The Lost Language Of Plants The Ecological Importance Of Plant Medicine To Life On Earth Stephen Harrod Buhner

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Bioshelter Market Garden Darrell Frey 2011-02-01 Explores the novel, environmentally friendly organic-gardening system of the Three Sisters Farm, which centers around a bioshelter--a solar greenhouse that integrates growing facilities, poultry housing, a potting room, storage, kitchen facilities, compost bins, a reference library and classroom area. Original.

Singing to the Plants Stephan V. Beyer 2009 In the Upper Amazon, mestizos are the Spanish-speaking descendants of Hispanic colonizers and the indigenous peoples of the jungle. Some mestizos have migrated to Amazon towns and cities, such as Iquitos and Pucallpa; most remain in small villages. They have retained features of a folk Catholicism and traditional Hispanic medicine, and have incorporated much of the religious tradition of the Amazon, especially its shamanism, sorcery, healing, and the use of potent plant hallucinogens, including ayahuasca. Singing to the Plants sets forth just what this shamanism is about - what happens at an ayahuasca healing ceremony, how the apprentice shaman forms a spiritual relationship with the healing plant spirits, how sorcerers inflict the harm that the shaman heals, and the ways that plants are used in healing, love magic, and sorcery.

Water and Health Prati Pal Singh 2013-10-01 "Water and Health" strengthens the dynamic relationship between human health and water. The book has the potential to ignite our minds about several water-related diseases due to biological and chemical contamination, and to their high-end solutions. The contents are original, comprehensive and highly informative, and gradually take the reader around the component most important to his or her quality life, and not just existence. The book is set in social, scientific and economic dimensions, and is a must read for all those who cherish and celebrate human life and dignity.

Climate--A New Story Charles Eisenstein 2018-09-18 Flipping the script on climate change, Eisenstein makes a case for a wholesale reimagining of the framing, tactics, and goals we employ in our journey to heal from ecological destruction With research and insight, Charles Eisenstein details how the quantification of the natural world leads to a lack of integration and our "fight" mentality. With an entire chapter unpacking the climate change denier's point of view, he advocates for expanding our exclusive focus on carbon emissions to see the broader picture beyond our short-sighted and incomplete approach. The rivers, forests, and creatures of the natural and material world are sacred and valuable in their own right, not simply for carbon credits or preventing the extinction of one species versus another. After all, when you ask someone why they first became an environmentalist, they're likely to point to the river they played in, the ocean they visited, the wild animals they observed, or the trees they climbed when they were a kid. This refocusing away from impending catastrophe and our inevitable doom cultivates meaningful emotional and psychological connections and provides real, actionable steps to caring for the earth. Freeing ourselves from a war mentality and seeing the bigger picture of how everything from prison reform to saving the whales can contribute to our planetary ecological health, we resist reflexive postures of solution and blame and reach toward the deep place where commitment lives.

Healing Lyme Stephen Harrod Buhner 2015 "Healing Lyme examines the leading, scientific research on Lyme infection and its tests and treatments, and outlines the most potent natural medicines that offer help, either alone or in combination with antibiotics, for preventing and healing the disease"--

Medicine of the Imagination: Dwelling in Possibility Imelda Almqvist 2020-10-30 The human imagination gives rise to the most beautiful man-made structures and creations on Earth: architecture, literature, theatre, music, art, humanitarian initiatives, moon landings and space exploration, mythology, science, they all require a large dose of imagination. We all live surrounded by the results of the imagination of our peers, and the creations of our ancestors. Without imagination there is no compassion, no moral compass and no progress. But without imagination there is also no fear of death. There are no premeditated murders or terrorist attacks; these rely on the human ability to imagine, to call up images and test-drive possible scenarios in the human mind. Once we get out the magnifying glass, we discover that the imagination is a double-edged sword. All of us together, humanity as a collective, are creating very confused and mixed outcomes: world peace remains elusive, wars rage and children starve. Addictions and pollution proliferate. Medicine of the Imagination: Dwelling in Possibility examines these issues and suggests that if we are to transcend religious wars, homophobia and medical "cures" worse than the diseases we face then it that it is our moral duty to engage our imagination in service to other people.

The Writers Directory 2013

The British National Bibliography Arthur James Wells 2006

Revaluing Social Work David S. Derezotes 2005 Challenges social work to reinvent itself in response to clients' changing needs in the world. This book covers the theories of science - global survival, ecology, physics, and evolution. It also covers the evolutionary technologies - biological, mental, environmental, and spiritual.

