

SMOKING HERBS FOR HEALTH & WELLBEING

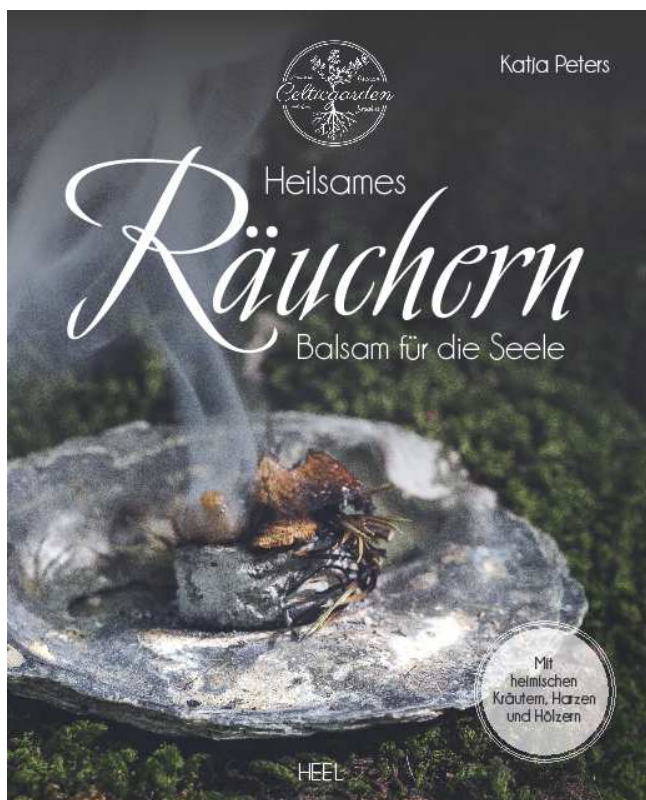
by Katja Peters

CONTENT:

Smoking herbs, resin or wood is an ancient and traditional part of popular magic. The author of this book is founder of *Celticgarden*, a website dedicated to wild herbs and self-sufficiency, and thus an expert in all things smoking. In her first book, she shares her profound knowledge with everyone interested in the subject.

After introducing 50 kinds of herbs being appropriate for smoking, she explains the different ways herbs and plants can be used for smoking all through the annual cycle, and also suggests maybe unknown methods like creating a smoking tree of smoking bowls.

Special emphasis is further put on the – maybe different - aims you want to effect by smoking: if not simply to relax and calm down, it may also serve as a way to revitalize and draw new energies, or even support you while looking for spiritual guidance, cleaning or protection.



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- many colour photographs
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