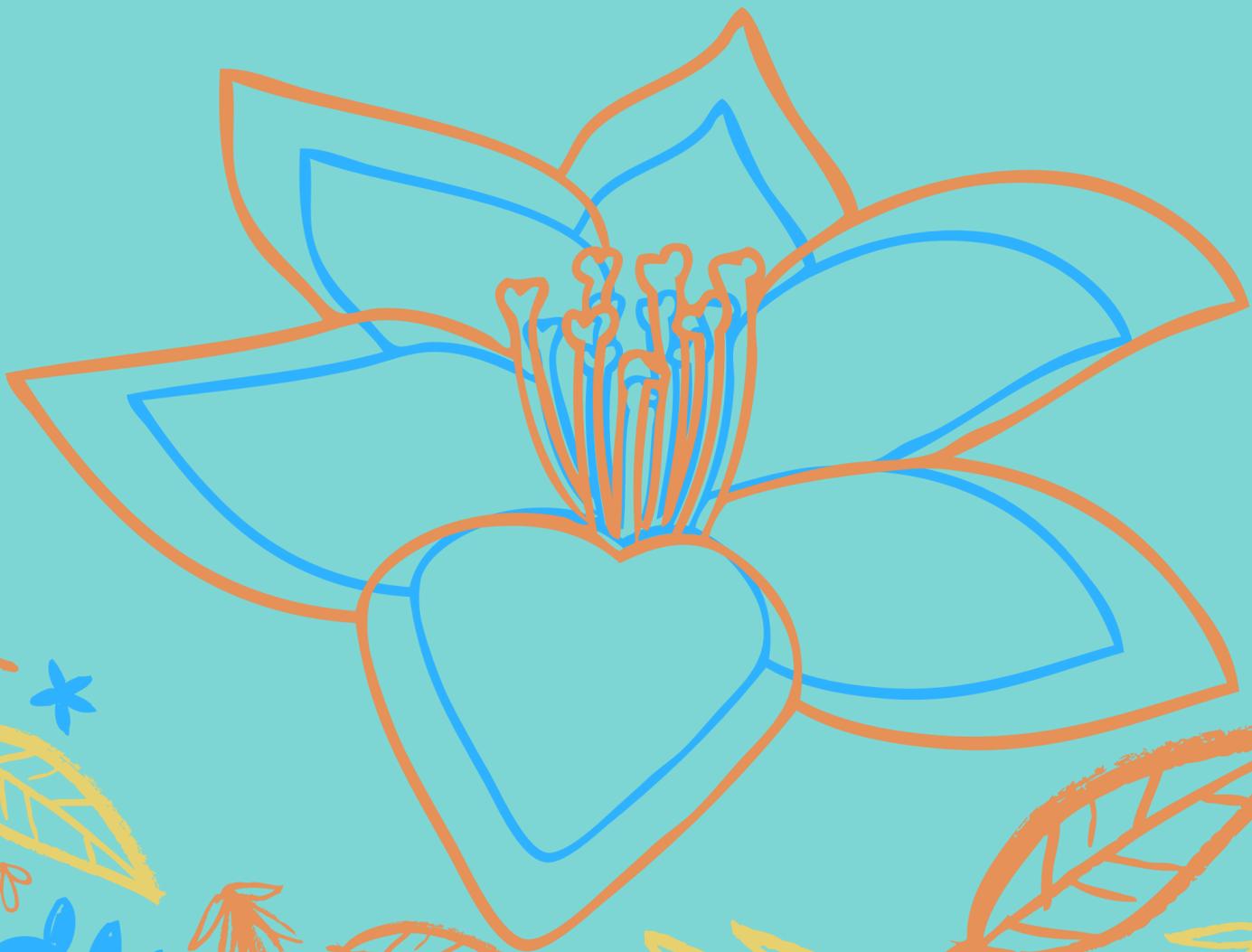




WRITTEN BY AMANDA DILLON
INSPIRED BY MOTHERNATURE

Nature Medicine
Mini Guide
to
Wild Wellness



*Plant Medicines work beyond the physical
response; sometimes, it's your spirit or emotion
that needs healing, and plant medicines
can address that too.*

~ Karen Rose



Introduction

The definition of plant medicine

(noun): A plant's capacity, in its complete form—with its full spectrum of constituents intact—to have a therapeutic effect within the body.

