



GETTING
TO KNOW
THE PLANT
SPIRIT

NAME

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THE MOST IMPORTANT KEY IN DEVELOPING YOUR RELATIONSHIP WITH THE PLANT SPIRIT IS TO BUILD A CONNECTION WITH THE PLANT. IN FIRST NATIONS CULTURE WE ASK THE PLANT IF WE CAN COME SIT WITH IT.

YOU WILL GET A YES OR NO

IF YOU GET A NO:

KEEP MINDFULLY WALKING TO THE NEXT PLANT OR TREE

WHEN WE RECEIVE A YES:

GIVE THE PLANT AN OFFERING OF TOBACCO OR A PIECE OF OUR HAIR WORKS AS WELL. (IT'S LIKE I'M PICKING A PIECE OF YOU, THEREFORE I OFFER YOU A PIECE OF MYSELF TO YOU!)

NOW WE CAN GO AND SIT WITH THE PLANT AND THIS IS WHERE WE USE ALL OUR SENSES:

VISUAL



LISTENING



TOUCHING



SMELLING



TASTING



VISUAL

AT WE LOOK CLOSELY WHAT DO WE SEE:

WHERE DID IT CHOOSE TO GROW:

WHO ARE ITS FRIENDS:

IS IT TALL OR BUSHY:

WHAT DO YOU NOTICE ABOUT THE PLANT:

WHAT IS THE NEIGHBORHOOD LIKE: (CROWDED, WET, DRY, SHADE)

WHAT VISUALLY CAUGHT YOUR EYE TO THIS PLANT OR TREE

LISTENING

WHAT KIND OF SOUNDS DOES THE BRANCHES OR LEAVES MAKE:

DO THE FLOWERS SING:

IS THERE A HUM:

DOES THE WIND ORCHESTRATE THE PLANT'S VIBRATIONS:
(BENDING MOVEMENT, WITH THE FLOW OR AGAINST THE FLOW)

WHAT CAN BE HEARD WHEN WE WALK BY:

WHILE SITTING DOWN LISTEN CLOSELY:

BEING STILL AND PAYING ATTENTION ARE MOST HELPFUL!

SMELL

DOES THE PLANT HAVE A SCENT:

DOES IT HAVE AN ESSENCE OF SWEETNESS AND LIGHT:

DOES THE FRAGRANCE COME IN WAVES:

STEADY AND SMOOTH SMELL OR PUNGENT AND STRONG:

DOES THE SMELL BRING UP A MEMORY:

THE SENSE OF SMELL IS OUR ONLY SENSE, WHICH HAS ACCESS TO
OUR PRIMAL OR UNCONSCIOUS MIND.

BREATH IN THE FRAGRANCE OF THE PLANT , ALLOW ANY FEELINGS,
MEMORIES, IMAGES AND ASSOCIATIONS TO ARISE .

TASTE

HOW DOES THE PLANT TASTE:

IS IT JUICY:

IS IT DRY:

IS IT SOUR OR SWEET, BITTER OR SALTY:

WHAT HAPPENS TO THE TONGUE AND THE THROAT:

DOES IT HAVE A PUNGENT FLAVOR:

PLACE A SMALL PIECE OF THE PLANT AGAINST YOUR TONGUE AND
GENTLY TASTE IT.

EXERCISE THIS WITH CAUTION! THERE ARE POISONOUS PLANTS

DO NOT EAT OR SWALLOW THE PLANT!

TOUCH

WHAT HAPPENS WHEN THE PLANT IS TOUCHED:

HOW DOES THE PLANT RESPOND:

WHAT PHYSICAL SENSATIONS DOES IT TRANSMIT:

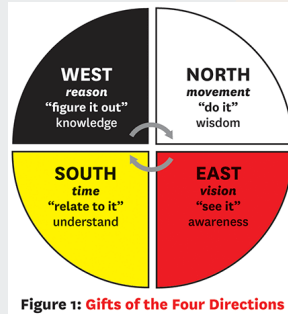
WHAT DIRECTION DOES ITS ENERGY COME FROM:
(EAST, WEST, NORTH, OR SOUTH)

IS IT SOOTHING TO TOUCH:

DOES THE PLANT CONNECT MORE WITH THE SKY OR THE EARTH:

TOUCH THE PLANT, LEAVES, OR BARK, WITH YOUR FINGERS. IT IS POSSIBLE THAT YOU MAY SENSE THE FLOW OF THE ENERGY WITHIN THE PLANT, INTO THE EARTH, AND UP INTO THE SKY!