BBC Wildlife 2004

De uitvinder van de natuur Andrea Wulf 2016-06-09 Alexander von Humboldt (1769-1859) was een moedige ontdekkingsreiziger en de bekendste wetenschapper van zijn tijd. Hij had een grote honger naar avontuur en ontdekkingen, hij beklom de hoogste vulkaan ter wereld, reisde door Siberië, waar de bevolking aan miltvuur leed, en deed onderzoek in de meest afgelegen gebieden. Met zijn ideeën was hij zijn tijd ver vooruit. Andrea Wulf beschrijft zijn gedurfde expedities en geeft op toegankelijke wijze inzicht in zijn baanbrekende onderzoek naar de vorming van het landschap op verschillende continenten. Humboldt wist toen al dat menselijk ingrijpen effect heeft op het klimaat. Zijn gedachten werden aangescherpt door zijn vriendschappelijke relaties met Goethe en Jefferson, en vormden een inspiratiebron voor grootheden uit diverse disciplines, onder wie Darwin, Bolívar, Wordsworth en Thoreau.

The Lost Language of Plants Stephen Harrod Buhner 2002 "Enraged, Energized, Exultant. You won't know how to feel after reading Stephen Harrod Buhner's The Lost Language of Plants. This is a devastating expose about how we are polluting our environment with the pharmaceuticals that Western medicine has developed to heal us. We are ingesting Prozac, Premarin, and antibiotics whether we want to or not." "Yet, as we foul air and water with toxic residues, we overlook the power of the planet's natural healers, stabilizers, and chemists - plants. Buhner sees plants as fully sentient beings, adjusting and fine-tuning to the environment just as they have done for the past 500 million years. Until recently, humans shared the language of plants, but increasingly we have lost our ability to communicate with the natural world. Buhner shows us a path back to our shamanic roots."--BOOK JACKET.

The Lost Language of Plants Stephen Harrod Buhner 2002-03-01 This could be the most important book you will read this year. Around the office at Chelsea Green it is referred to as the "pharmaceutical Silent Spring." Well-known author, teacher, lecturer, and herbalist Stephen Harrod Buhner has produced a book that is certain to generate controversy. It consists of three parts: A critique of technological medicine, and especially the dangers to the environment posed by pharmaceuticals and other synthetic substances that people use in connection with health care and personal body care. A new look at Gaia Theory, including an explanation that plants are the original chemistries of Gaia and those phytochemistries are the fundamental communications network for the Earth's ecosystems. Extensive documentation of how plants communicate their healing qualities to humans and other animals. Western culture has obliterated most people's capacity to perceive these messages, but this book also contains valuable information on how we can restore our faculties of perception. The book will affect readers on rational and emotional planes. It is grounded in both a New Age spiritual sensibility and hard science. While some of the author's claims may strike traditional thinkers as outlandish, Buhner presents his arguments with such authority and documentation that the scientific underpinnings, however unconventional, are completely credible. The overall impact is a powerful, eye-opening expos' of the threat that our allopathic Western medical system, in combination with our unquestioning faith in science and technology, poses to the primary life-support systems of the planet. At a time when we are preoccupied with the terrorist attacks and the possibility of biological warfare, perhaps it is time to listen to the planet. This book is essential reading for anyone concerned about the state of the environment, the state of health care, and our cultural sanity.

Being Salmon, Being Human Martin Lee Mueller 2017 "Examines Western culture's ... alienation from nature by focusing on the relationship between people and salmon--weaving together key narratives about the Norwegian salmon industry as well as wild salmon in indigenous cultures of the Pacific Northwest"--Amazon.com.

Cultivating an Ecological Conscience Frederick L. Kirschenmann 2010-04-14 Theologian, academic, and third-generation organic farmer Frederick L. Kirschenmann is a celebrated agricultural thinker. In the last thirty years he has tirelessly promoted the principles of sustainability and has become a legend in his own right. Cultivating an Ecological Conscience: Essays from a Farmer Philosopher documents Kirschenmann's evolution and his lifelong contributions to the new agrarianism in a collection of his greatest writings on farming, philosophy, and sustainability. Working closely with agricultural economist and editor Constance L. Falk, Kirschenmann recounts his intellectual and spiritual journey. In a unique blend of personal history, philosophical discourse, spiritual ruminations, and practical advice, Kirschenmann interweaves his insights with discussion of contemporary agrarian topics. This collection serves as an invaluable resource to agrarian scholars and introduces readers to an agricultural pioneer whose work has profoundly influenced modern thinking about food.

