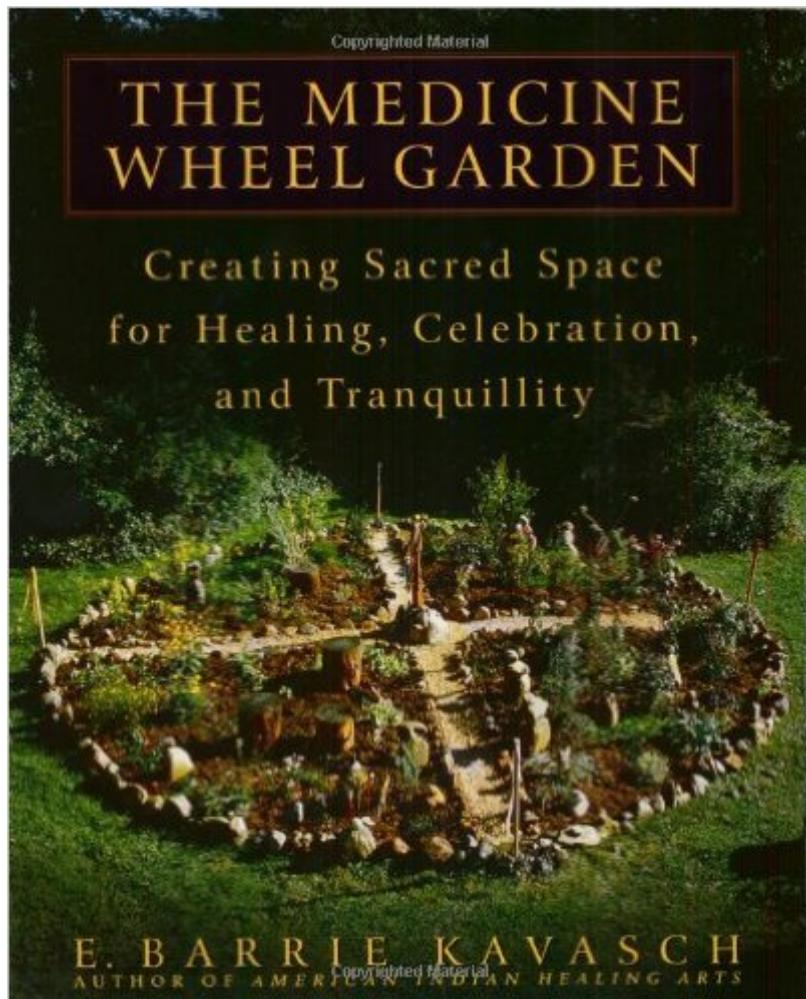


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# The Medicine Wheel Garden: Creating Sacred Space For Healing, Celebration, And Tranquillity



## Synopsis

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.

## Book Information

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## Customer Reviews

Creating Sacred Space means more to us today than every before. I feel that this author has really offered us bold new perspectives along with numerous alternatives for coming to balance in these trying times. This book is a valuable, in-depth gardening guide with far more sensitivities than are usual! 1. I find the resource guide in the back most valuable. 2. The herbal lexicon that is the central third of the book is amazingly detailed; here is the info I need to propagate native herbs &

wildflowers.3. Research on the medicine wheels as ancient landscape features is the best I've yet encountered, & offered with great respect & reverence for sacred space.4. Part III in this book is filled with imaginative new ideas, recipes, & suggestions for gifts & projects to make from one's gardening success.What a fine book!The most unique book on this subject, likely to make other gardening books out dated...

I 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.

Based primarily on Amerindian healing and spiritual practices, The Medicine Wheel Garden details using a circular garden design as a personal, sacred, reflective space for pleasure, renewal, and as a home for wildlife. While much of the book is given over to explanations of symbolism and ceremonies including the use of spiritual and ceremonial items in the garden and details for performing seasonal healing rituals, chapters are included on choosing a garden site, style and plants. 50 herbs are profiled with short sections on history, modern and traditional uses, cautions to use, growing tips, and a sketch. Additional chapters provide culinary recipes and craft ideas as well as many recipes for beauty aids such as skin scrubs, shampoos, lotions, and soaking teas. While mainly a guide to creating a sacred space, gardening information is sound and conservative and includes the importance of compost and mulch as well as the importance of selecting the right plant for the right site. The Medicine Wheel Garden takes the rejuvenating and healing properties of gardening a step beyond.

Very thorough and informative. Lists many plants, uses of the plants, terrain differences - in consideration with reference to locating and designing your garden - I thoroughly enjoyed this book - and - like most other selfhelp books - do not have to buy more titles to get the full picture.

This booked helped us to create a medicine wheel in Lebanon CT at our community garden in town. I liked how detailed plants are listed in book and all the ideas for ground covers author provides. We created a 30 foot diameter wheel with a fire pit in center made of pavers and stone dust. we are in process of raising funds to add medicinal plants arranged by color to the wheel.

I think the paper in this book is beautiful and love the gardens it lays out. This is one of my most enlightening garden books, combining native american herbalism and spirituality with one of my favorite pasttimes. I really appreciate the author's writing style and obvious knowledge of her subject, and find it a very pleasurable book to read again and again.

I'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.

well done book, I got some good ideas. I have a small city lot and also have some physical limitations, so some things in the book are not possible for me, but I am just going to use basic ideas and build miniature size medicine wheels that still provide me with the sacred space and sacred energy that meet my needs.

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