

# What others are saying...

“The first time I read *Plant Spirit Medicine*, I responded with amazement and delight. Cowan’s simple tone convinced me that he was truly telling stories that were more wondrous to me than Castaneda’s. These are not stories of power, they are stories of boundless love.”

—Conscious Choice

“Suffice to say, plant spirit medicine is not scientific medicine. Cowan, however, is the right person to tell scientifically oriented Americans that they may be overlooking the most amazing telecommunications system ever invented... Scientists around the world, in fact, are studying this phenomenon and are less apt to dismiss plant spirits; their research is showing that healing powers do appear to travel through space and time. Cowan’s work—and plant world—appear to deserve people’s attention.

—Natural Health

“Unlike herbalism, which uses the chemical properties of the plant to heal the physical body, plant spirit medicine, according to Cowan, is a ‘magico-religious rite, in which plant gods bestow their grace.’ It addresses the origin of illness rather than the disease itself. ‘For all practical purposes, illness takes root in the mind or the spirit anyway.’”

—New Age Journal

“...He is the perfect shaman for the disillusioned era in which we live. He’s the kind of mystic we believe—unflinchingly honest. In his book, he describes his own foibles and resists the temptation to romanticize his grizzled shaman mentors.”

—Intuition Magazine

“His clarity brings a level of truth and integrity to some of the more advanced forms of mindbody medicine which are completely beyond explanation, documentation and verification, yet speak of the highest potential of our race.

—Spirit of Change Magazine

*Plant Spirit Medicine* is of important spiritual magnitude. The information given here can help anyone to begin using these techniques and practicing plant spirit medicine.

New Age Retailer

“Reading this book provided me with a deeper glimpse of what is possible for me in my relationship to the natural world. In my years as a naturalist and educator, I have long experienced a mystical connection to plants, animals, rocks and water... Eliot Cowan has given me insight that this connection can reach beyond feeling, to dream, vision, song and healing. By using extensive interviews with a wide variety of healers, he supports and embellishes upon his own ability to seek counsel and guidance from the spirit inside plants—not ground up plant parts or smoked plants or plant juices, but plant spirits—to help him heal a wide variety of maladies.

—Ann Linnea,

Naturalist and author of *Deep Water Passage*

“The appeal of Cowan’s spin on medicine is obvious. He allows us to believe that the secrets of medical health can be found in the most simple and basic objects. Cowan’s plant spirit medicine embraces the nature from which our society has become removed. And unlike in-your-face, boss-you-around leaders of the 70s self-awareness movements, Cowan is soft-spoken, easygoing, and fiercely intellectual. He also hits on obvious truths that obsess all forward-thinking, positive-minded folks who recycle and go to Earth Day celebrations. Whenever Cowan returns to America he sees a nation in dire need of healing.”

—Chicago READER

“A treatment with Plant Spirit Medicine is an experience in gentleness and subtlety.”

—The World Times

“I think that this is probably the best of the books about white guys learning about traditional ways. He has really done his homework, served his apprenticeship.... He’s authentic.... Eliot really has my respect.”

—Hal Bennett

Author of *Zuni Fetishes* and *Follow Your Bliss*

“Eliot Cowan has charted the territory for a medicine of the past and the future. He restores one of the vital links which is the healing power behind our relationship with the plant world. His rediscoveries and teachings embrace the core of deep healing. This book is a great addition to the alternative medicine collections.”

—Malidoma Somé

Author of *Ritual* and *Of Water and the Spirit*

“This book is a call to a new awakening to the special bond between the human and the plant world. With clarity and wisdom, Eliot Cowan has crafted a fascinating narrative to open our eyes, heal our mind and bodies, and strengthen our spirits.”

—Thomas Leach

Chairman of the Dept. of Communicative Arts  
Pembroke State University

“Eliot Cowan, a self-described plant shaman, believes that if we make the effort to connect with plant spirits, they are more than willing to teach us how to heal ourselves.”

—Whole Life Times

“Eliot’s book brings a renewed sense of appreciation for the wisdom intelligence of nature. His sensitivity and receptivity offer inspiration to our own listening process. For if we don’t listen more effectively to the Spirit(s) of the natural world, how will we survive?”

—Tom Pinkson

Clinical Director of the Center for Attitudinal Healing