



Everyday Herbs in Spiritual Life: A Guide to Many Practices

By Michael Caduto

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Enhance and enrich your spiritual journey with the power of herbs.

Herbs have been essential to spiritual beliefs and practices throughout time and history. From Christian Scripture to Hindu observances, Jewish ritual to early Islamic literature, Native American traditions to Buddhist symbolism, plants are seen as a blessing from God and a way to remain in harmony with Spirit.

In this fun, informative and engaging guide, you will be delighted by the history of the religious and spiritual use of herbs in many faith traditions and inspired by creative ideas on how to use herbs for spiritual growth. Unique and soul-strengthening activities can teach you how to:

- Create herbal art inspired by your faith
- Craft herbal wreaths, pillows and soaps from herbs selected for their spiritual qualities
- Prepare herbal teas, infused oils, meals and condiments with herbs chosen for their ability to nurture, strengthen and heal
- Make candles infused with herbs that promote balance and centering
- Nourish the soul with herbal sachets and potpourri
- Use incense and smudge sticks to imbue clarity and purity
- Design a simple herb garden of plants chosen from among different spiritual traditions
- Construct spaces in which to use herbs for reflection and meditation

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Everyday Herbs in Spiritual Life: A Guide to Many Practices By Michael Caduto Bibliography

- Rank: #1421839 in Books
- Published on: 2007-05-01
- Released on: 2007-05-01
- Original language: English
- Number of items: 1
- Dimensions: 9.00" h x .45" w x 7.00" l, .72 pounds
- Binding: Paperback
- 208 pages

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Editorial Review

From Publishers Weekly

Caduto, a storyteller, accomplished author and Aesop Prize winner, reminds readers that Eastern and Western medicine grew in large part out of a relationship to healing properties found in the natural world, and he offers this book to help us remember this powerful spiritual connection to a gift from the Creator. Caduto's passion for the power of herbs is brightly reflected in his thorough, well-researched, engaging multicultural volume. In seven chapters exploring healing, aesthetics and virtue, meals and rituals, the balance of life, the sacred cosmos, meditation, and practical tips, Caduto explores practically every pistil, stem, blossom and more of the herbal world. Arcane facts about Egyptian embalming rest comfortably alongside advice on growing and harvesting herbs. Herbal experts will treasure the extensive spiritual application contexts, and beginners will find comfort in the cultivation basics. Especially soothing and bonding are the Islamic connections summoning the exquisite, sumptuous gardens of the Middle East. Each chapter has more than a handful of activities, ceremonies and projects. Some, such as Bathing Balms and Valentine's Day Cards seem overly simplistic, but all recall the sweet elemental connection among aspects of the living world. (Aug.)

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Review

Everyday Herbs In Spiritual Life: A Guide To Many Practices by author, ecologist, educator and storyteller Michael Caduto is a practical and informative guide to incorporating herbs into a spiritual life through the use of rituals and ceremonies. *Everyday Herbs In Spiritual Life* provides descriptions of the herbs and their applications across many cultural traditions. Of special note is the advice on how to utilize these herbs for personal spiritual growth. For example, creating herbal art inspired by faith and the beauty of nature; crafting herbal wreaths, sachets, garlands, pillows and soaps; preparing herbal teas, infused oils and meals; making potpourri and candles infused with herbs; celebrating holidays, births, weddings and memorials with herbs; designing a simple herb garden of plants chosen from among different spiritual traditions; even how to construct spaces in which to use herbs for reflection and mediation. All this and more make *Everyday Herbs In Spiritual Life* an invaluable and very strongly recommended addition to personal and community library Metaphysical Studies reference collections and supplemental reading lists.

(Midwest Book Review)

About the Author

Michael J. Caduto is a renowned author, ecologist, educator and storyteller who has written and coauthored sixteen books, including *Native American Gardening*, the Keepers of the Earth series, *In the Beginning: The Story of Genesis and Earth Activities for Children* and *Abraham's Bind & Other Bible Tales of Trickery, Folly, Mercy and Love* (SkyLight Paths). His articles have appeared in many magazines, including *Organic Gardening*, *Sanctuary*, *Nature Study* and *Instructor*. In 1984 he founded a service called P.E.A.C.E. Programs for Environmental Awareness and Cultural Exchange which promotes understanding, awareness, appreciation and stewardship as the foundation for building a harmonious, sustainable relationship between people and Earth, and among the cultures of the world. His website is www.p-e-a-c-e.net.

Michael J. Caduto is available to speak on the following topics:

- Nurturing Herbs for Body, Mind and Spirit
- Fiddleheads, Lamb's Quarters, Nettles and Nuts: Wild Edible, Medicinal and Poisonous Plants
- Native American Gardening: Planting Seeds of the Future
- Earth Gardens and the Seasons of Life
- A Harvest of Tales: Native Stories, Song, Dance and Food

[Click here to contact the author.](#)

Rosemary Gladstar has been a practicing herbalist for thirty years. She cofounded Sage Mountain Herbal Retreat Center and Botanical Sanctuary, and is a founding member of the Northeast Herb Association. She is the codirector of the New England Women's Herbal Conference and author of several books, including *Herbal Healing for Women* and *Gladstar Family Herbal*.

Users Review

From reader reviews:

Robert Marques:

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Timothy Montgomery:

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