Duistere ecologie Timothy Morton 2018

A Critique of the Moral Defense of Vegetarianism Andrew F. Smith 2016-04-29 Drawing on research in plant science, systems ecology, environmental philosophy, and cultural anthropology, Andrew F. Smith shatters the distinction between vegetarianism and omnivorism. The book outlines the implications that these manufactured distinctions have for how we view food and ourselves as eaters.

Bibliographic Index 2004

Invasive Plant Medicine Timothy Lee Scott 2010-08-13 The first book to demonstrate how plants originally considered harmful to the environment actually restore Earth's ecosystems and possess powerful healing properties • Explains how invasive plants enhance biodiversity, purify ecosystems, and revitalize the land • Provides a detailed look at the healing properties of 25 of the most common invasive plants Most of the invasive plant species under attack for disruption of local ecosystems in the United States are from Asia, where they play an important role in traditional healing. In opposition to the loud chorus of those clamoring for the eradication of all these plants that, to the casual observer, appear to be a threat to native flora, Timothy Scott shows how these opportunistic plants are restoring health to Earth's ecosystems. Far less a threat to the environment than the cocktails of toxic pesticides used to control them, these invasive plants perform an essential ecological function that serves to heal both the land on which they grow and the human beings who live upon it. These plants remove toxic residues in the soil, providing detoxification properties that can help heal individuals. Invasive Plant Medicine demonstrates how these "invasives" restore natural balance and biodiversity to the environment and examines the powerful healing properties offered by 25 of the most common invasive plants growing in North America and Europe. Each plant examined includes a detailed description of its physiological actions and uses in traditional healing practices; tips on harvesting, preparation, and dosage; contraindications; and any possible side effects. This is the first book to explore invasive plants not only for their profound medical benefits but also with a deep ecological perspective that reveals how plant intelligence allows them to flourish wherever they grow.

Ecological Restoration Law Afshin Akhtar-Khavari 2019-01-25 Ecological restoration is as essential as sustainable development for the health of the biosphere. Restoration, however, has been a low priority of most countries' environmental laws, which tend to focus narrowly on rehabilitation of small, discrete sites rather than the more ambitious recovery of entire ecosystems and landscapes. Through critical theoretical perspectives and topical case studies, this book's diverse contributors explore a more ambitious agenda for ecological restoration law. Not only do they investigate current laws and other governance mechanisms; they also consider the philosophical and methodological bases for the law to take ecological restoration more seriously. Through exploration of themes relating to time, space, geography, semiotics, social justice, and scientific knowledge, this book offers innovative and critical insights into ecological restoration law.

Ensouling Language Stephen Harrod Buhner 2010-08-23 The first comprehensive work on nonfiction as an art form • Shows how nonfiction, especially how-to and self-help, can take on the same power and luminosity as great fiction • Develops processes to reliably induce the dreaming state from which all writing comes • Teaches the skill of analogical thinking that is the core perceptual tool for writers • Explores the subtle techniques of powerful writing, from inducing associational dreaming in the reader, to language symmetry, sound patterning, foreshadowing, feeling flow, and more Approaching writing as a sacred art, Stephen Buhner explores the core of the craft: the communication of deep meaning that feeds not just the mind but also the soul of the reader. Tapping into the powerful archetypes within language, he shows how to enrich your writing by following "golden threads" of inspiration while understanding the crucial invisibles essential to the art of both fiction and nonfiction: how to craft language with feeling and vision, employ altered states of mind to access the writing trance, clear your work by recognizing the powerful sway of clichéd thinking and hidden baggage, and intentionally generate duende--that physical/emotional response to art that gives you chills, opens up unrecognized aspects of reality, or simply resonates in your soul. Covering some very practical aspects of writing such as layering and word symmetry, the author also explores the inner world of publishing--what you really will encounter when you become a writer. He then shows how to develop a powerful and engaging book proposal based on understanding the proposal as a work of fiction--the map is never the territory, nor is the proposal the book that it will become. This book, written using all the techniques discussed within it, offers a powerful, experiential journey into the heart of writing. It does for nonfiction what John Gardner's books on writing did for fiction. It is one of the most significant works on writing published in our time.

