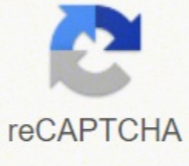




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Wise Woman Ways: Healing through Shamanic

Reading Response #1 - "Healing Wise" by Susan Weed  
Part of the Wise Woman Herbal series

Healing Wise has been one of the most conceptually challenging material that I can remember reading for some time. Consistently educated, I have sought out ways to break down my pre-existing thinking, shaped by western culture and civilization. I am finding ways to question said "norms" in society. Healing Wise is another level. I had to sit down and re-read phrases again, they settled in my mind. Absorbing the Wise Woman tradition corrected many of my traditional, westernized methods of thinking that I didn't even know were present until I read Susan Weed's description of them.

Susan Weed describes outlines the three major healing traditions that most medicine falls under. The Wise Woman tradition is what Julie's Shamanic Herbalism program falls under. It is the ancient way, that women in cultures across the globe have been using for thousands of years. Yet, it is rarely talked about, there are few set rules, and it is mostly a mindset, she describes in the introduction. The Wise Woman tradition heals through nourishment, and through creating allies and relationships with common and local plants; that is its primary purpose. The purpose of the Wise Woman tradition is not to fix. To heal is to create a story, create meaning, create wholeness. Even a blind person, or someone with a mental illness, or one confined to a wheelchair, can be healthy in the Wise Woman way. Illness or disease makes us wise, can be our teacher, and plunge us onto a new path. Instead of removing, forcing, or fixing, we seek wholeness, nourishment, and transformation in the Wise Woman tradition.



# PRACTICAL AYURVEDA

SECRETS FOR PHYSICAL,  
SEXUAL & SPIRITUAL HEALTH

# ATREYA

FOREWORD BY DAVID FRAWLEY



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