



# Plant Communication

*How to awaken the ancient connection  
between you and the natural world*

# Welcome!

## Hi I'm Sara!

Growing up in the PNW, I was enchanted by my local flora, from the rich, loamy forests to the sacred seashores and lush fern patches.

Enriched from an early age by the wisdom and teachings of local herbalists, I've spent years traipsing through the woods with a foraging basket in hand, connecting with local plants and crafting them into herbal formulas.



Like most women, I've spent most of my life taking care of everyone and everything around me. Deep within, I craved a life that was more connected to the seasons, one in which I could feel the sun on my face and share its warmth with other women who felt the same way I did: anxious, burnt out, and exhausted. Knowing there was a bigger purpose for my life, I took a leap of faith.

I quit my job to pursue herbalism full time. I crawled through the ferns and worshipped in the wild. My hands were scratched by nettle and stained with turmeric. The sun finally kissed my face, and I learned to spread its warmth during front-porch conversations with herb-curious neighbors.

With time, I became more attuned to the wisdom that the plants—and my inner self—had to share, and what I found was richer than anything I ever expected.

**I learned that being in nature is not a luxury; it's a necessity.**

My forest outings and daily herbal practice gave me a rhythm and a power to face life head-on. More than ever before, I now know that we can ALL foster a plant-spirit connection. It simply gets buried during childhood and lies dormant until we listen to the plants whispering, singing, or in some cases - shouting!

This ebook is here to help you learn to listen. In the following pages we'll explore three simple steps to spark this connection. We'll learn how to listen for the gifts the plants are offering, what gift we can offer in return, and begin a daily plant practice to strengthen these skills. Through this process you will learn to connect and communicate with the plants.

I'm here to tell you that you CAN listen. Whether that means spending more time outdoors, nourishing yourself with vibrant plant potions, or furthering your herbal education, you, too, can replace the stresses of modern life with a more grounded, nourishing, and rewarding existence.

Feel the sun on your face and the wind in your hair!

Xoxo, Sara

# Communicating with Plants

## Have you felt a pull from the plant world?

Sometimes a plant will appear in a dream, come up in multiple conversations, or just pop up everywhere you go. If this has happened to you, you're not alone. Many people believe humans and the spirit world are connected through nature, with just a thin veil separating the two. As our world becomes more chaotic and out of tune with nature, the spirit world has begun calling us back, to reawaken the knowledge that has gone dormant within our societal barriers.

Our culture's rush to succeed and fill our days with work puts nature in a "recreation" category. We've stopped using seasonal plant medicine to keep our bodies healthy and traded our dandelion rich yards for perfectly manicured grass. Our ability to communicate with the natural world has been abandoned leaving many people feeling ungrounded and missing a vital piece of who they are.

Awakening this connection is much simpler than you'd think. As a wildcrafting teacher, I witness this on a regular basis. When engaging with the plants, the students find that it feels familiar to them. Having a teacher is lovely, but you don't need one. You can do this all on your own.

In this guide you'll find a handful of ways to begin awakening your own connection, I encourage you to choose those that speak to you, make them a practice, and watch the magic unfold.





# Listen

## The first step is to listen

Take a slow walk through the forest, paying careful attention to what's around you. Look at what is happening on the forest floor. Listen to the sounds you hear in the trees above. Notice what you see beyond the path in the distance. Sometimes plants communicate by calling your attention in a certain direction.

People often ask me how I find my foraging spots and the truth is I don't; I'm usually guided toward them by an intuitive feeling. Trust the intuition that's guiding you. The more you trust it the stronger it'll become.

Once you find a plant you've been called toward, sit down and introduce yourself. Approach the plant with reverence and humility, much like you would with an animal. Offer a gentle touch and say hello. Plants love to be talked to!

Experience the energy surrounding the plant. (We've all done this at some point, lied down on the ground, sunshine beaming down on our faces, chances are you felt an energy while doing that.) Close your eyes and let your mind go. Be open to what the plant might be sharing with you. It could be an emotion, past experience, or even just space for healing.

Look around, what environment is this plant growing in? Is it dry, moist, hot, cold, shaded or full sun? These factors will give you an understanding about what this plant's life is like and what it can reflect onto you.

For instance, nettle creates a boundary in the forest by offering a fierce sting when you brush up against them. One reason they do this is because they can easily be trampled. Are you in need of boundaries? Or maybe you have a fierce sting in need of softening.

