

HOW TO WORK WITH A PLANT

By Eileen Nauman

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Author of **Walking the Land**

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For eons, human have worked with plants, trees, flowers, bushes, moss, mushrooms/fungi to find out how they can help a human who is ill. Since the dawn of time, medicine people or herbalists, connected deeply with the plant to find out what it was good for, or whether or not one should partake of it as an herb at all. What could it heal in a human? Could it poison us? What symptoms could the plant cure in us? Could this plant kill a human?

My mother taught me the use of herbs from a very young age, and she was a generational herbalist in her mother's side of the family. She taught me how to 'talk' with plants. I am a family lineage trained shaman through my father's Eastern Cherokee side of the family. He began teaching me what had been passed down through generations, and it was simply known as a healing. It wasn't until I was about twenty-five, that I stumbled upon a book that literally flew off the shelf at a New Age bookstore in Pittsburgh, PA, and I picked it up. It was a book on shamanism written by a South American author. While reading it, I began to see parallels to what I was taught. Shamans are taught to do 2 things: bring back a message(or messages) and bring back lost/stolen pieces of energy and returned to their rightful owner.

I had always communed with Nature from flowers to trees to rocks, to anything that did or did not move. I always 'felt' them. That is where I became aware of telepathy. It is an IMPRINT of communication that includes feelings/emotions right along with it. And you can develop these senses by simply doing it more often...practice makes perfect. Valves in the right hemisphere where all the paranormal equipment is located, are gradually opened...the more you work with plants, the faster you will open up to a much broader and deeper communication with them.

So, let's get started! ANYONE can do this. You don't have to be a shaman or have some 'special' skill to do it. Everyone has the same paranormal equipment in the right hemisphere of their brain. In order to open it up, you have to use it and use it more than once a month. So, first, go find a plant to work with. Potted plants work just great. I would NOT use a bouquet of flowers. You want something that has roots to it and is living and growing.

Rule #1 EVERYTHING IN NATURE CAN COMMUNICATE WITH YOU AND VICE-VERSA. Just because people told you that was impossible? It's not. And there's more and more proof that plants indeed, do communicate with one another and us. They even sing!

Rule #2 If at first you don't succeed? Try, try, try again. Practice makes perfect. People who are empathetic or sensitive will find this easier than someone who is not. All this means is their psychic equipment is online to a degree and they're already utilizing some of its power. Do not get bummed out if you fail. When you fail? You try again, and again, and again.

Rule #3 FEAR is your greatest road block to doing this type of work. Fear of failure. Fear of looking "dumb" or "stupid" or "not smart enough" to do it. Baloney. There isn't a human being on this earth who can't do this work!

Rule #4 Be sure to have a small bag of cornmeal on you. Give a pinch of it to the plant. This is your way of opening up a pathway of communication to one another. It shows you are generous, that you are sincere, and that you value a connection with the plant. Then, choose a quiet room, no music, door shut, no pets, no shrieking bird, no children, no cell phone or electronics "on." Shut them all off. You tell your partner you're meditating and to leave you alone. When you come out of the room, you can talk to one another. HE is not to disturb you, not knock or make a loud noise or any way sabotage your efforts.

Rule #5 I'm going to send you a Plant Talk Worksheet (more on this later) via email. You will need to have it handy and you will need a pen or pencil and something to write on after you come back from your journey work inside the plant. You will need to fill this out upon your return.

Rule #6 Find a comfortable place to sit or lie down. A plant journey takes approximately 20 minutes or less. If you lay down, put a pillow under head, lay on your back, pillow under your knees. A lot of people get chilled, so put a blankey over you. Take your shoes off. Wear socks or booties to keep your feet warm. Do not wear a lot of jewelry (wedding ring is okay). Take off your watch and set it aside.

Rule #7 GROUND YOURSELF

HOW TO GROUND YOURSELF WITHIN YOUR PHYSICAL BODY

If you are unable to organize your life, and your home and office space are always messy, this is a symptom. If you do not have discipline to finish what you start, and are sometimes referred to as "spacy," forgetful, or a "space cadet," these are symptoms that you may be partially out of your body. The good news is that you can bring your astral body back into sync with your physical one, here is what you must do:

1. Find a quiet room where you will be uninterrupted for at least 15-20 minutes. Turn off the cell phone, no animals or people can be in the room, and put up a DO NOT DISTURB sign. Take off your shoes, lie down, and get comfortable on your back. If you have back problems, do not lie flat; usually bending your knees, feet flat on the floor, will help with this condition. If you have an injury that prevents you from lying down, then just sit comfortably somewhere that helps you relax.

2. Close your eyes. Do not cross your hands, legs, or ankles. If sitting in a chair, place your feet flat against the floor (you don't have to take off your shoes or socks). Take a deep breath through your nostrils and down into your abdomen. Release the breath slowly through your mouth. Do this three times in a row.

3. Visualize yourself lying down or sitting. Do your best, but don't struggle with this part.

4. Perceive your astral body (which is colorful like a rainbow) hanging about 12 to 24 inches above your head. You will see the head, neck, shoulders and arms of your astral body.

