



Sacred Plant Initiations: Communicating with Plants for Healing and Higher Consciousness

Carole Guyett

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A practical guide to connecting with plants through ceremony

- Explains how to commune with plants and their spirits through the traditional shamanic method of “plant dieting” to receive their teachings and guidance
- Details 8 ceremonial plant initiations centered on common, easily recognized plants and trees such as primrose, dandelion, oak, and dog rose
- Provides instructions to develop your own sacred plant initiations and make ceremonial plant elixirs
- Includes four audio journeys to facilitate plant initiations

In this guide to sacred plant initiations, medical herbalist and shamanic practitioner Carole Guyett explains how to commune with plants and their spirits through the traditional shamanic method of “plant dieting.” A plant diet involves ingesting a particular plant over a period of time so you regularly receive the plant’s vibratory energy as well as its medicinal actions. Adding a ceremonial element to plant dieting offers a sacred initiation by the plant world, allowing you to connect deeply with all aspects of a plant, receive its sacred teachings, and forge a relationship for guidance and healing, benefitting both yourself and others.

Each of the eight ceremonial plant initiations detailed in the book was personally developed by the author through extensive work with her ceremonial groups. They each center on an easily recognized plant or tree such as primrose, dandelion, oak, and dog rose. These common plants have powerful teachings and healing guidance to share with those who communicate with and honor them. The initiations, for both individuals and groups, work with the Wheel of the Year, honoring each plant’s sacred timing and connecting with one of the eight Celtic and Pre-Celtic Fire Festivals--the solstices, equinoxes, and the holy days of Beltane, Lughnasadh, Samhain, and Imbolc.

Offering practical instructions so you can develop your own sacred plant initiations, the author also include access to 4 audio journeys to facilitate the initiations in the book. She also explains how to make plant elixirs for use in plant diets and for healing. She shows how connecting with plants allows us to deepen our relationship with Nature, access higher levels of consciousness and spiritual realms, and facilitate the full flowering of human potential.

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