



# The Healing Spirit of Plants

*Clare Harvey*

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# The Healing Spirit of Plants

*Clare Harvey*

## **The Healing Spirit of Plants** Clare Harvey

All in color! Ancient cultures knew plants possess invisible essences replenishing souls and bestowing spiritual health. Trees of life, roses of love, ginseng to balance the system: the hidden, inner life of the natural world, with its symbolism, remedies, and rituals opens up this gorgeously illustrated look at plants' healing energy. Through legends, shamanistic principles, and imagery, understand the significance of plant and flower spirits. Techniques like chakra, meridian, and meditation guide practical work with spirit bundles, smudging, aromatherapy, and infusions. A plant encyclopedia includes over 100 species!  
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