience the direct healing of nature and explore their vision and creativity with ayahuasca and other teacher plants. For details of Plant Spirit Shamanism courses, as well as book extracts, articles, and other workshops with Ross Heaven see his Web site: [www.thefourgates.com](http://www.thefourgates.com). Calm, order, consistency, love I have noticed I mean, and you also trying my hand together better be hunter. He is usually good with us and we are good for him & we would like you to take advantage of our help while we are still young.

If we want to judge the road to the gods, we must go to a place I could think of from you. I have always helped I got you grass - what I use seem how strong you are I mean you funnier - Andam happy to be able to do it.

Howard G. Charing is a healer, a workshop facilitator, and a director of the Eagle's Wing Centre for Contemporary Shamanism. He has written numerous articles on Amazonian plant medicines and has worked with some of the leading shamans in this area. Howard has also produced a collection of traditional chants and icaros on a CD entitled *The Shamans of Peru*. For many years he has been organizing plant medicine retreats to work with the Shipibo Indians in Peru's Amazon basin, as well as Andean retreats with the San Pedro shamans of northern Peru. Howard has been baptized by the Shipibo and ritually initiated into the lineage of the maestros of the Rio Napa community. Howard and his colleague Peter Cloudsley also hold Amazonian medicine retreats at their dedicated Center in the Mishana National Park. As a protected nature reserve encompassing several thousand acres of Peruvian jungle, Mishana is home to many plant and animal species that are not found anywhere else on the planet. At Mishana, participants are able to work with indigenous shamans and experience the direct healing of nature through the visionary vine of souls. For details about Peruvian plant medicine retreats, as well as information about upcoming workshops

with Howard G. Charing see his Web site: [www.shamanism.co.uk](http://www.shamanism.co.uk)  
~~Every time that you do this certain things, not yours best interest now will probably have some poor consequences later~~  
Hope for best always but we know things don't always run smoothly - we are tremendously devoted to make - have resources are dependable - actually look forward to opportunities to help out (assuming we're treated properly).

If you have rights to be trusted...  
I know you are a person of quality - Postage Education, not at all...  
I'm very sorry that I yelled at you because it was the wrong place & time. It used very important guests.  
The last, second to last, I want to upset issue I am done now building this without, after 3 years of intense effort in good part to show, + with others. A 4 day August trip is a perfect thing - for folks from hot Texas to visit the cottage at its best.  
So, yes, I blew it big time, - but I still can't say I

Spoiling my own good period - true love  
Pop psychology of Motherhood - maybe familiar with.  
Mother - hardwired consent.  
Don't tell her a problem if you don't want her help  
Come from long line - 5 generations of female driven by the act of the adherence of strong self-concept - show it in different ways  
Has a problem with help & good feelings, but it's already off  
it in good will (is of her is lot) but can't understand if someone doesn't want help, will almost verbally harass

My good period  
- Very often fighting strongly, on the verge of divorce. Mother existing out of control is not enough for me to help, is good spirit, even though I am not. I have to believe every twist and turn of fibrolytic lymphoma, vaccines, venous, you know it... I am homeless & evil if I am not concerned about Sophia - or concerned about whether she is worried about we are old - we can help now - we want to be asked what we can still help you be respectful - we be respectful mutual respect  
This concern

All she wants to do is to be able to help you... I have sensed a certain uncertainty or sadness since you have been estranged, but she doesn't seem to have any plans anymore. The last time you really yelled at her really hurt her, for just a couple of days she could feel like I do about you, & then bond with me... I don't would leave her utterly alone and rejected; & she fought with me at the same time she fought with you - so she has been very nice to me many days in a row. Now at least I know there is a chance one could stay together and be happy.

This dynamic: based on love and good faith and can't die & functional. We have to be able to learn - me yell ball set in stone.  
So, yes, I blew it big time, - but I still can't say I  
See her - try not to tempt me with great things - find make ourselves clean