THE MEDICINE WHEEL INSIDE YOU



EAST:

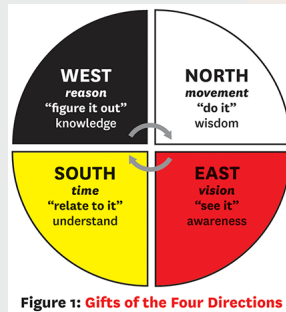
THE FIRST STAGE OF THE LEARNING PROCESS
IS VISION, OR AWARENESS.

WE ENTER THIS STAGE OF THE LEARNING
PROCESS THROUGH OUR SENSES: SIGHT,
SOUND, TOUCH, TASTE, AND SCENT.

IN ORDER TO TAKE IN ALL THE NECESSARY
INFORMATION THROUGH OUR SENSES - AND
BE FULLY AWARE - WE NEED TO TAP INTO OUR
CAPACITY FOR BEING ALERT & ENGAGED.

WE ARE IN THIS STAGE WHEN WE ENCOUNTER
A NEW PROBLEM TO SOLVE, SKILL TO LEARN,
OR CONCEPT TO UNDERSTAND.

THE MEDICINE WHEEL INSIDE YOU



SOUTH:

THE SECOND STAGE OF THE LEARNING PROCESS IS TIME,
WHICH IS LINKED TO UNDERSTANDING.

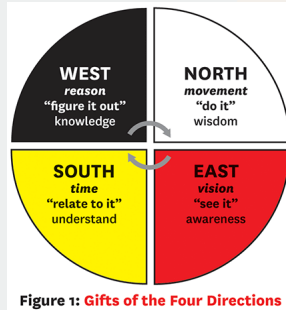
IT ENCOURAGES US TO ALLOW TIME TO JUST BE WITH
OUR SITUATION .

BE IT SOLVING A PROBLEM OR LEARNING SOMETHING
NEW - WITHOUT TRYING TO HAVE IT ALL FIGURED OUT,
OR REACTING TO IT IN A HARMFUL WAY.

THIS STAGE ENCOURAGES US TO BE SECURE & CALM AND
TO COPE WITH THE DISCOMFORT OF UNCERTAINTY
WITHOUT BEING OVERWHELMED BY WORRIES, SADNESS,
OR ANXIETY.

WHEN WE GIVE LEARNING TIME IN THIS WAY,
UNDERSTANDING HAS ROOM TO GROW.

THE MEDICINE WHEEL INSIDE YOU



WEST:

THE THIRD STAGE MOVES US INTO OUR ANALYTICAL MINDS, INVITING US TO USE REASON AND KNOWLEDGE AS WELL AS OUT-OF-THE-BOX THINKING AND CREATIVITY - TO "FIGURE IT OUT." IN ORDER FOR TO BE ABLE TO USE OUR BEST CRITICAL THINKING SKILLS IN THIS STAGE, WE MUST STAY ALERT & ENGAGED AND REMAIN ON-TRACK WITH OUR LEARNING GOALS.

THE MEDICINE WHEEL INSIDE YOU

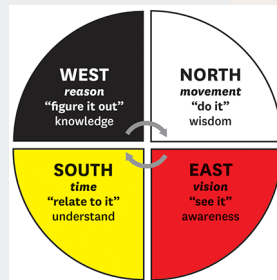


Figure 1: Gifts of the Four Directions

NORTH:

THE FOURTH STAGE REPRESENTS MOVEMENT AND ACTION. IT ENCOURAGES US TO JUST "DO IT" - TO TRY OUT A NEW SKILL OR TEST OUT A SOLUTION TO A PROBLEM - BASED ON THE AWARENESS, UNDERSTANDING, AND KNOWLEDGE THAT WE GAINED AS WE MOVED AROUND THE MEDICINE WHEEL.

