

"It is a rare gift to understand and relay the messages offered in the language of trees; this book contains primal language, originating in Africa, brought to us by this emissary of nature's spoken word."

—Malidoma P. Somé, elder, diviner, author of *Of Water and the Spirit: Ritual, Magic and Initiation in the Life of an African Shaman*

"A unique exploration of the forest that deepens our cultural awareness and enriches our connection with the green world. This important reference work belongs on the bookshelf of anyone serious about natural healing."

—Sandra Kynes, author of *A Year of Ritual: Sabbats & Esbats for Solitaries & Covens* and *Whispers from the Woods: The Lore & Magic of Trees*

Reclaiming traditions based on plants and herbs has never been more important than it is today. Widespread use of chemicals, hormones, and additives introduce unknown substances into our bodies. On a larger scale, our future on the planet depends on our ability and willingness to incorporate earth-friendly practices into daily life. Where better to look for natural remedies and soothing rituals than Africa? It is, after all, the Mother Continent, the birthplace of the entire human race, and the keeper of ancient earth knowledge.

No newcomer to these traditions, Stephanie Rose Bird explores the practical, spiritual, and historical aspects of trees in the heritage of African Americans and describes how we can adapt traditional practices to enrich our lives. The topics she covers are as diverse as a wood should be, including everything from hunting, gathering, and processing to natural divination, omens, signs, and forest medicine for wellness and beauty. Illustrated by the author, who is a professional visual artist as well as a practitioner of the traditions in the book, *A Healing Grove* will lead not only to personal healing but also to a lifestyle that will heal our earth.

STEPHANIE ROSE BIRD is the author of *Sticks, Stones, Roots, and Bones: Hoodoo, Mojo, and Conjuring with Herbs* and *Four Seasons of Mojo: An Herbal Guide for the Natural Home*. In addition to her work as a writer, an artist, and an independent scholar, she is a practicing herbalist and aromatherapist.

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African Tree
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for Body and Spirit

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