(verb): To act in accordance with Nature, honouring the symbiotic relationship between plants and people, and fostering a healthy future for both. Plant Spirit Medicine recognizes that plants have spirit. Spirit is the strongest medicine. Spirit can heal the deepest reaches of our heart and soul.

As a child I had a wonderful relationship with the natural world, I would pick flowers from my Nanny's garden and gladly bring them to her to display in her home. I would make mud pies and potions in the garden and I would sing to the flowers and the fairies in the garden knowing they would always be listening.

I remember the trees from childhood more than I remember my days at school, I remember how they held such love and wisdom and how I felt safe amongst their branches. I remember the wattle in the neighbours yard, the willow at my uncles and the frangapanni at my cousins. I remember the towering gum in my backyard and the umbrella tree in the front.

Even though I grew up in an urban concrete jungle I was still able to connect with the natural world around me.

In my early 20s I began to suffer anxiety attacks (long story for another time) and it was then that I really became aware of the healing qualities inherent in the natural world.

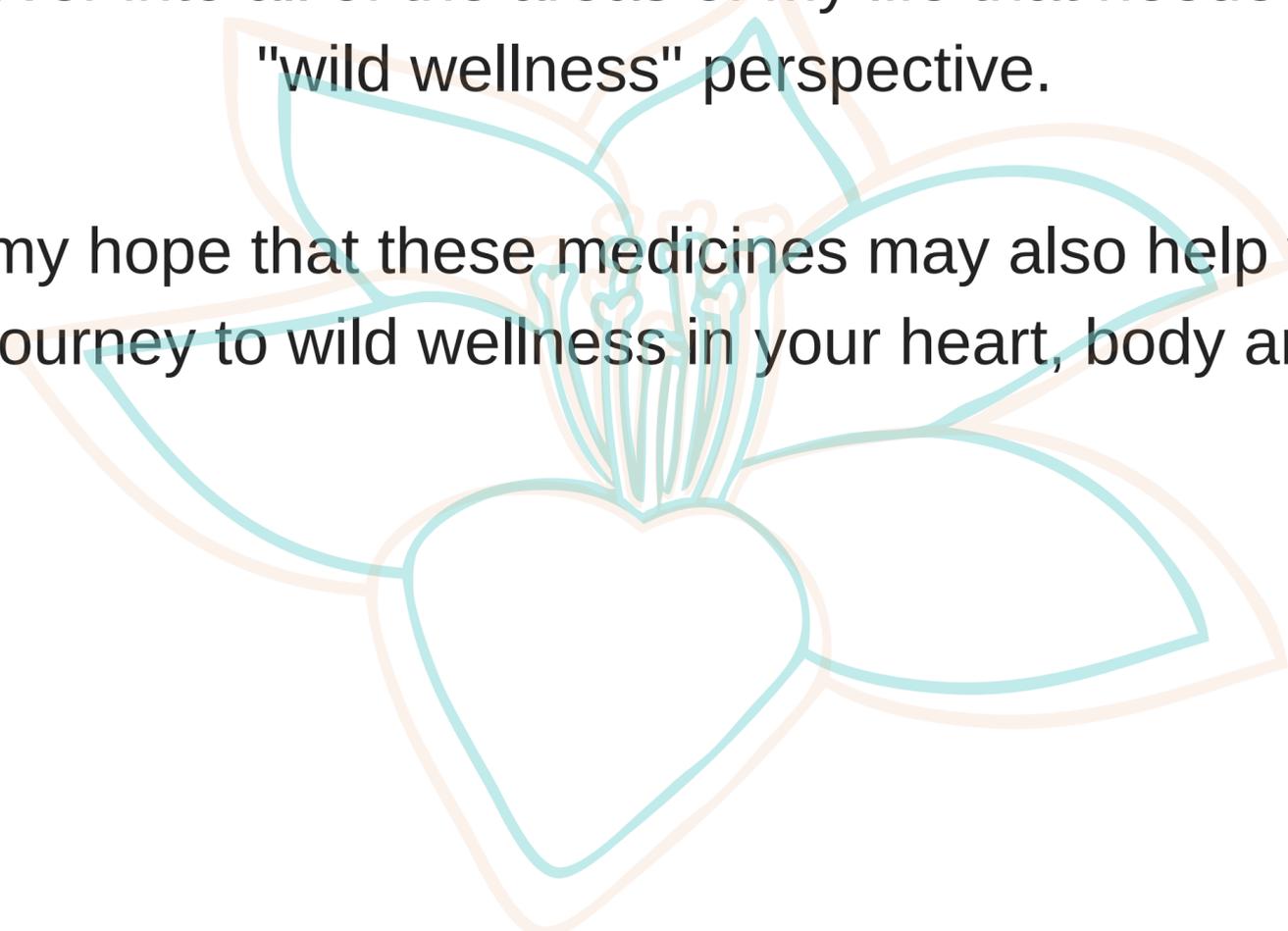
It was a tree who spoke to my spirit and woke me from my slumber.