FROM TAKING ACTION - AND LEARNING WHAT WORKS AND WHAT DOESN'T - WISDOM AND TRUE KNOWING ARE ACHIEVED. IN THIS STAGE, WE WANT TO ENCOURAGE OURSELVES TO SOLVE PROBLEMS PEACEFULLY, USING EMPATHY, PROBLEM-SOLVING SKILLS, UNDERSTANDING OTHER POINTS OF VIEWS AND COMING UP WITH WAYS TO MAKE THINGS RIGHT IN A FAIR WAY.

CONNECTING WITH THE SPIRIT OF THE PLANT/TREE

TO BEGIN WITH OUR CONNECTION :

- 1: SIT COMFORTABLY WITH YOUR PLANT OR TREE
- 2: TAKE A FEW DEEP BREATHS AND LET YOURSELF RELAX
- 3: CLOSE YOUR EYES AND DROP YOUR SHOULDERS AND SIMPLY NOTICE YOUR BREATHING.

WORKING WITH OUR INNER WHEEL IS CRUCIAL IN SCARED PLANT MEDICINE.

IF YOUR MIND STARTS TO WANDER

"IT'S OK"

SIMPLY COME BACK TO THE SOUNDS AROUND YOU

AND NOTICE YOUR BREATH

YOU MAY HAVE TO DO THIS A FEW TIMES



PERFECTLY NORMAL IN THIS EXERCISE

