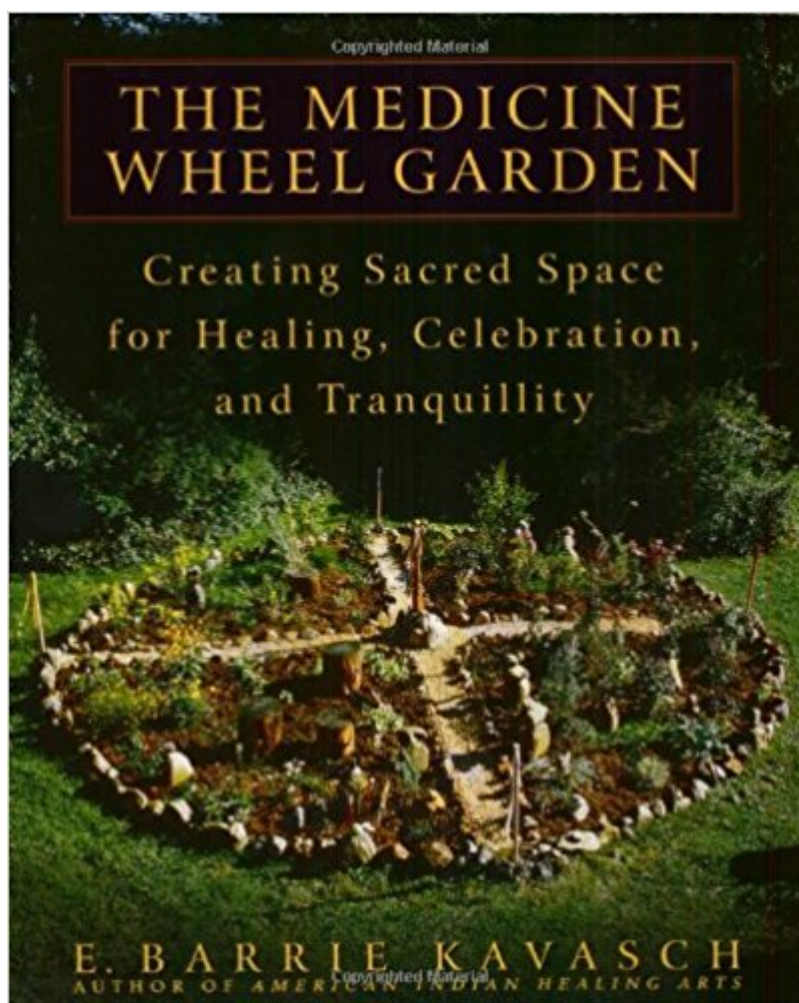


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# The Medicine Wheel Garden: Creating Sacred Space For Healing, Celebration, And Tranquillity



## Synopsis

The American Indian medicine wheel was an ancient way of creating sacred space and calling forth the healing energies of nature. Now, drawing on a lifetime of study with native healers, herbalist and ethnobotanist E. Barrie Kavasch offers a step-by-step guide to bringing this beautiful tradition into your own life--from vibrantly colorful outdoor circle designs to miniature dish, windowsill, or home altar adaptations. Inside you'll find:

- Planting guides for medicine wheel gardens in every zone, from desert Southwest to northern woodlands
- A beautifully illustrated encyclopedia of 50 key healing herbs, including propagation needs, traditional and modern uses, and cautions
- Easy-to-follow herbal recipes, from teas and tonics to skin creams and soaps--plus delicious healing foods
- Ideas for herbal crafts and ceremonial objects, including smudge sticks, wind horses, prayer ties, and spirit shields
- Seasonal rituals, offerings, and meditations to bless and empower your garden and your friends, and much more

Practical, beautiful, and inspiring, *The Medicine Wheel Garden* leads us on a powerful journey to rediscovering the sacred in everyday life as we cultivate our gardens . . . and our souls.

## Book Information

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## Customer Reviews

The transcendental nature of gardening is the focus of this pair of books. Both discuss humans' innate need to cultivate and nurture the earth. Ethnobotanist and herbalist Kavasch (*American Indian Healing Arts*) delves into Native American mystical symbolism to describe how to put together a garden that heals body and soul. He clearly explains the basic layout of a "medicine wheel" garden a circular arrangement built along axes running north/south, east/west, and even into

the air and into the ground and how to adapt it to every zone. Also covered are traditional plants and why certain colored plants belong in the different quadrants of the circle. He also offers an illustrated encyclopedia of 50 healing herbs, as well as recipes that incorporate those herbs. Norfolk, a retired English osteopath, uses a much less structured approach in his lovely meditation on the importance of gardening in today's hustle-and-bustle society. During his 40 years of practice, he observed that his happiest and healthiest patients were green thumbs. Here, he introduces his concept of the "soul garden." He draws from literature and scientific studies, among other sources, to back up his claim that, like Voltaire's *Candide*, people would be happier and less stressed out if they would just sit back and watch their gardens grow. Kavasch's book is recommended for public libraries whose patrons appreciate Native American mysticism and gardening; Norfolk's is recommended for all public libraries. Pam Matthews, M.L.S., Olmsted Falls, OH Copyright 2002 Reed Business Information, Inc.

In the wake of September 11, there seems to be a natural tendency to seek solace in comforting, "cocooning" activities. Fortuitously, the idea of "garden as sanctuary" is one whose time has come full circle, literally and figuratively. For Kavasch, this means harkening back to ancient times when Native American cultures revered "medicine wheel gardens," stone circles interplanted with healing herbs and other indigenous plants, creating sacred spaces whose mystical and mythical powers soothed the soul and calmed the spirit. An herbalist and ethnobotanist, Kavasch presents a comprehensive, step-by-step guide to how primitive traditions can have modern applications. Carol Haggas Copyright © American Library Association. All rights reserved

I'm taking my time reading this book so I don't really have anything detailed to say about its content. I meant to read it as I do many of my books, but there are always those that make one stop and ponder and this is one of them. I actually bought the book for the herbal information, with an eye to maybe creating a garden in our small patch of a yard and found that, as written, it is a meditation in itself. So I'm treating it as such because the information is provided in this quiet, serene approach that draws one's total attention and focus. A lovely, well-written book; worth taking my time to read.

I built a Medicine Wheel in a garden area I wanted to re-do recently and then saw this book. I have experience in different herbs and plants and thought I could make a good one. In fact, I did. However, I bought this book thinking I could get more ideas. I was right. This is a book I refer to often. Daily, when I first received it. Very informative. I could not put it down and the book traveled

with me everywhere for at the first 2 weeks. I remains a prominent part of my reference material.

This book helped us to create a medicine wheel in Lebanon CT at our community garden in town. I liked how detailed plants are listed in book and all the ideas for ground covers author provides. We created a 30 foot diameter wheel with a fire pit in center made of pavers and stone dust. we are in process of raising funds to add medicinal plants arranged by color to the wheel.

well done book, I got some good ideas. I have a small city lot and also have some physical limitations, so some things in the book are not possible for me, but I am just going to use basic ideas and build miniature size medicine wheels that still provide me with the sacred space and sacred energy that meet my needs.

Nice item, thank you

this book helps me understand the importance of observation and of using your intuition to guide you in creating amazing medicinal landscapes. I wish a new edition would be written with plants more suited to the southern, warmer regions of the country but with a little patience and time the information here can be applied to any place.

HIGHLY RECOMMEND, very inspiring and thought provoking. Price was well worth the value of information detail inside the book. Enjoyed the details of healing information contain within the book.

The book is interesting and talked about a wheel we had visited in Wyoming. Thank you.

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