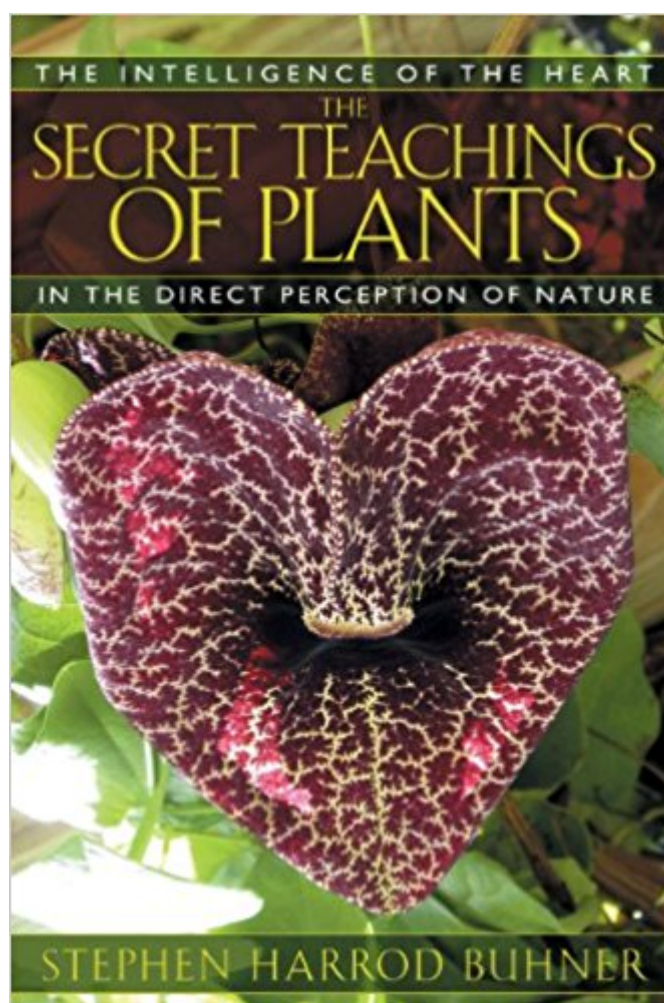


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# The Secret Teachings Of Plants: The Intelligence Of The Heart In The Direct Perception Of Nature



## Synopsis

Reveals the use of direct perception in understanding Nature, medicinal plants, and the healing of human disease

Explores the techniques used by indigenous and Western peoples to learn directly from the plants themselves, including those of Henry David Thoreau, Goethe, and Masanobu Fukuoka, author of *The One Straw Revolution*

Contains leading-edge information on the heart as an organ of perception

All ancient and indigenous peoples insisted their knowledge of plant medicines came from the plants themselves and not through trial-and-error experimentation. Less well known is that many Western peoples made this same assertion. There are, in fact, two modes of cognition available to all human beings--the brain-based linear and the heart-based holistic. The heart-centered mode of perception can be exceptionally accurate and detailed in its information gathering capacities if, as indigenous and ancient peoples asserted, the heart's ability as an organ of perception is developed.

Author Stephen Harrod Buhner explores this second mode of perception in great detail through the work of numerous remarkable people, from Luther Burbank, who cultivated the majority of food plants we now take for granted, to the great German poet and scientist Goethe and his studies of the metamorphosis of plants. Buhner explores the commonalities among these individuals in their approach to learning from the plant world and outlines the specific steps involved. Readers will gain the tools necessary to gather information directly from the heart of Nature, to directly learn the medicinal uses of plants, to engage in diagnosis of disease, and to understand the soul-making process that such deep connection with the world engenders.