HERE WE CAN DOODLE



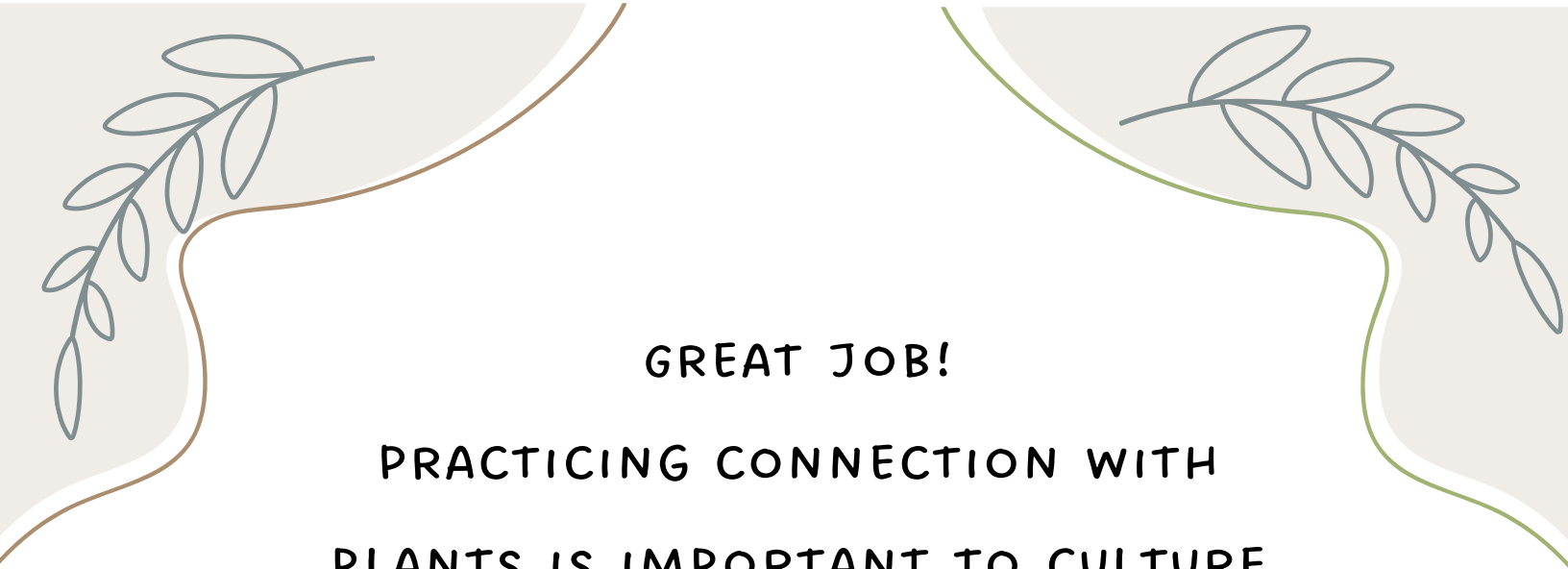
KEEP DOODLING





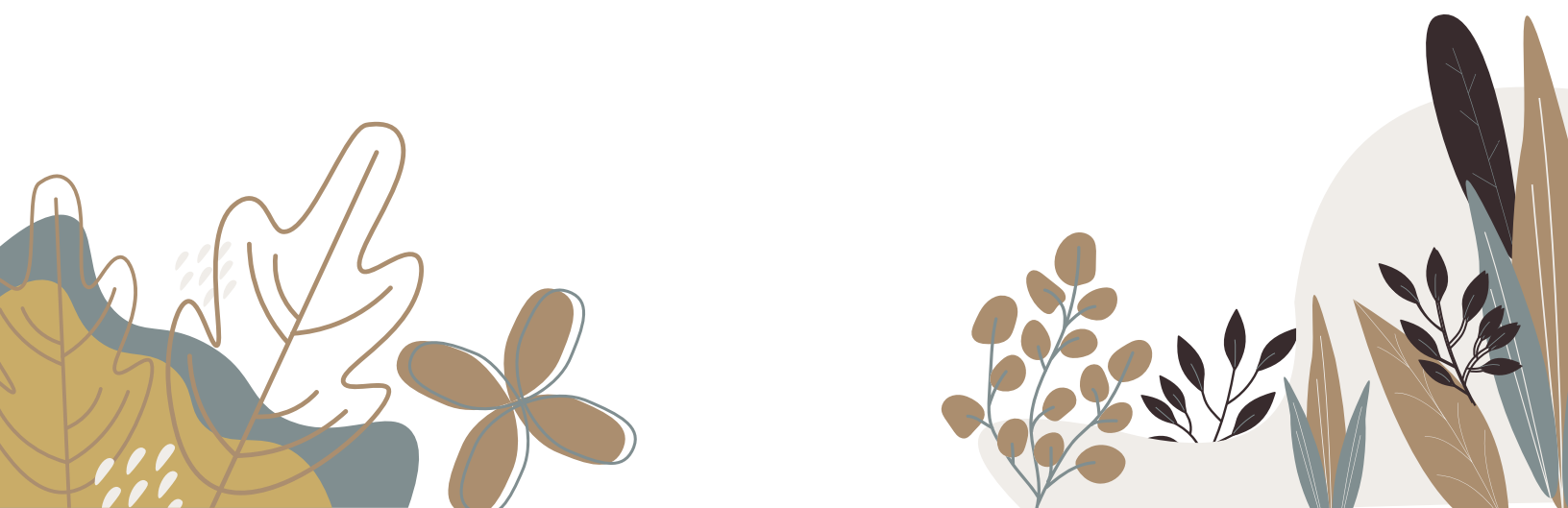
HERE WE CAN ADD ANYTHING THAT
HAS COME UP FOR YOU
EMOTIONALLY, SPIRITUALLY,





GREAT JOB!

PRACTICING CONNECTION WITH
PLANTS IS IMPORTANT TO CULTURE
AND LEARNING ABOUT OURSELVES
AS IT DEEPENS OUR
UNDERSTANDING OF THE NATURAL
WORLD, STRENGTHENS CULTURAL
TRADITIONS, AND FOSTERS SELF-
AWARENESS AND SPIRITUAL GROWTH
BY ALIGNING US WITH THE
RHYTHMS AND WISDOM OF NATURE.



The top corners of the page feature decorative illustrations of leaves. On the left, a large, detailed leaf with a brown outline and a light green fill is partially visible. On the right, a similar leaf is also partially visible. The leaves are set against a light blue background that curves into the corners of the page.

