



## Healing Grove: African Tree Remedies and Rituals for the Body and Spirit

By Stephanie Rose Bird

Chicago Review Press. Paperback. Book Condition: new. BRAND NEW, Healing Grove: African Tree Remedies and Rituals for the Body and Spirit, Stephanie Rose Bird, Exploring the practical uses, spiritual traditions, and historical aspects of trees in the heritage of African Americans, this therapeutic guide offers ways to rediscover and implement natural practices in 21st-century daily life. As diverse as a sacred wood, topics covered include everything from hunting, gathering, and processing to natural divination, animal omens, oracles, signs, and forest medicine for wellness and beauty. This instructional meditation teaches African, Caribbean, and African American traditions, symbols, rituals, ceremonies, and healing techniques for better health, beauty, and quality of life.



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