

Plant Medicine Tokens



In order to collect your tokens, start with the Nature Connection exercises (see Nature Connection Guide) or simply allow your animal guardian to walk with you thus enabling you to slow down and enliven your subtle senses.

Allow yourself to be drawn to a sacred item, something which speaks to you. The token needs to be hard-wearing and resilient in order to be a long-term companion that can travel with you and eventually help you with divination.

Once you have made a connection with a token such as a stone, piece of wood, gall or bone look for a plant that also speaks to you and wants to work with you. It is then possible to ask the token and the plant's permission to hold the energy of the spirit of the plant in the token. In tribal communities Shaman's may collect hundreds of plant allies to work with contained in a magical item such as your token. One does not see this as representing the plant spirit but actually the plant spirit itself.

Take the token and pick a small part of the plant and meditate with them both asking to connect with the qualities of the plant and how to work with them. Remember it may be a quality such as the triumph of nettle or generosity of clover rather than a medical use.

Plants are vibrant and alive and although we have to slow down to connect with them, they often have a songful expressive energy for their life is often short and they need to make use of every moment.

In order to connect with the plant and token you may wish to meditate with a drum, rattle or bells and allow yourself to move or dance as the plant spirit communicates with you. A poem or song may well be taught to you. You can focus in on the plant's features as well as seeing the whole plant.

You may wish to connect with an insect helper to enable you to examine the plant more closely. Simply ask for an insect to come to you and then as an insect in your meditation examine the plant more closely. The insect then remains in subtle reality when you have finished rather than bringing it back as you would a guardian animal spirit.

All of this process must be done with respect and honour for the token, plant and any insects you work with and again **remember to part from the insect at the end of the meditation.**

For more detailed information on connecting with plants join our devoted to plants membership scheme at: <https://www.walkwithtrees.com/devoted-to-plants.html>

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