Learning Their Language Marta Williams 2010-10-04 Almost everyone has had a moment when they've felt a connection to an animal. Animal communicator Marta Williams says this is the basis of animal communication and it's a skill anyone can develop. Williams's background as a scientist informs her logical step-by-step approach to learning the "language" of animals — a process combining mental imagery, visualization, deep listening, and tuning in to one's intuition. Practical advice and proven techniques are interwoven with inspiring real-life accounts. Williams also discusses ways to use these skills to find lost animals, help animals heal from injury or illness, and explore similar deep connections with nature and the earth.

EDRA; Proceedings of the Annual Environmental Design Research Association Conference Environmental Design Research Association 2005

The Landscaping Ideas of Jays Judith Larner Lowry 2007-04-16 This volume "celebrates the beauty, the challenges, and the rewards of growing native plants at home". Organized by season, the author offers guidance on how to plan a garden with birds, plants, and insects in mind; how to shape it with trees and shrubs, paths and trails, ponds, and other features; and how to cultivate, maintain, and harvest seeds and food from a diverse array of native annuals and perennials. She demonstrates to gardeners in California how to boost native plant diversity while attracting wildlife and conserving water.

Herbal Antivirals, 2nd Edition Stephen Harrod Buhner 2021-08-31 Viruses are smart, mutating, and becoming resistant to antiviral pharmaceuticals. Global crises such as COVID-19, SARS, and dengue feaver spread more quickly than we can develop medicines to fight them. Herbalist and best-selling author Stephen Harrod Buhner has studied the antiviral properties of plants for many years. In this comprehensive guide, he profiles the plants that have proven most effective in fighting viral infections and provides in-depth instructions for preparing and using formulations to address the most common infections and strengthen immunity, safely and naturally. The updated 2nd edition includes an expanded guide to COVID-19, including a review of the most up-to-date medical research and the plant medicines that have been found to be most potent in preventing infection, lessening the impact of the virus on the body, and addressing longer-term effects and co-infections. This publication conforms to the EPUB Accessibility specification at WCAG 2.0 Level AA.

The Permaculture Activist 2004

Farming for the Long Haul Michael Foley 2019 It's all but certain that the next fifty years will bring enormous, not to say cataclysmic, disruptions to our present way of life. World oil reserves will be exhausted within that time frame, as will the lithium that powers today's most sophisticated batteries, suggesting that transportation is equally imperiled. And there's another, even more dire limitation that is looming: at current rates of erosion, the world's topsoil will be gone in sixty years. Fresh water sources are in jeopardy, too. In short, the large-scale agricultural and food delivery system as we know it has at most a few decades before it exhausts itself and the planet with it. Farming for the Long Haul is about building a viable small farm economy that can withstand the economic, political, and climatic shock waves that the twenty-first century portends. It draws on the innovative work of contemporary farmers, but more than that, it shares the experiences of farming societies around the world that have maintained resilient agricultural systems over centuries of often-turbulent change. Indigenous agriculturalists, peasants, and traditional farmers have all created broad strategies for survival through good times and bad, and many of them prospered. They also developed particular techniques for managing soil, water, and other resources sustainably. Some of these techniques have been taken up by organic agriculture and permaculture, but many more of them are virtually unknown, even among alternative farmers. This book lays out some of these strategies and presents techniques and tools that might prove most useful to farmers today and in the uncertain future.

Flowerevolution Katie Hess 2016 "Explore the vast and beautiful world of flowers and learn how flower elixirs can be used to help us bring nature back into our everyday modern lifestyles. Packed with information, stories, reflections, and rituals, this interactive book is designed to open up readers to a fresh new world of magic and possibility. Flowerevolution reveals the secret healing powers of flowers, including ancient and modern methods for harnessing their unique qualities, like flower rituals, flower baths, and special applications for flower elixirs"--

The Third Plate Dan Barber 2014-09-11 'A must-read for anyone interested in food and the future' Yotam Ottolenghi Based on ten years of surveying farming communities around the world, top New York chef Dan Barber's The Third Plate offers a radical new way of thinking about food that will heal the land and taste incredible. The 'first plate' was a classic meal centred on a large cut of meat with few vegetables. On the 'second plate', championed by the farm-to-table movement, meat is free-range and vegetables are locally sourced. It's better-tasting, and better for the planet, but the second plate's architecture is identical to that of the first. It, too, disrupts ecological balances, causing soil depletion and nutrient loss. It just isn't sustainable enough to last. The 'third plate' offers a solution: an integrated system of vegetable, cereal and livestock production that is fully supported - in fact, dictated - by what we choose to cook for dinner. The Third Plate is where good farming and good food intersect.

