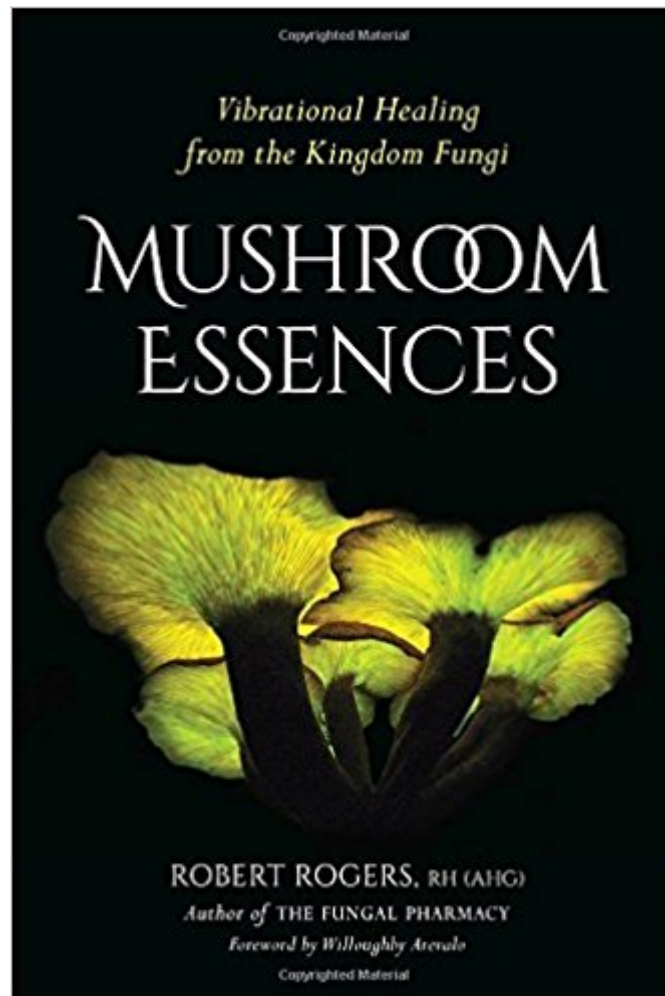




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# Mushroom Essences: Vibrational Healing From The Kingdom Fungi



## Synopsis

In this innovative contribution to the field of energy medicine, experienced mycologist and herbalist Robert Rogers offers an extensive guide to healing a range of physical, emotional, and psychological conditions with mushroom essences. Similar to flower essences, but made under a lunar cycle, mushroom essences work subtly to bring deep healing to the mind and body; they are particularly well suited for working with the "shadow" or unintegrated parts of the psyche. The book is organized as an easy-to-use alphabetical reference, with entries that outline how to create each essence, indications for usage, and healing effects. Along the way, Rogers provides enlivening stories of his personal experience using these remedies in clinical practice. A profound exploration of both the practical and mythopoetic qualities of the mushroom, this is a must-have for anyone interested in plant medicine, mycology, personal healing, or depth psychology.

## Book Information

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## Customer Reviews

"Mushrooms emerge from beneath the forest soil and from the trunks of old and dead trees—their mycelia decompose organic wastes and bring forth fruiting bodies that can heal us, nourish us, or transform our consciousness. In this beautiful book, Robert Dale Rogers outlines the ways in which the vibrational medicine of mushrooms can do the same thing for the human spirit—metabolizing what we hide in the shadows and helping us to bring forth the fruit of our own unique essences." Drawing on Rogers's decades of experience as an herbalist

and his encyclopedic knowledge of alchemy, flower essences, and a fungal ecology and pharmacology, *Mushroom Essences* is simultaneously infused with magic and eminently practical: a comprehensive guide to a new form of medicine."

—Sean Donahue, traditional herbalist and faculty member, Pacific Rim College

"I love this book. It is simple, easy to read, and user friendly, with case studies to illustrate the potential impact of each mushroom essence and a ready-to-use repertory. Robert Rogers provides an astute explanation of how each of us not only has a dark side or shadow side but must embrace it, not only for our own healing but for the healing of our planet."

—Sabina Pettitt, Dr. TCM, cocreator of Pacific Essences

"In *Mushroom Essences*, Robert Rogers points out how mushroom essences help us work with our shadow side and deal with the depths of human suffering and despair—something we must come to grips with on a worldwide level. This book is a must-read in order for us, as humans, to take up our rightful place within nature as true stewards instead of mere shadows of this honored position."