5. Visualize that your astral body is slowly moving up and out of the top of your head until your astral feet are hovering above the top of your head.

6. Then, slowly, with the force of your will, see the astral body return to your physical body. You will see the feet slide down through an opening in the top of your head and the rest of your body will move with it.

7. Continue to visualize the astral feet traveling down past your chest, your waist, your hips, down through your thighs, past your knees, into your calves until finally, the astral feet "lock" into place with your physical feet. Imagine a "locking in" or "docking" kind of sensation where there are invisible latches on the astral feet wrapping around and strapping into your physical feet. Some people actually feel it occur. But it will happen whether you feel anything or not.

8. As your astral feet lock into your physical feet, the rest of your astral body is already locking into place with your hands, arms, fingers, and the rest of your physical body.

9. Imagine at the top of your head that there is a circular "lid." It is open, allowing your astral body to fully slip back into your physical body. Watch as this lid slowly closes over the top of your head once your astral body is locked into place. About an hour later, this lid is actually the opening for the crown chakra and will automatically open and close as it runs energy to "feed" your aura and physical body—so don't worry if it comes open and then closes. That's normal. Your astral body will remain locked in and within you.

10. You may now open your eyes and adjust to the here and now. You may feel a bit 'different,' and perhaps a little heavier or weighted—this is a good sign that your astral body is now completely in alignment with your physical form. Give yourself a few

minutes to adjust to this new sensation. When you feel ready, stand up. Take your time, it may feel different at first so give your physical and astral bodies a chance to adjust.

HOW TO TAKE A PLANT JOURNEY

It doesn't matter where in the house your potted plant is located. Distance doesn't exist in 4D (4th dimension +) which is where you will be operating within. You do not need to bring the plant into this room. If it is there all the time, that's fine. Or, if you go outside and sit on the ground with a plant, that's fine, too. Whatever suits your particular circumstance.

*At the count of 1, 2, 3, 4, 5, find yourself growing smaller than the plant you are working with. Just count the numbers slowly in your head. Some may feel your body "shrinking" as you count. Find yourself standing in front of the plant. It will be much taller and larger than you are, which is perfect for a journey into it.

*Introduce yourself by name. Tell the plant why you're visiting it: I'd like to know if you are good for a human being to use. Ask the plant if you have its permission to enter the stem where it meets the soil/ground. If a 'yes' then see yourself walking forward into the stalk, dissolving into it and then standing in the middle of the stem. This will happen automatically. If a 'no,' then thank the plant for its time, give a second pinch of cornmeal, and find another one. Do not be angry or upset with the plant. They have a right to put out their boundary on us because they are a living being—just like us.

*You are now IN the plant. Thank the plant mental telepathy-wise, for allowing you to enter her/him/it. Please ask the plant its name. (Plant names are usually phonetic or sing-song, and they are not like human/English language names). Look around and "feel" the plant. They have emotions just like us so what is the feeling around the plant right now? What color is the stem? Are their fluids moving in it? Is the fluid a particular color(s)? Remember these things. Using mental telepathy, thank the plant for allowing it to allow you into it. Ask the plant what it does for human beings. Can some part of it be used for tea? A poultice? An ointment? A salve? What are the roots used? And if so, what are they used for? What part of the human body will it support and heal? What else does the plant wish you to know? If you are familiar with the chakra system? Ask them what is the primary chakra that the plant focuses on? It's important to ask questions. Plants are just like people, personality-wise. Some are quiet, some chatty, some shy, some extrovert, etc. Find out who you are dealing with and be respectful and treat the plant as your EQUAL. Some plants take a long time to answer. Some don't. Do not bully them, do not nag them or in any way use your negative human emotions

around them. They won't ever speak to you again. The best way to approach any plant, no matter how large or small, is with your HEART and your love. Humility and being humble, as well as respectful, is the best posture you can take. The plant knows more than you ever will about itself, so place them on a pedestal of respect and that you are student, coming to learn from them. THEY ARE YOUR TEACHER; not the other way around. Be SURE to leave a pinch of cornmeal as a "thank you" for the plant's participation.

*Ask permission to travel up into her leaves or into her bud or flower. Also, check out the roots, go down and be among them. Look at the type of roots they are. Look at the surrounding soil. Why type is it? Look at both sides of her leaf. Are they the same color or two different colors? Is there a soft hair on the stem or leaves? Or stiffer ones? Or are their thorns? Your questions are contained on the Plant Journey Form.

*Before you exit the plant the way you came into it? Ask the plant what you can do for it. After all, she or he has given you a great deal of information; you need to return the favor because it's not a one-way street...both beings have to benefit from this. Sometimes, they will ask for more water. Or they will wish for some natural fertilizer (such as horse manure). Or wish for better soil (especially if they live in clay soil, it almost always needs a soil amendment of lots of sand to help it have better drainage and more ease of root growth, are some examples. Before you leave, fill out your Plant Journey Form and take lots of photos with your cell phone or camera, of the plant.