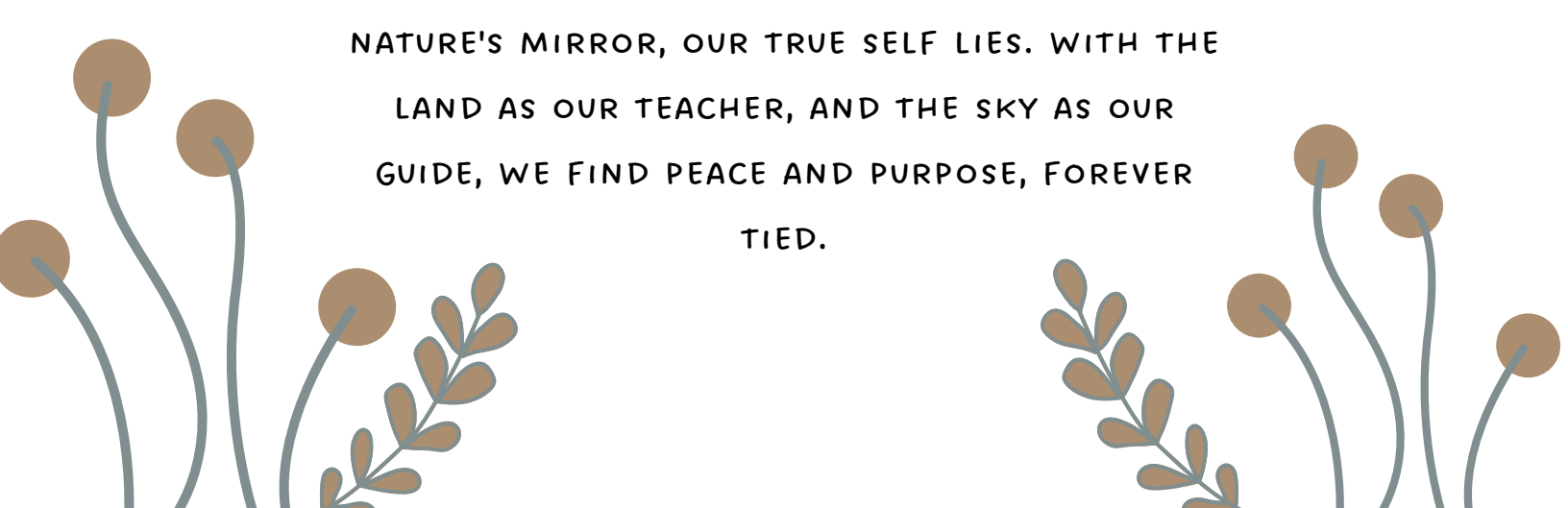
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SPIRIT OF THE LAND

IN THE QUIET OF DAWN, WHERE THE
WILDFLOWERS BLOOM, WE FIND OUR SOULS' ECHO,
DISPELLING THE GLOOM. AMONG WHISPERING
PINES AND THE ANCIENT STONE, WE ARE NEVER
LOST, NEVER ALONE.

WITH THE SONG OF THE WIND AND THE DANCE
OF THE RAIN, WE CONNECT WITH THE EARTH,
FEELING JOY AND PAIN. BAREFOOT IN THE
MEADOW, WHERE THE GRASSES SWAY, WE HEAR
THE VOICE OF NATURE, GUIDING OUR WAY.
IN THE DEPTHS OF THE FOREST, IN THE LIGHT OF
THE MOON, OUR HEARTS BEAT TOGETHER, A
HARMONIOUS TUNE. FOR IN EVERY LEAF AND
EVERY STREAM, WE SEE OUR REFLECTION, WE LIVE
OUR DREAM.

OH, SACRED BOND, SO TENDER AND WISE, IN
NATURE'S MIRROR, OUR TRUE SELF LIES. WITH THE
LAND AS OUR TEACHER, AND THE SKY AS OUR
GUIDE, WE FIND PEACE AND PURPOSE, FOREVER
TIED.

The bottom of the page is decorated with stylized plant illustrations. On the left, there are several thin, grey stems with circular brown buds. On the right, there are similar stems with buds, along with a small branch of leaves. The background is a light blue gradient that matches the top corners.