That tree was my saving grace at the point in time and would set me on a journey that would lead me here, many years later.

And so I journeyed to find true and long lasting healing. A way to find peace with my body, my eating habits and my mental, emotional and spiritual health.

The medicines in this mini guide are just some of the ways I was able to put Wild Wellness into practice and overcome anxiety. I was delighted to discover that wellness would spill over into all of the areas of my life that needed a "wild wellness" perspective.

It is my hope that these medicines may also help you on your journey to wild wellness in your heart, body and soul.



Love and Peace

Amanda xx

How to use this guide

All of the plant medicines that follow are beneficial
for all levels of being
Body, Mind, Emotions and Spirit.

There are 3 things to consider that will enhance the
experience of healing with plant medicines.

They are.....

Intention

What is the purpose or effect you want to achieve?

Intuition

Instinctive feeling rather than conscious reasoning.
Go with what "feels" right

Integration

Using plant medicines purposefully in different
areas of your life in a helpful and holistic way.



Shinrin-Yoku *Forest Bathing*

Shinrin-yoku is a term that translates into "taking in the forest atmosphere". It is the practice of taking mindful, leisurely walks through the forest tuning into your senses and using them to access the sights, sounds, tastes and textures of the forest for you to benefit from nature's healing qualities.

There is a growing body of evidence that suggests Forest Bathing has the capacity to reduce stress, boost immunity and feel good chemicals and has been shown to lower blood pressure.

Intention

Before walking into a Forest, bush area or natural setting set the intention in your mind and body to be mindful, at ease and to receive healing from the natural space.

Intuition

Once you have entered the space follow your intuition and let it guide you. Maybe you feel called to go down a certain path or sit with a specific plant or tree.

Just go with the flow and let your senses guide you

Integration

Besides receiving the glorious benefits of Forest Bathing whilst on location, bringing back a piece of the natural space (except where it is prohibited) or remembering sounds, scents, textures etc, you are able to integrate this healing into your everyday life.

Diffusing essential oils that remind you of the forest or by eating foods that grow wild there can also assist to integrate this energy. There is even evidence that suggests simply having images of natural spaces can contribute to wellness.

*The benefits of nature can
be accessed so simply.*

— Philip Barr



Healing Water

The Earth's surface is covered by over 70% water and parts of our bodies are also made up of 70% water. This info always gave me a sense of awe, a sense that we are more intimately connected to our planet than mainstream society would have us believe.

We are made of water and water has power beyond imagining.

Whether it be immersing yourself in natural bodies of water, drinking pure healthy water or using therapies such as hydrotherapy; water has been enjoyed for centuries in one form or another and used to assist in healing.

What I'd love to share with you is the amazing work of Masuro Emoto who pioneered the method of obtaining the scientific evidence used to prove water's amazing ability to be "programmed" and used for healing.

Emoto claimed that human consciousness, words and even thoughts and feelings had an effect on the structure of water.

He would subject water to different stimuli including music, spoken word and written words and then freeze the water so it formed crystals, he would then photograph these crystals and what he found was stunning and amazing.

Water that was exposed to positive stimuli would form beautiful, intricate crystals and the water exposed to negative stimuli would produce malformed crystals.

This research would give humanity a whole new perspective of water as a healing and intelligent element.