Environmental Health Perspectives 1993

Earth Grief: The Journey Into and Through Ecological Loss

Stephen Harrod Buhner 2022-03-29 News reports appear every day now on the ecological state of our planetary home and the news is not good. Ecological systems are in terrible peril, species are dying by the millions, and global warming is getting worse. Increasing numbers of people feel the impact of this, feel some form of what is being called climate grief, ecological loss, or sometimes even solastalgia. Our species is entering a time of difficult and deep mourning. As environmentalist Leslie Head has said, "Grief will be our companion on this journey--it is not something we can deal with and move on." It will be with us for a long time to come. Stephen Harrod Buhner takes the reader on a journey into and through that grief to what is waiting on the other side, a place that Viktor Frankl, Jacques Cousteau, Vaclav Havel, Elizabeth Kubler-Ross and so many others have found. It's where one becomes an engaged witness, alive to the losses that are occurring and the grief that is felt but is not overcome by them. Then he travels into and through the common feelings of guilt and shame (feelings that are put on so many but in actuality belong to very few) that come from ecological devastation. From there Stephen moves deep into what occurs when those we love die, when the planetary landscapes, forests, fields and rivers that are engraved into our deepest selves are lost, when we are forced to travel into the territory of death and loss and deep grief ourselves. Throughout it, Stephen draws on his studies with Elizabeth Kubler Ross and others who worked with the dying, his years as a psychotherapist, extensive work with the chronically ill, and deep immersion in and relationship with plants, wild ecosystems, and this living planet that is our home. At journey's end what arises is not the optimism of false hope (as Greta Thunberg calls it) but a deeper and more realistic hope, one that is intimately entangled with gravitas and the journey through loss. It's born from the heart's integration of grief and a deep faith in the green world, in this planet from which we have emerged, and in the new life that comes with every spring. Stephen's book is written with the exquisite prose style, intimacy, depth of insight, and engaged storytelling for which he is known. No one who reads it will remain unmoved or ever again feel as if they are alone in the grief they feel for what is happening to our home.

Het verborgen leven van bomen Peter Wohlleben 2016-03-29 In het bos gebeuren verbazingwekkende dingen: bomen communiceren met elkaar. Bomen die niet alleen liefdevol voor hun nageslacht zorgen, maar ook voor hun oude en zieke buren. Bomen met emoties, gevoelens en een geheugen. Moeilijk te geloven? Misschien, maar het is waar! Boswachter Peter Wohlleben vertelt fascinerende verhalen over de onverwachte en ongelooflijke vaardigheden van bomen. Hij combineert de laatste wetenschappelijke inzichten met zijn eigen ervaringen uit het bos, en creëert zo een opwindende nieuwe kennismaking met levende wezens die we dachten te kennen, maar nu pas echt leren begrijpen. En zo betreden we een compleet nieuwe wereld... Het geheime leven van bomen is een onweerstaanbare liefdesverklaring aan het bos.

Garden of Equal Delights

Anni Kelsey 2020-06-22 A guide to the practice and principles of forest gardening

The Chelsea Green Reader Benjamin Watson 2014-12-15 Chelsea Green, the Vermont-based independent publisher, has always had a nose for authors and subjects that are way ahead of the cultural curve, as is evident in this new anthology celebrating the company's first thirty years in publishing. The more than one hundred books represented in this collection reflect the many distinct areas in which we have published–from literature and memoirs to progressive politics, to highly practical books on green building, organic gardening and farming, food and health, and related subjects–all of which reflect our underlying philosophy: .The politics and practice of sustainable living.. The Chelsea Green Reader offers a glimpse into our wide-ranging list of books and authors and to the important ideas that they express. Interesting and worth reading in their own right, the individual passages when taken as a whole trace the evolution of a highly successful small publisher–something that is almost an oxymoron in these days of corporate buyouts and multinational book groups. From the beginning, Chelsea Green's books were nationally recognized, garnering positive reviews, accolades, and awards. We've published four New York Times bestsellers, and our books have set the standard for in-depth, how-to books that remain relevant years–often decades–beyond their original publication date. .Chelsea Green was born from a single seed: the beauty of craft. Craft in writing and editing, in a story well told, or a thesis superbly expressed,. writes cofounder and publisher emeritus Ian Baldwin in the book's foreword. Today, craft continues to inform all aspects of our work–design, illustration, production, sales, promotion, and beyond. It has even informed our business model: In 2012, Chelsea Green became an employee-owned company. With the rise of the Internet, new media platforms, and a constantly shifting bookselling landscape, the future of publishing is anything but predictable. But if Chelsea Green's books prove anything, it is that, despite these challenges, there remains a hunger for new and important ideas and authors, and for the permanence and craftsmanship of the printed word. Today our ongoing mission is stronger than ever, as we launch into our next thirty years of publishing excellence.

