## Hoodoo Herb And Root Magic By Catherine Yronwode

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this is the first book of its kind presenting accurate botanical information about roots and herbs employed in conjure with sample spells that will show you how to make and use your own mojo bags spiritual baths and incenses 500 herbs roots minerals and rare zoological curios 750 traditional spells tricks and magical recipes 50 black and white illustrations

herbal and magical medicine draws on perspectives from folklore anthropology psychology medicine and botany to describe the traditional medical beliefs and practices among native anglo and african americans in eastern north carolina and virginia in documenting the vitality of such seemingly unusual healing traditions as talking the fire out of burns wart curing blood stopping herbal healing and rootwork the contributors to this volume demonstrate how the region s folk medical systems operate in tandem with scientific biomedicine the authors provide illuminating commentary on the major forms of naturopathic and magico religious medicine practiced in the united states other essays explain the persistence of these traditions in our modern technological society and address the bases of folk medical concepts of illness and treatment and the efficacy of particular pratices the collection suggests a model for collaborative research on traditional medicine that can be replicated in other parts of the country an extensive bibliography reveals the scope and variety of research in the field contributors karen baldwin richard blaustein linda camino edward m croom jr david hufford james w kirland peter lichstein holly f mathews robert sammons c w sullivan iii

recent research has repeatedly confirmed that it is not the technique nor the theory but the interaction between therapists and clients that creates change in clients this practical guide outlines the ways in which psychotherapists can find new methods of moving their therapy sessions toward dynamic healing interactions by shifting away from an overreliance on techniques and theories the art of creating a magical session discusses the key elements needed to create the interaction conditions for transformational therapeutic change to occur using a conceptual approach to client transformation the book draws from a diverse range of sources including indigenous traditions and rituals as well as the latest research on the common factors that contribute to success in the therapy room each chapter focuses on educating and inspiring mental health professionals to easily adapt and apply creative and resourceful approaches to help their own clients begin inner transformations with case studies and narratives woven throughout this accessible guide will support mental health practitioners as they approach their practice in new ways and achieve deeper and more magical therapy sessions it will be valuable reading for psychotherapists psychologists social workers and counselors

powerful attraction in one small bag cultures worldwide have long incorporated small bags containing herbs stones and other sacred items as part of their belief systems whether to ward off evil protect them while traveling or to attract positive elements into their lives egyptians carried amulets for protection native americans wore medicine bags filled with healing herbs and african americans collected sticks stones roots and bones inside flannel bags and called them mojo or gris gris gris and sachet bags are in essence a prayer or magical spell you can carry with you magic s in the bag explores this history plus offers 75 simple spells to create your own gris gris bag including bags for prosperity safe travel contacting spirits protection and more you II get tips on which plants to use what stones are appropriate what spells work best for phases of the moon even how to grow a gris gris garden jude bradley is a writer editor producer and teacher she also works as a spiritual consultant using card readings mediumship and energy guidance in her practice jude lives in the boston area a native of new orleans cheré dastugue coen is a freelance journalist teacher and author of both nonfiction books and a paranormal mystery series under the pen name of cherie claire

hoodoo voodoo and conjure are part of a mysterious world of african american spirituality that has long captured the popular imagination these magical beliefs and practices have figured in literary works by such authors as toni morrison alice walker and ishmael reed and they have been central to numerous films such as the skeleton key written for students and general readers this book is a convenient introduction to hoodoo voodoo and conjure the volume begins by defining and classifying elements of these spiritual traditions it then provides a wide range of examples and texts which illustrate the richness of these beliefs and practices it also examines the scholarly response to hoodoo voodoo and conjure and it explores the presence of hoodoo voodoo and conjure in popular culture the volume closes with a glossary and bibliography students in social studies classes will use this book to learn more about african american magical beliefs while literature students will enjoy its exploration of primary sources and literary works

explore the magical properties of 90 herbs a sourcebook for all your botanical needs magical herb compendium features the knowledge and skills required to create your own apothecary alongside a plant description each profile lists common names spiritual uses folklore and any relevant cautions it also features a meditation spell and anecdote from the author s personal practice offering more than just an encyclopedia of plants aurora covers the history of magical herbalism based on ancient manuscripts hieroglyphics and cuneiform tablets she helps you intuitively determine a plant s magical uses and teaches proper methods for collecting preserving and storing your specimens you will advance your expertise with magical recipes and discover how to make formulas of your own this comprehensive resource builds your confidence with plants like burdock calendula cinnamon cowslip and thorn apple with associations to astrology deities angels and spirits you can easily infuse more plants such as foxglove hops myrrh and oak into your daily and magical life

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an underemployed skateboarding party animal colby buzzell traded a dead end future for the army and ended up as a machine gunner in iraq to make sense of the absurd and frightening events surrounding him he started writing a blog about the war and how it differed from the government s official version but as his blog s popularity grew buzzell became the embedded reporter the army couldn t control despite its often hilarious efforts to do so the result is an extraordinary narrative rich with unforgettable scenes the iraqi woman crying uncontrollably during a raid on her home the soldier too afraid to fight the troops chain smoking in a guard tower and counting tracer rounds the first fierce firefight against the men in black drawing comparisons to everything from charles bukowski to catch 22 my war depicts a generation caught in a complicated and dangerous world and marks the debut of a raw remarkable new voice

chronicling the underappreciated black tradition of bearing arms for self defense this book presents an array of examples reaching back to the pre civil war era that demonstrate a willingness of african american men and women to use firearms when necessary to defend their families and communities from frederick douglass s advice to keep a good revolver handy as defense against slave catchers to the armed self protection of monroe north carolina blacks against the kkk chronicled in robert williams s negroes with guns it is clear that owning firearms was commonplace in the black community nicholas johnson points out that this story has been submerged because it is hard to reconcile with the dominant narrative of nonviolence during the civil rights era his book however resolves that tension by showing how the black tradition of arms maintained and demanded a critical distinction between private self defense and political violence johnson also addresses the unavoidable issue of young black men with guns and the toll that gun violence takes on many in the inner city he shows how complicated this issue is by highlighting the surprising diversity of views on gun ownership in the black community in fact recent supreme court affirmations of the right to bear arms resulted from cases led by black plaintiffs surprising and informative this well researched book strips away many stock assumptions of conventional wisdom on the issue of guns and the black freedom struggle

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