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

By Carole Guyett

Inner Traditions Bear and Company. Paperback. Book Condition: new. BRAND NEW, Sacred Plant Initiations: Communicating with Plants for Healing and Higher Consciousness, Carole Guyett, 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,...



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