Ask if you can come back and ask more questions of the flower. The flower will let you know one way or the other. If it does ask you back, it is an honor. I always ask if I can return and ask more questions if I've forgotten some of what I asked about. Once you see yourself move outside the stem and are standing in front of the plant once more in your miniaturized form? Count 1, 2, 3, 4 and 5 and see yourself assume your regular shape, height and so on. You may feel an expansion energy as it happens, (like a sponge absorbing water and growing larger sensation) so don't worry about it; it is normal to feel these sensations. Once back to the "here and now," pick up your Plant Journey Form and fill it out to the best of your memory. It's important to do this as soon as you come back to your normal size. People who are not used to communicating in 4D+ often forget 3/4ths of what they were given. This memory ability will improve with time and practice.

*When you go back a second time you do not need to miniaturize yourself and get permission from the flower to move into her stem. From now on just bring the plant a pinch of cornmeal, sit in a chair (or if you're outside, on the ground) in front of it. The plant will recognize you. Use its name, give her a pinch of cornmeal, sit down and ask

her if it's all right to talk to her, that you have more questions for her. The plant will tell you yes or not.

*After the initial journey? You don't need to keep taking journeys inside it, unless of course, the plant invites you to do that. I only journey into a plant to understand what it's good for or not, to a human being or animal, like a dog or cat. After that, it is what I call "face-to-face" dialog and further meetings with the plant. You may find a plant that you want to return to and meditate with (with its permission, of course). I hope you keep a journal on anything you communicate about. Knowledge is important. Especially if you are an herbalist. Always cross-check information the plant gives you with human/book resources or sources. I have found in my own work with plants and later go to cross-check the info they gave me, that there is agreement. That's when you know you aren't "making it up" and that you have a genuine connection with that plant.

*You will be drawn to certain plants, bushes, trees, rocks, geographic terrain. When it comes to plants or mushrooms, be sure you are not dealing with a hallucinogenic type. You can carry a small plant identification book on you if you are out in the field. The reason that you should not deal with them is that they are the most powerful in the Plant Nation. It requires YEARS of work to have the experience necessary to work with them—if they will work with you at all. In my experience, Datura is the most powerful hallucinogenic herb I've encountered. Datura is also poisonous...and many times, hallucinogenic plants are poisonous and can kill you. Lots of reasons NOT to work with them. Get at least 5-7 years of plant journey work under your belt before you approach one of these powerful queens of the plant world. They don't suffer fools, either. They, above all plants, know the protocols you humans are supposed to know before you ever think about approaching one, how you behave toward it, etc. I've seen a Datura, when displeased with a human who is wanting something from her that she doesn't want to give them (this falls under "they don't suffer fools gladly...") to ask a bee, a scorpion, a centipede, or even a deadly rattlesnake to come and drive the human away from it. You do not mess lightly with this powerful plant being. They are royalty among plants (that's why I call them queens). Another is the Peyote cactus. Small, but it packs a helluva punch to it. I've worked in New Zealand with Agaricus muscarius (also known as Fly Agaric), a fungi hallucinogenic chap. It too, can kill a human being. This royal group of plants have the POWER to use against you, should you be stupid enough to barge in on them and think you deserve their attention. Nope. Nada. Hasta la vista. Ain't gonna happen. Beware and don't mess with them. They will NOT make your day.

SHAMANIC JOURNEY INTO FLOWER ESSENCE LOG

SRE Journey # _____

NAME OF SHAMANIC CANDIDATE IN TRAINING: _____

EMAIL ADDRESS: _____

NAME OF FLOWER/TREE/BUSH: _____

Latin Regional or Local Name: _____

DATE: _____

Location: _____

Time of Day Journeyed: _____

Moon phase/sign/degree: _____ (use this
only if you know astrology)

Astrological Phenomena:

_____ (use this only if you know astrology)

OTHER PHENOMENA:

PLANT WAS IN:

Full Sun: _____

Partial Shade: _____

Weather

Conditions/Temperature: _____

FLOWER DESCRIPTION

1. PETAL COLOR(s), SHAPE, HOW MANY:

2. Inner color to petals:

3. Stamens (how many, color, shape, size):

3b. PISTIL:

3c. SEPAL:

4. FRAGRANCE (yes/no...what did odor smell like; try to describe)

5. STEM Description:

6. LEAF Description:

7. ROOT:

FLOWER ATTUNEMENT MESSAGE: (what did plant tell you it would be good for/how it would help humans)

PRIMARY CHAKRA: CS, BC, TC, HC, SPC, NC, RC, (ask plant which chakra it helps)

SECONDARY CHAKRA(S):

PATTERNS OF IMBALANCE (what will this help in a person)--depression, jealousy, anger, codependence, etc., etc.):

SYMBOLS: (does the plant look or remind you of a symbol? The shape of it?)

POSITIVE HEALING PATTERNS:

1. Affected me physically? Where? Sensations?

6.OTHER: (anything else you think important, synchronistic events, etc.)

OTHER COMMENTS:

DRAWING or PHOTOS:



Eileen Nauman, Dunedin, New Zealand, working with *Agaricus muscarius* or Fly Agaric, a poisonous and hallucinogenic fungi

You're looking at *Agaricus muscarius*!

