



Medicine for the Earth: How to Transform Personal and Environmental Toxins

Sandra Ingerman

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From cross-cultural legends recounting shamanic cures to the biblical accounts of the parting of the Red Sea and Jesus multiplying the loaves and fishes, many spiritual traditions are rich in stories about seemingly inexplicable transformations of the natural world. The ancient healing art of transmutation, in which toxic substances are transformed into "safe" substances, is mentioned in all the world's great spiritual traditions, including Hinduism and Taoism. And while many have tapped this body of work to heal the self, it has yet to be used to heal our environment.

For twenty years, Sandra Ingerman has studied alternative ways to reverse environmental pollution. In this book, Ingerman takes us on a remarkable journey through the history of transmutation, teaching us how we can use this forgotten technique to change ourselves and our environment. She provides us with creative visualizations, ceremonies, rituals, and chants derived from ancient healing practices that produce miraculous, scientifically proven results. In one dramatic illustration of what can be accomplished when consciousness and awareness fuel our actions, Ingerman describes her own success in transforming the nature of chemically polluted water.

From the Trade Paperback edition.



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