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After observing great similarities in the use of plants among shamans throughout the world, they discovered the reason behind these similarities: Rather than dealing with the "medical properties" of the plants or specific healing techniques, shamans commune with the spirits of the plants themselves; shows how shamans heal using their knowledge of plant spirits as well as the plant's "medical properties" and includes extensive field interviews with master shamans of all traditions; and ...

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This is simply a tea made by steeping the leaves in freshly boiled water for ten minutes. As a guideline, use about an ounce (around 30 grams) of dried plant to two cups of boiled water, which will provide three doses of plant infusion. Another method is to make a macerado, or tincture.

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Heaven ...

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An in-depth look at the role of plant spirits in shamanic rituals from around the world • Shows how shamans heal using their knowledge of plant spirits as well as the plant's "medical properties" • Explores the core methods of plant shamanism—soul retrieval, spirit extraction, and sin eating—and includes techniques for connecting with plant spirits • Includes extensive field interviews with master shamans of all traditions In Plant Spirit Shamanism, Ross Heaven and Howard G

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I understand that some are confused if it's all about ayahuasca or shamanism or both. If you are on this page, you are probably wondering the same thing. We aim to answer your questions about this topic, by giving you concrete details about it, so continue reading to learn more about this matter.

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