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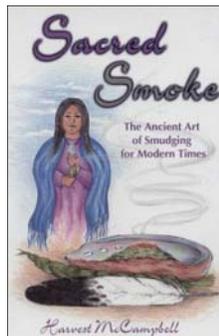
## A SAMPLE OF SOME BOOKS ON SMUDGING

### Sacred Smoke

The Ancient Art of Smudging for Modern Times  
By Harvest McCampbell  
127 pages \$9.95

Smudging is the burning of herbs as a spiritual practice. In this new edition of her classic book on smudging, Harvest McCampbell explains and illustrates this integral part of traditional Native American life. She also offers valuable advice on how to reclaim your own traditions and find your personal healing rituals. Learn how to make smudging sticks and identify, collect, and grow a wide range of sacred plants for smudging: Balsam Fir, Bayberry, California Bay, Cedar, Desert Sage, Epazote, Fennel, Hemlock, Juniper, Mint, Mugwort, Mullein, Pine, Spruce, Sweet Grass, Uva Ursi, Wild Tobacco, Yerba Santa, and Gum, Resin, Root & Sap. Includes information on buying herbs for smudging, sources of smudge herbs, and internet sources for more information on smudge herbs. Harvest McCampbell began her studies of herbs, smudging, and ritual with her Iroquois Oswegatchie grandmother. Her years of experience make her uniquely skilled at teaching the gathering of herbs for medicine and ceremony in a Sacred Way—through communication with the plants.

1-57067-117-6 Treasure Chest

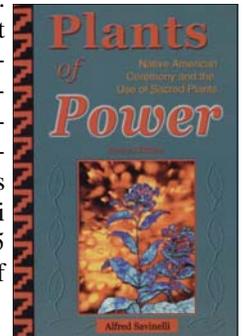


### Plants of Power

Native American Ceremony and the Use of Sacred Plants  
By Alfred Savinelli  
128 pages \$9.95

*Plants of Power* is a guide to the sacred plants traditionally used by Native Americans and other indigenous people. It is an excellent tool for those seeking to connect more fully with the mysterious world of plants, animals, and Spirit. For thousands of years Native cultures have used plants to heal physical and spiritual ailments. Highlighted here are 14 significant plants, with information on their properties, growing conditions, and medicinal applications, along with descriptions of Native American ceremonies and rituals in which these plants play a ventral role. Alfred Savinelli has wildcrafted plants formore than 25 years and is an active defender of plant rights and indigenous wisdom.

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### Sacred Sage - How It Heals

By Silver Wolf Walks Alone  
29 pages \$6.00

*Sacred Sage* was written to honor the Spirit of the sagebrush. This book was written in two parts. In the first part, the author shares her experiences with the physical uses of the sagebrush and its healing abilities. In the second part, she shares the spiritual messages received during meditations with the sagebrush and through using it in her own life. She describes the smudging ceremony and the tools used, the ceremonial gathering of the sage, how to make sage sticks, how to prepare and store loose sage, the medicinal and other uses of sage, and her own spiritual healing.

0-9640229-0-7 Treasure Chest