“Water serves as a transporter of energy throughout your body, carried by blood and bodily fluids, it is the means by which nourishment is circulated throughout our bodies, this flow of water enables us to live active lives,”
~ Masuro Emoto



How does Emoto's work help us achieve Wild Wellness?

Emoto believed that water could be used as the "blueprint for our reality" and that emotional energies and frequencies could change the physical structure of water.

This would allow us to work with water to create our reality and assist in our personal and planetary healing.

Intention

By speaking or communicating in other ways our intention into water we are able to "program" it to perform a certain task or resonate at a particular vibration or frequency.

Intuition

Allow your intuition to guide you on how this should be done and which energies or frequencies you would like to infuse into the water.

Integration

This method of working with water isn't difficult at all.

In fact it's really easy and accessible to anyone.

Firstly connect intuitively with the energy you would like to program into the water and then focus your intention on doing just that.

You could speak to the water, sing or simply think loving thoughts. You could even label a container, fill it with water and then let the words do the work for you.

Have fun with it

:-)

“What you think you become.

What you feel you attract.

What you imagine you create”.

~ Buddha





Plant Medicines

Plant medicines come in all shapes and forms. From herbal concoctions, teas, tisanes and entheogens to essential oils and flower essences. The list is a long one. In this chapter I will list a few ways to explore and use plant medicines on your path to wild wellness. These are just a few of my faves.

Essential Oils

Definition of Essential Oils ~

any of a class of volatile oils obtained from plants, possessing the odor and other characteristic properties of the plant, used chiefly in the manufacture of perfumes, flavors, and pharmaceuticals.

Essentially they contain the healing properties of the plant they are obtained from and are used for medicinal or culinary purposes and for everything from rashes and stings to anxiety and depression.

Essential oils can be diffused, used in massage, sniffed directly from the bottle and some can even be taken orally.

Always do your research when using essential oils.

Essential oils have recently made a huge impact in mainstream culture due to a number of companies bringing them into the forefront of the holistic healing scene.

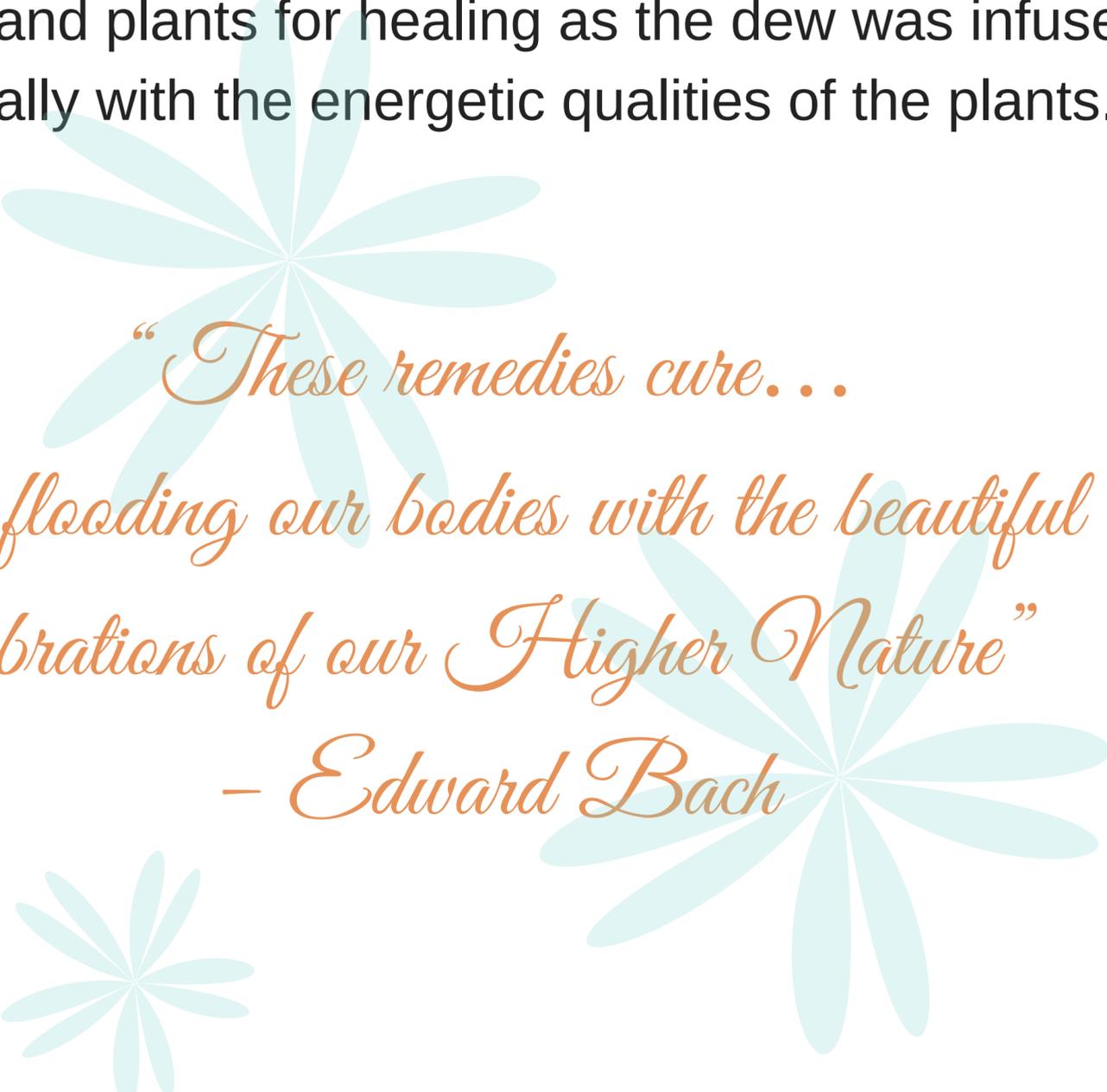
This is the perfect time for plants to make themselves known as we need them now more than ever.