## Book Information

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## Customer Reviews

Citing Goethe, Thoreau and other opponents of overweening rationalism, Buhner (Sacred Plant Medicine), a researcher for the Foundation for Gaian Studies, criticizes the Western "verbal/intellectual/analytical" "mode of cognition" that has suppressed the "holistic/intuitive/depth" cognition of "ancient and indigenous peoples." The antidote to our "linear" scientific mindset, he contends, is the cultivation of direct sensory perceptions through rapt observation of, and psychic communion with, plants until "the student and the plant interweave...[,] their two life fields entrained." Such emotional and spiritual connections to nature are feasible because, according to Buhner's discordantly scientific theory of all-penetrating cardiac electromagnetic fields, the heart is our main organ of perception and communication. These methods also apply to the "depth diagnosis" of human ailments through direct perception of patients ("Her chest caught my attention, standing forth of its own accord. Beckoning," he writes of a woman with asthma), which he uses in his healing practice. Buhner's romantic-transcendentalist critique of intellect often lapses into anti-intellectualism ("Keep your botany out of this!... Do not use big, scientific words!") and is undermined by his own murky resort to big, scientific words like "molecular self-organization" and "stochastic resonance." He does produce some evocative passages about real plants, but these are often buried under the loam of a New Age mysticism that only the already convinced will appreciate. Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved.

"Humanity's ultimate liberation lies in the realization of the radiant transcendental consciousness in which nature inheres that ultimate reality to which Buhner's excellent books always seem to be pointing us." (DharmaCafe, November 2011)"For homeopaths seeking to enhance their sensitivity to nature's energies, and to complement their understanding of existing proving information, "Secret Teachings" is an enlightening guide." (Hpathy.com, May 2010)"Buhner's writings are a powerful call for people to work together to restore the sacredness of Earth." (Brooke Medicine Eagle, author of Buffalo Woman Comes Singing)". . . Stephen Harrod Buhner reveals the use of direct perception in understanding nature, medicinal plants, and the healing of disease. . . . This book is a must read for any nature lover." (Share Guide, Mar-Apr, 2005)"Science and spirituality blend in an intriguing ecological assessment of what the plant world can teach us." (The Midwest Book Review, April, 2005)". . . how to achieve heart-based perception, and how to learn the medicinal uses of

plants directly from the plants themselves." (The Burlington Free Press, Feb. 27, 2005)

“Beautifully written, *The Secret Teachings of Plants* is a work of art--as much a poetical journey into the essence of plants as it is a guidebook on how to use plant medicine in our healing practices. Stephen Buhner is among the plant geniuses of our time. Like Thoreau and Goethe and Luther Burbank, the master gardeners and “green men” he so liberally quotes throughout, Buhner will be long remembered for his deep and introspective connection with the green world and for his ability to connect us to the heart of the plants through his teachings.” (Rosemary Gladstar, author of *Rosemary Gladstar’s Family Herbal* and founder of *United Plant Savers*)

“I learned more from part one of this magnificent book than from any source in years. Buhner writes of complex discoveries in neuroscience and neurocardiology with clarity and coherence. Encompassing the highest spiritual insights of such giants as Blake, Goethe, and Whitman, part two is worthy poetry in itself, offering readers a unique way to move into transcendent realms. Of the truly great books appearing today, *The Secret Teachings of Plants* is easily the most rewarding I have had the privilege of reading.” (Joseph Chilton Pearce, author of *The Biology of Transcendence*)

“In this wonderful book Stephen Buhner shows us that the heart is not a machine but the informed, intelligent core of our emotional, spiritual, and perceptual universe. Through the heart we can perceive the living spirit that diffuses through the green world that is our natural home. Required reading for all owners of a heart.” (Matthew Wood, herbalist and author of *The Book of Herbal Wisdom*)

“A must read for herbalists, healers, gardeners, nature lovers, and anyone who has ever been moved to tears by the everyday miracles of life.” (Susun S. Weed, author of *Healing Wise*)

“*The Secret Teachings of Plants* offers ways to bypass the linear intelligence of the brain and tap into the nonlinear intelligence of the heart. . . . enables people to gather information directly from nature for diagnosing and treating illnesses, as well as for developing connections with the natural world.” (Richard D. Wright, *Tranquil Things*, New Age Retailer, Holiday 2005)

