

## Sacred Work with Plant Beings

*As with all beings, it is important to know if they are treated with love and respect as beings in their own right and in a manner that allows them to continue to live a happy life.*

**Johanniskräuter** (St. John's Wort) have been associated with the element of Fire. In working with these beautifully bright yellow plants, you may sense that they bestow courage and protection and strengthen your will when confronted with challenges. They may also ward off unwanted spirits.

**Beifuß plants** (Mug Wort) have been associated with the moon. They are one of the most ancient plant beings humans have turned to for medicinal help. They live throughout Europe, North America, and parts of Asia. Working with them, you may find that they ward off misfortune and negative energies and induce prophetic dreams.

**Rosen** (Roses) have been associated with the element of water. The fossil record shows that they've been living on the earth for at least thirty-five million years. They've played a significant role in all major religions, reminding humans of the miraculous effect of love at work in the world. In working with them, you may find that they calm you during meditation, and encourage your heart to grow peaceful and filled with love.

**Lavendel** (Lavender) flowers have been associated with the element of Air. You may find that working with them increases your intuition and aids you with divination. You may find their fragrance to be soothing. Lavender plants may help you through sleeplessness, grief, depression, nervousness, anxiety, and sadness.

**Dill** (dill) plants have been associated with the element of Fire. In working with dill, you may sense that they exude protective powers. Dill plants may help you keep your dreams sweet. A relationship between humans and dill plants goes as far back as 1400 BC; they were found in the tomb of Egyptian Pharaoh Amenhotep II. You may find them to be down-to-earth. And they may help you stay cognizant of the line between superstition and reality.

**Rosmarin** (Rosemary) plants have been associated with the element of Fire. But their fire is gentle. If you have rosemary living close by, you can very gently stroke your hands along their leaves to get grounded before doing healing work.

**Schwarzer Pfeffer** (black pepper) vines have been associated, not surprisingly, with the element of Fire. You may experience their presence as enlivening. They are powerful at banishing negativity of any kinds.

**Schafgarbe** (Yarrow flower) plants have been associated with the element of Water. They heal everything which they grow nearby. They also clear up negative energy and have a deeply calming and soothing influence. Yarrow near entrances may discourage unhelpful spirits from entering.

**Cedar, Frankincense, Myrrh,** and other resins/saps are the blood of trees which is forced out by repeatedly wounding a living tree. For this reason, I hope that out of compassion, you won't use those substances.

**Roots** of plants used as medicine or for sacred ritual require the killing of the plant. I hope for this reason, you won't use them.

**Sacred woods** are usually gained through destructive practices, so I hope you don't use them.