Het boek van vergeten woorden Pip Williams 2020-08-04 VERKOZEN TOT BOEK VAN DE MAAND DOOR REESE'S BOOK CLUB, DE ONLINELEESCLUB VAN REESE WITHERSPOON Esme wordt geboren in een wereld van woorden. Moederloos en onbedwingbaar nieuwsgierig brengt ze haar tijd door in een schuur waar haar vader en een team toegewijde mannen woorden verzamelen voor de allereerste Oxford English Dictionary. In een houten koffer van haar vader vindt ze woorden die verkeerd gesorteerd, weggegooid of genegeerd werden en ze geeft ze een plek in haar eigen boek van vergeten woorden. De woorden helpen Esme de wereld beter te begrijpen. Een betoverend boek over de kracht van woorden.

Property Rights V. Endangered Species: The American Dream and the Common Good Charles Timothy Shates 2005

An Ecology of the Self and Other Wild Thoughts

Ruth Elizabeth Goldstein 2009

De stem van de plant Monica Gagliano 2019-08-13 De stem van de plant van wetenschappelijk onderzoeker Monica Gagliano bewijst dat planten en bomen met elkaar communiceren en een heel eigen leven leiden. Aan de hand van vele onderzoeken en experimenten laat zij zien dat planten en bomen wel degelijk kunnen luisteren, leren, overleggen en beslissen. Ze beschikken over vaardigheden die we – volkomen onterecht – tot nu toe alleen aan onszelf en aan dieren toeschreven. En waarom zou het ook anders zijn? Het is tijd dat wij ons botanisch bewustzijn vergroten en gaan luisteren naar de plant. Dat is namelijk de hoogste tijd, zegt die plant, want onze natuurlijke omgeving verdient veel meer respect dan we haar nu geven. Een aanrader voor de lezers van Peter Wohlleben.

Spiritually Oriented Social Work Practice David S. Derezotes 2006 This book equips social workers with a practical, theoretical framework for spiritually-oriented micro and macro level practice with traditional social work populations and problems. Case studies in every chapter illustrate the methods described, so students can immediately apply practical examples to their work.Study questions in each chapter ask students to explore their professional and spiritual self, in an effort to help them discover and develop their own "conscious use of (spiritual) self," which is essential to their effectiveness in practice.

Leren luisteren naar dieren Marta Williams 2014-09-05 Dieren willen dat we luisteren naar wat ze te zeggen hebben. Hun leven (en dat van ons) wordt zoveel meer de moeite waard als we weten waarom dieren zich soms zo vreemd gedragen, dat ze pijn hebben en wat we daaraan kunnen doen. Het is mogelijk om te communiceren met dieren en met de natuur. Marta Williams was nogal sceptisch toen ze deze stelling voor het eerst hoorde, want zij was wetenschappelijk geschoold. Inmiddels weet ze niet alleen dat het waar is, maar ze weet ook dat iedereen deze intuïtieve manier van communiceren kan leren. 'Ik toon je eerst hoe je moet praten zodat je ook werkelijk gehoord kunt worden door het dier. En dan, via een reeks simpele en effectieve oefeningen, laat ik je zien hoe je intuïtief hun antwoord kunt horen. En dat geldt voor mijn dieren, jouw dieren en de dieren van je vrienden en kennissen. Je krijgt van mij de technieken aangereikt om je te helpen concentreren en ik laat je zien hoe je kunt controleren of het klopt wat je hebt gehoord. Ook vertel ik meer over hoe we contact kunnen maken met dieren die er niet meer zijn. Mijn boek is rechttoe rechtaan en ik sta met mijn beide benen op de grond. Ik heb met prezier gemerkt dat mensen van allerhande verschillende achtergronden met mijn aanwijzingen resultaten boeken. Ik heb heel erg dol op dit werk en gun iedereen het plezier van communiceren met de dieren waarvan ze houden.'

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