“If you work directly with plants, as a gardener or in herbal and alchemical practices, and want to cultivate a more intimate view of them or simply want to better enjoy your time spent outside and among growing and green things, *The Secret Teachings of Plants* will help you do both. (Mark Stavish, *Institute for Hermetic Studies*, April 2006)

“This book is part poetry, part science . . . There is an energy that overcomes and refreshes.” (Loretta, *Widewest* blog, Feb 2010)

This book fundamentally changed my world perspective. I manage a university farm and am well versed in biophysical science. While the ideas in this book may be hard to verify through the

traditional scientific method, it provides insight into the mystical realm science cannot measure (yet). Buhner brings in some amazing examples, including Luther Burbank. As far as I'm concerned Burbank was a wizard plant breeder. The man developed more varieties of plants than anyone ever and he claimed to talk and communicate with his plants. His notes were indecipherable and he never had scientific "controls" but his results speak for themselves. We can communicate in ways many people have forgotten or become numb to. Regardless of the driving mechanism, simple tips like being observant, open minded, and setting clear intentions have benefits that transcend beyond plant breeding. I've read a lot of books on a range of subjects but this is the one I've gifted the most. If you've come this far, you should read the book.

This book is not primarily about plants at all. It's about us. About re-learning what our ancestors knew. About learning to fully inhabit our bodies and re-connecting with all our sources of wisdom. It's about coming home to our own hearts. Buhner lucidly and logically makes a case for how our hearts function as a sensory organ. Not pie in the sky woo woo, his arguments make biological sense. This book details nothing less than the anatomy of exactly how we can participate in our connection with all the living beings around us. Just as our ancestors did and contemporary indigenous peoples still do. This book will change your perception of what it means to be alive. Its message is vitally important for our world today. Everyone should learn what this book has to teach.

Buhner's book is divided between scientific reasoning in the first part and understanding from the heart in the second. I found this satisfied both my "need to understand" and my own heart-based insights. I loved the first part. I was thrilled by second part. I found that it perfectly describes a process I am experiencing which I arrived at through my own path. It was incredible to listen as he describes how to open to plants and what the experience is like. Reading the second part confirms what I am experiencing: as the heart opens and listens, plants do communicate, and we can listen and know. I also enjoyed the quotes, as I could recognize how the people he is quoting also know from the heart. The only thing I didn't love about Stephan's book were the exercises he proposes. Some are the usual "inner child" exercises we can find in many classes or books, others work on developing intuition. They are good basic exercises but do not seem specifically inspired by nor addressed to the process of opening the heart. Perhaps in a future book, Stephan will find a way to guide us more directly.

Have you ever read a book and said "oh, I finally understand!" I thought for many years I was crazy.

A traditional herbalist for well over 15 years now one is always learning. This book explains all that you are wanting to understand on what healing actually takes and means. Enjoy your journey.

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Awesome read, looking forward to reading more of his books. Recommend it to everybody. So much we aren't taught or don't know about the human body. He is an accessible author, well versed in his field. The world is a magical place and we are taught to be muggles.

Are you one of those people who feels something's not quite right, or like you don't belong, something's missing or just out of reach, or if people around you would just listen to what you have to say for one moment that they would see life, earth, and the world we are living in and a part of is exponentially more dynamic than your current existence? Then read this book & return to experiencing life primarily by HEART. This is an exceptional piece of inspirational work!!! HEARTfelt gratitude to Goethe, Thoreau, Luther Burbank, George Washington Carver, and of course the author of the book Stephen Harrod Buhner.

I absolutely adore this book. It is a combination of scientific information and poetic expression. I pick up the book - turn to any section and begin to read - just as the author, Stephen Buhner, advised me to do. I can't say enough about this book. It is a treasure for anyone seeking to live more deeply - to experience nature more profoundly from the heart.

Buhner's work connects the science of plant medicine with the healer's heart through his extensive knowledge and poetic language. His work enriches the herbalist's medicine bag with additional methods for addressing plant based health issues, well as connecting plant healing to environmental and ecological health in a universal sense.

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