Research this plant, I bet you'll find lots of information on what medicine it can offer whether it be physical or energetic.

These are just some of the ways you can listen and engage with the plants.

# Give

## The second step is to give yourself.

When engaging with the plants, what can you offer as a gift in return? Many people leave something with the plant in gratitude such as coins, hair, plant material, or other items. I don't do this and I don't recommend it because leaving behind these materials can affect the ecosystem of the area. When we visit nature it's vital to leave it as close to how we found it as possible.

Instead of leaving a physical item, offer a song, story, or poem. You could clear invasive species encroaching the area. If the plant is in seed, you could help sprinkle seed in the area where the plant grows naturally.

This is my personal practice:

- Start by gently holding a leaf in your fingers, close your eyes and focus on the energy within you. How is it moving? Is it swirling, flowing like a river, or maybe it's more of a gentle floating? Does it have a color?
- Get a strong picture of what this looks like and let it flow from your torso into your arm and out your fingertips.
- Keep this going for a couple of minutes.
- If the plant wants to return the gift you'll feel your energy shift from flowing in one direction to a circular pattern.
- Some people get a tingling sensation or even goosebumps!

Get creative with what you can offer from within yourself!



# Practice

## The third step is creating a daily plant practice

This can look as simple as a tea ritual.

### Daily Tea Practice

Take 20 mins out of your day to quiet yourself and look beyond your immediate surroundings. It's easiest if you stick to a certain time each day, but anytime is fine. You could choose a tea made of the plant you're wanting to work with or it could just be an all time favorite.

Start by setting your phone in a different room and eliminating distractions. Prepare some boiling water for your tea. As the water is boiling, prepare your space, preferably next to a window, with a candle and notebook, maybe a pretty napkin and plate with something yummy to nourish yourself. Make your tea, cover and let steep for 10 mins.

While your tea is steeping, head outside. Barefoot if you can. Take a walk outside (your yard if you have one) noticing all the changes from one day to the next, feel the air on your skin. Is it cold or hot? Windy or still? What do you smell? Do you see any insects moving about? Take note of all these things and go back inside.

Grab your tea and get settled, begin jotting down your observations. What did you see and feel? Did you notice any specific plants? Do any of them bring a calmness for you? How does your body feel after that short visit outdoors?

This is just an example of something you can do to begin your daily practice. Begin with as simple of ritual as you need.





## Other ways to build a plant practice include:

**Spend 30-90 days working with a specific plant.** It could begin with planting the seed and watching it grow. Sit with the plant and free write in your journal every day.

- Experience the medicine of the plant by drinking the tea, trying the tincture, elixir, or oils. Try to experience the entire range and note how your body responds.
- If the leaves taste good you could try eating one each time you sit down with it.
- If you enjoy dream work, place a leaf under your pillow. Does the plant appear in your dreams? Did you any of your dreams seem unusual or bring clarity to a situation you've been struggling with?

**Find a favorite path, and observe the plants growing.** If it's late winter or early spring take a good look at all the tiny green seedlings. Take photos if you can. Return to your path every week or two and check on the plants growth. Take more photos, and journal the changes you're seeing. Write down your guesses as to what plants they might be. You might surprise yourself with your intuition! This is hands down the best way I've found to really learn identification of my local plants.

**Create small celebrations marking the seasons.** Again, this could be as simple or complex as you'd like. Create an altar where you collect small seasonal items you've found along your path. I tend toward making my family a feast of our favorite seasonal recipes, lighting candles or gathering around a fire, and offering the fae of the forest a mandala made from items found in the area. You could also include ancestral or dream work, and write down your wishes for the season.

These are three simple practices to help you start connecting to nature. I hope this has been helpful! Get creative and make these practices your own. Take this opportunity to feed that part of your soul that's been craving this connection.!

I'd love to hear from you! Reply to this email with your stories, questions or just comments on how this exercise went for you. I love creating community and supporting one another during this reawakening.

Have fun and enjoy the journey!

Sara 

If you'd like to explore other herbal items to support you along your journey check out our [\*\*Apothecary\*\*](#)

For more on how to celebrate the seasons check out our [\*\*Seasonal Herbalism Membership\*\*](#)

[\*\*Our Seasonal Apprenticeship\*\*](#) is located in Tacoma, WA

[\*\*Our Herbal Journal\*\*](#)

Follow us and tag me in your photos so I can follow your journey!

  [\*\*@hawthornandhoney\*\*](#)