



Four Seasons of Mojo: An Herbal Guide to Natural Living

Stephanie Rose Bird

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The changing of the seasons can feel magical-greens changing to browns and golds, snow melting to show fresh buds. We all recognize these tell-tale signs, but few are aware of the powerful impact each season has on our spiritual lives. Four Seasons of Mojo infuses ancient techniques, rituals, and methods from around the world to use each season's inherent energies to supplement body, mind, and soul.

Designed to further spiritual practices by learning from neighboring cultures, this book provides readers with useful ideas unrestricted by geographic borders, ethnicity, religion, or magical path. Included are recipes and concepts from the Caribbean, African American soul food, Buddhist Meditation practices, sacred Hindu rites, Old European traditions, Australian Aboriginal dreaming lessons, and Native American wisdom.



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