—Pam Montgomery, author of *Partner Earth: A Spiritual Ecology* and *Plant Spirit Healing: A Guide to Working with Plant Consciousness*

"Charting new territory and going where no one else has gone before always takes special courage and oversight. Within the realm of vibrational preparations, mushrooms and lichens have hitherto been almost entirely ignored. With his remarkable research, Robert Rogers gifts us with unprecedented insight into a neglected corner of energy medicine. Rogers presents several novel ways of essence preparation, showing his deep and sensitive communion with nature. Detailing the indications and uses of forty-eight new essences backed up with case histories, he poetically weaves together this must-read source of mushroom wisdom."

—Julia Graves, author of *The Language of Plants*

"If we are to reach our fullest potential, we must learn about and integrate the shadow. As difficult as this journey can be, we have been provided the means to be supported throughout it: the fungi. Robert Rogers's work with their intelligence in the form of 'essences' to augment this challenging journey is a poignant eye-opener—one many of us may not be ready for, but one we dearly need. *Mushroom Essences* provides a valuable toolkit for anyone on the herbal path towards psychospiritual health."

—James W. Jesso, author of *True Light Of Darkness*

"Soul connection, transformation, healing the traumatized psyche—these are the purview of mushroom essences. They transmute the dark elements of our injured minds and spirits to experiences and expressions of the authentic, joyous life that is our birthright. They speak healing truths to the body, mind, and spirit without harm or pain. In *Mushroom Essences* Robert Rogers gives us clear knowledge, means, and methods for personal freedom and wholeness."

—Sandra Dutreau

Williams, PhD, founder and director of Mushrooms for Well Being Foundation

Robert Dale Rogers has been an herbalist for over 40 years. He has a Bachelor of Science from the University of Alberta, where he is an assistant clinical professor in family medicine. He taught plant medicine, including herbology and flower essences, at MacEwan University for ten years, and presently in the Earth Spirit Medicine Program at the Northern Star College in Edmonton. Robert is past chair of the Alberta Natural Health Agricultural Network and Community Health Council of Capital Health. He is a Fellow of the International College of Nutrition, past chair of the medicinal mushroom committee of the North American Mycological Association, and on the editorial boards of the International Journal of Medicinal Mushrooms and Discovery Phytomedicine. Robert cohosts The Alberta Herb Gathering ([www.herbgatheringalberta.com](http://www.herbgatheringalberta.com)), held every other year. He lives on Millcreek Ravine in Edmonton with his beautiful and talented wife, Laurie Szott-Rogers, and an out-of-control cat, Ceres. You can email him at [scents@telusplanet.net](mailto:scents@telusplanet.net) or visit [www.selfhealdistributing.com](http://www.selfhealdistributing.com).

The knowledge in this book has been life changing for me and many around me. I had used the author's previous book, *The Fungal Pharmacy*, to learn about the medicinal properties of mushrooms and make mushroom based medicines for myself, family, and clients. However this book introduced me to a side of mushroom medicine I did not know existed, and had no idea could be so powerful. *Mushroom Essences* contains an amazing collection of research on a variety of mushrooms, describing not only the process by which the mushroom essences enter and work within the human body, mind, and spirit, but the specific character and properties of each mushroom's vibrational essence. The book also contains indications for use of each essence, and detailed preparation information for each as well. I was able to follow Rogers' instructions to make several essences; dosing recommendations are also provided. Myself and some of my community of clients and healers have had profound, life-changing experiences using these potions as an aid. In order to properly prepare some of the essences, I found that I needed to learn more about lunar signs and phases, something that I had not needed to factor in to more traditional tincture-based medicines. There are also some mushroom essences that require extended time and additional steps for preparation, Chaga as one example. I found that re-reading not only the basic preparation info, but the specific preparation info for each essence was very valuable, as Rogers does a great job of laying out each step in detail. From Rogers' work, I have been able to easily prepare and use essences made from quite a few of the mushrooms highlighted in this book. I am

still learning about much of the alchemical/homeopathic/vibrational concepts at work with this type of medicine, and will continue to enjoy my journey using this book as a guide.

I love this book so much, there is so much useful information even if you don't make any mushroom essences. Robert Rogers has really put all his life work into this book. His observations are so insightful, and every time I read this book, I learn something new. Do yourself a favor and read this book :)

good info. unfortunately, almost every recipe requires that a vial be attached to a wild mushroom (and left on) for a lunar cycle, which unfortunately for me in an urban area, is not very practical.

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