

The Secret Teachings of Plants

"There is no way I can, in so brief a manner, express my gratitude, awe, and delight over this unexpected treasure. The title of this magnificent book did not prepare me for its vast and rich interior. I learned more from Part I alone than from any source in years. Buhner writes of complex matters with an admirable clarity and coherence, weaving the rich discoveries in neuroscience, neurocardiology, and the remarkable developments at HeartMath Institute, into a breathtaking view of life. Chapter 3, 4, and 5 could be published as a separate little treasure, a textbook that would open every child and adult to the richness within them. The second half of the book encompasses the highest spiritual insights of Wm. Blake, Goethe, Walt Whitman and such giants, and is worthy poetry within itself. For those hungry for knowledge of the higher worlds of which Rudolph Steiner wrote, Buhner offers an intriguing and unique way to open and move into these transcendent realms. There are truly great books appearing today, and Buhner's Secret Teachings of Plants is easily the most rewarding I have had the privilege of reading."

- Joseph Chilton Pearce

"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

"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, founder of United Plant Savers
and author of Herbal Healing for Women