



## Shamanic Quest for the Spirit of Salvia: The Divinatory, Visionary, and Healing Powers of the Sage of the Seers

By Ross Heaven

Park Street Press. Paperback. Condition: New. 264 pages. Dimensions: 8.9in. x 5.9in. x 0.7in. The first practical guide to the transformative uses of salvia. Explains how salvia connects you with your higher purpose and aids you in envisioning your unique path in life. Describes appropriate methods of use, a shamanic diet to increase effectiveness, and the meaning of the symbols experienced during salvia's ecstatic embrace. Explores recent clinical research into salvia's long-term positive psychological effects and its potential as a treatment for Alzheimers, depression, and addiction. Salvia divinorum has been used since ancient times by the Mazatec shamans of Mexico for divination, vision quests, and healing. Known by many names--nearly all associated with the Virgin Mary, who has come to symbolize the spirit of salvia--this plant ally is now regarded as the most powerful natural hallucinogen. Providing the first practical guide to the shamanic, spiritual, and therapeutic uses of salvia, Ross Heaven shares his in-depth quest to connect with the spirit of this plant teacher. He explores recent clinical research into its many long-term psychological effects, such as increased insight and self-confidence, improved mood and concentration, and feelings of calmness and connection with nature, as well as salvia's potential for combating...



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