Flower Essences

Definition~ Flower remedies are specially prepared flower essences, containing the healing energy of plants. They are prescribed according to a patient's emotional disposition, as ascertained by the therapist, doctor, or patients themselves.

Flower Essences were first formulated in modern history by Dr Edward Bach. They are the energetic imprints of the flowers they are made with and are excellent for working with emotions and the emotional energy body, self development and mind, body spirit healing. They can help with anxiety, stress, trauma and negative emotions.

Indigenous cultures would use the dew from flower petals and plants for healing as the dew was infused naturally with the energetic qualities of the plants.



*“These remedies cure...
by flooding our bodies with the beautiful
vibrations of our Higher Nature”
- Edward Bach*

Cacao

Cacao is a beautiful heart-centered plant medicine who's arrival into western culture is timely and welcome.

Cacao contains more than 300 different chemical compounds and more than 20 times the amount of antioxidants in blueberries.

It is also contains calcium, protein, thiamin and essential fatty acids.

It has also been shown to lower LDL cholesterol, improve heart function, and reduce cancer risk. (Mercola)

When drinking large doses of cacao such as in ceremonial amounts, Phenethylamine (a mood enhancer) is said to be released and the stimulation of natural pain- and stress-relieving chemicals known as neurotransmitters, stimulate the secretion of endorphins to help us stay alert and focused.

“Chocolate is a divine, celestial drink, the sweat of the stars, the vital seed, divine nectar, the drink of the gods, panacea and universal medicine.”

~ Antonio Lavedán, Spanish Army Surgeon,

1796

Intuition

When using any of the above plant medicines it is best to do your research first to ascertain any contraindications, you can then go ahead and intuitively decide on which specific essential oil or flower essence will best suit your situation or healing requirement

Intention

Working intentionally with plant medicines is a definite prerequisite. It sets the scene and is the basis of building relationship with the medicine plant.

In the case of working with Cacao, it is a beautiful way to journey and receive the healing you need.

Hold your intention in your heart and begin your journey from there.

Integration

The best way I have found to integrate these plant medicines is through meditation and journaling practices.

This helps to move through any emotions, thoughts or anxieties that come up. You could also work in ceremony with a coach (like the services I offer) or you could journey with a friend. The process is one that should work best with your energy and your interests.

*Thank you so much for
reading my little mini guide*

You can find more of me and my plant medicine pals over at

www.blissbynature.com

www.instagram.com/blissbynature

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