



This is an over view of some of what you will learn in the first part of this two part intensive.

Throughout our year's worth of work you will receive many plants and their spirits as your allies that you will work co-creatively with. Your relationship with them will become so deep they will give you their healing gifts so that they live inside you and are always there for you to receive guidance, create an environment, inner and outer, where true healing can take place, bringing balance and alignment with your true essential nature as well as helping you to walk the path that is uniquely yours. All of this work that will personally affect you can also be used for clients in an existing practice you have or a new practice you develop. Because you are working with energy and the sentience of plant spirits to direct that energy you can apply this work in *any* situation. You can also work to help heal certain Earth energies with these techniques.

- ❖ Part I of the Plant Spirit Healing Intensive will teach you to become adept at learning directly from the plants by moving into co-creative partnership. You will become proficient in “plant language” which involves the fundamental components of all communication in the biological world – light, sound and felt sensation.
- ❖ You will also learn shamanic journeying which is another avenue of connecting with plant spirits. You will receive a shamanic drumming download for further shamanic journeying on your own.
- ❖ You will experience a Greenbreath session which Pam developed. This is another way to receive guidance, receive direct healing from a plant, deeply connect and merge with the plant. You will receive a Greenbreath download so you can continue to do Greenbreath with other plants.
- ❖ Language comes in many forms and one of those is through symbols. You will learn how to receive symbols of communication from plants as well as discover your own personal symbol. You will use this symbol to enter the matrix of plant/people relations in order to gain deeper understanding of your plant allies.
- ❖ You will learn the energy anatomy of your energy body which is one of the main areas where dis-ease begins and or resides. Energy anatomy includes meridians, some acupuncture points relevant to Plant Spirit Healing, layers of energy anatomy, your auric field and chakras which are your energy organs. You will learn how to direct plant spirits to clear blocked chakras and stimulate sluggish ones. This is one of the main areas of dis-ease and is an invaluable treatment that can be applied in any modality.

- ❖ You will learn the manifestation process which moves through each one of the chakras in order to create your own reality that is in support of your true essential nature.
- ❖ You will learn the importance of the Heart which is the primary organ of perception and why it is crucial that your heart (instead of your brain) is the director of your entire being. You will learn how to identify and work with the hormone oxytocin which is the “bonding hormone” which initiates the restorative response. You will learn how to bring plant spirits into you or your clients through the Heart points. You will also become an ally with two of the most important heart plants, rose and hawthorn so that you can work efficiently on your or other’s “broken hearts”.
- ❖ You will learn about energy hygiene which is the main way to keep your energy body clear and clean of negative imprints, intrusive energy and stagnant or stuck energy. You will learn various clearing methods called limpieas which include smudging, plant bathing (3 different forms) and feathering.
- ❖ You will learn how to protect yourself from all manner of intrusive energy and will receive a plant ally that is specifically for your protection.

Your course work will be experiential and you will be given handouts to supplement and explain your course work. You will also receive a booklist of supportive books to read while doing your course work.

