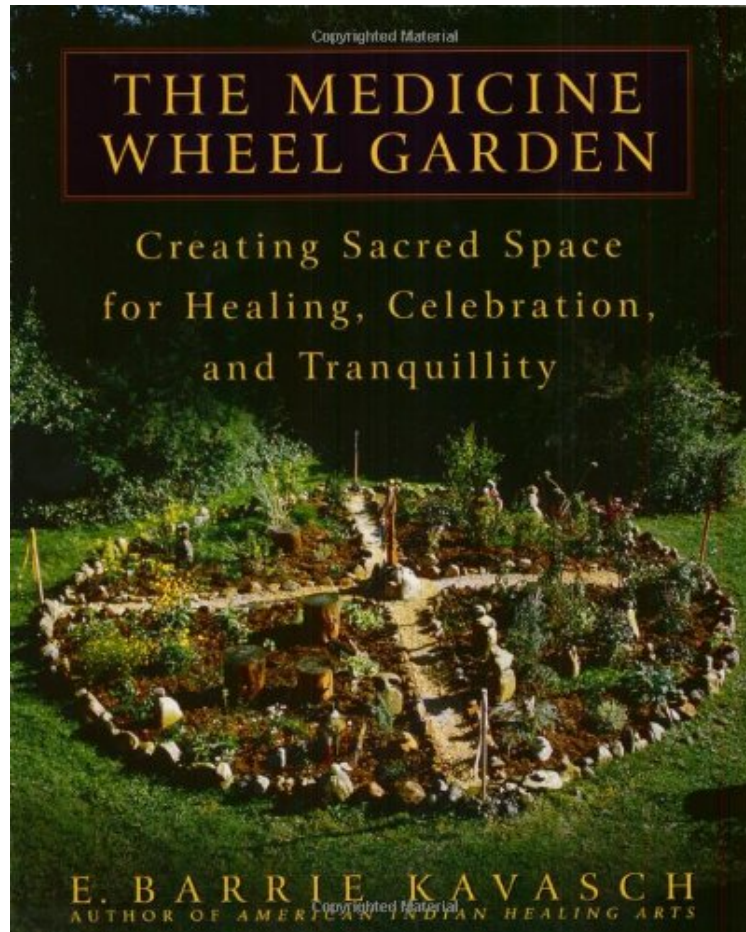


(Get free) The Medicine Wheel Garden: Creating Sacred Space for Healing, Celebration, and Tranquillity

The Medicine Wheel Garden: Creating Sacred Space for Healing, Celebration, and Tranquillity

E. Barrie Kavasch

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E. Barrie Kavasch : The Medicine Wheel Garden: Creating Sacred Space for Healing, Celebration, and Tranquillity before purchasing it in order to gage whether or not it would be worth my time, and all praised The Medicine Wheel Garden: Creating Sacred Space for Healing, Celebration, and Tranquillity:

2 of 2 people found the following review helpful. A meditation just to readBy MerrlynI'm taking my time reading this book so I don't really have anything detailed to say about it's content. I meant to read it as I do many of my books, but there are always those that make one stop and ponder and this is one of them.I actually bought the book for the herbal information, with an eye to maybe creating a garden in our small patch of a yard and found that, as written, it is a meditation in itself. So I'm treating it as such because the information is provided in this quiet, serene approach that draws ones total attention and focus.A lovely, well-written book; worth taking my time to read.22 of 22 people found the following review helpful. Buy this book, enlighten yourselfBy CustomerI built a Medicine Wheel in a garden area

I wanted to re-do recently and then saw this book. I have experience in different herbs and plants and thought I could make a good one. In fact, I did. However, I bought this book thinking I could get more ideas. I was right. This is a book I refer to often. Daily, when I first received it. Very informative. I could not put it down and the book traveled with me everywhere for at the first 2 weeks. I remains a prominent part of my reference material. 0 of 0 people found the following review helpful. It is absolutley beautiful and has a beautiful energy in it thanks to ...By tiffanyI bought this for my mom who made a 30 ft by 30ft Medicine wheel and she used this and one other book as a guide and inspiration. It is absolutley beautiful and has a beautiful energy in it thanks to the ideas in this book.

The American Indian medicine wheel was an ancient way of creating sacred space and calling forth the healing energies of nature. Now, drawing on a lifetime of study with native healers, herbalist and ethnobotanist E. Barrie Kavasch offers a step-by-step guide to bringing this beautiful tradition into your own life--from vibrantly colorful outdoor circle designs to miniature dish, windowsill, or home altar adaptations. Inside you'll find: Planting guides for medicine wheel gardens in every zone, from desert Southwest to northern woodlands A beautifully illustrated encyclopedia of 50 key healing herbs, including propagation needs, traditional and modern uses, and cautions Easy-to-follow herbal recipes, from teas and tonics to skin creams and soaps--plus delicious healing foods Ideas for herbal crafts and ceremonial objects, including smudge sticks, wind horses, prayer ties, and spirit shields Seasonal rituals, offerings, and meditations to bless and empower your garden and your friends, and much more Practical, beautiful, and inspiring, *The Medicine Wheel Garden* leads us on a powerful journey to rediscovering the sacred in everyday life as we cultivate our gardens . . . and our souls.

From *Library Journal* The transcendental nature of gardening is the focus of this pair of books. Both discuss humans' innate need to cultivate and nurture the earth. Ethnobotanist and herbalist Kavasch (*American Indian Healing Arts*) delves into Native American mystical symbolism to describe how to put together a garden that heals body and soul. He clearly explains the basic layout of a "medicine wheel" garden a circular arrangement built along axes running north/south, east/west, and even into the air and into the ground and how to adapt it to every zone. Also covered are traditional plants and why certain colored plants belong in the different quadrants of the circle. He also offers an illustrated encyclopedia of 50 healing herbs, as well as recipes that incorporate those herbs. Norfolk, a retired English osteopath, uses a much less structured approach in his lovely meditation on the importance of gardening in today's hustle-and-bustle society. During his 40 years of practice, he observed that his happiest and healthiest patients were green thumbs. Here, he introduces his concept of the "soul garden." He draws from literature and scientific studies, among other sources, to back up his claim that, like Voltaire's *Candide*, people would be happier and less stressed out if they would just sit back and watch their gardens grow. Kavasch's book is recommended for public libraries whose patrons appreciate Native American mysticism and gardening; Norfolk's is recommended for all public libraries. Pam Matthews, M.L.S., Olmsted Falls, OH Copyright 2002 Reed Business Information, Inc. From *Booklist* In the wake of September 11, there seems to be a natural tendency to seek solace in comforting, "cocooning" activities. Fortuitously, the idea of "garden as sanctuary" is one whose time has come full circle, literally and figuratively. For Kavasch, this means harkening back to ancient times when Native American cultures revered "medicine wheel gardens," stone circles interplanted with healing herbs and other indigenous plants, creating sacred spaces whose mystical and mythical powers soothed the soul and calmed the spirit. An herbalist and ethnobotanist, Kavasch presents a comprehensive, step-by-step guide to how primitive traditions can have modern applications. Carol Haggas Copyright American Library Association. All rights reserved "There is food for the body and food for the spirit. Barrie Kavasch offers both."--Kenneth Little Hawk, Micmac-Mohawk storyteller and musician