

Introduction to Plant Spirit Medicine



Healing Allies and Spiritual Guides from the Plant Kingdom

We have a time-honored tradition of giving flowers to those who are in need of healing or emotional support. It is also a common custom to share flowers as a symbol of our love or in celebration of accomplishment. This is our cultural intuition reminding us that flowers are important to our healing process. Our collective knowing is that plants assist transitions and human rites of passage.

When I was fifteen years old, I bought a book called *The Language of Flowers* at Harrods in London. I remember how excited I was to read about the symbolism of each flower and how each plant correlated to relationships and emotions. I must have been remembering my childhood connection to my Native American spirit guide, Senjunket. I remember seeing and communicating with him clearly from the age of four until I was around nine. He would take me in nature and show me different plants, telling me

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stories about them. My family knew all about Sejunket, the “imaginary” friend of a child who played alone all the time.

I didn’t “see” Sejunket in my mind after age nine and I didn’t think much about him throughout my twenties. He started showing up during healing sessions in my massage therapy practice later, though. I was delighted that the connection was still there and it made me realize he wasn’t a figment of my imagination after all—he was a spirit guide. It would be many more years before the plant spirits would find me again and make an even deeper connection.

My love affair with plant spirits began somewhere around 2005. That is my earliest recollection of intuitive messages coming from plants during healing sessions. Plants began showing up in my mind with characteristics, imagery and direct telepathic communication. Most of their messages were for the clients I was working with, at first. Then, plant spirits started teaching me personally and assisting me with healing myself. I don’t know why they started communicating with me when they did, probably because I was quietly working in my treatment room and I wasn’t trying to do anything at all. Maybe I was finally quiet enough and clear so I could listen by that point. The plants must have been able to get through to me because I was meditating more and learning how to raise my vibration. I was hungry to learn everything I could about energy healing at that point, so I called the plants to me without realizing it. You can summon plant consciousness to you, just the same.

However my relationship to the plant kingdom happened, it was real. Plant spirits made their way to me and changed my life. I entered into a sacred relationship that has enriched my experience and made me feel more alive every single day.

I didn’t connect with plants in a garden or on a hike, the plant spirits found me in my dark treatment room, Plants sought me out and courted me. When I started communicating with plants, I had no professional training on herbalism yet. I did have an extensive clinical certification in aromatherapy, but that just showed me how little I knew and how much I had yet to learn. Plant spirits are wise and powerful. I sit in humble respect as a grateful student of the plant beings. They have so much to teach us and I am in awe. I say all this to encourage you to ask for connections with plants, no matter where you are or what you know at this point

You have many choices available to you in how you can work with plants for spiritual healing:

*Sit with the plants and meditate with them. If you live in an urban area, find a park or botanical gardens. Hiking in parks to connect with plants worked well for me during the years I was seeing so many clients and could not grow my own plants and flowers.

*Work with flower essences. You can make your own floral remedies or purchase them.

*Eat an herb, vegetable, fruit or flower with consciousness and reverence. Each sensory experience of taste and nourishment can be a mini-ceremony. Expressing gratitude when connecting with plants goes a long way as you merge with that particular life force energy. We live in a culture where people constantly consume fear, greed and sadness. Since we ARE what we eat, creating synergy and becoming the plants helps us reach a new level of consciousness and beauty. We ask ourselves every day: Who do I want to be? The answer is in the food and beverage choices we make.

*Anoint a chakra center or body part with an essential oil

*Diffuse a flower essence or essential oil in your space

*Practice herbal body oiling for nervous system calming

*Take an herbal essence or infusion

*Take a shamanic plant journey

*Ask for a connection with your plant allies in the dream time

*Connect with the nature spirits and devic realms

*Incorporate plant offerings into ceremony through holy water, incense, smudge bundles, medicine bags, clearing sprays, hydrosols, medicine bundles, essential oils, or an offering of the entire plant or flower on your altar.

How Plants Talk To Us

Plant spirit communication happens in several different ways. Your style will be unique to you, your way will not be just like the way it works for me. You will develop your own language and communication style with your plant allies.

How does it work? You might feel driven to look up information about a particular plant you know nothing about and the urge can hit you out of the blue. Pay attention to this curiosity when it pops up out of nowhere. Someone is trying to communicate with you and share wisdom.

Many times, the plant comes through imagery in my mind. The plant spirit may present with human characteristics such as gender and personality. Of course, this is just how my mind makes associations about the energy of a plant, based on the experiences my brain has for reference. The plant spirit may appear loving and nurturing or stern and warrior-like. The messages are quite clear when a plant connects with me in this way and these beings do not mess around.

Never underestimate when a plant comes into your life in physical form. If someone gives you a plant as a gift or you keep receiving the image of a certain plant, this is happening for a reason; this plant wants to work with you. Plant teachers choose you at the right time.

***Herbs heal the body-Physical Template (1st level of the energy field)**

***Flowers heal the emotions-Emotional Body (2nd level of the field)**

***Cactus and fungi heal the mind-Mental Body (3rd level of the field)**

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