

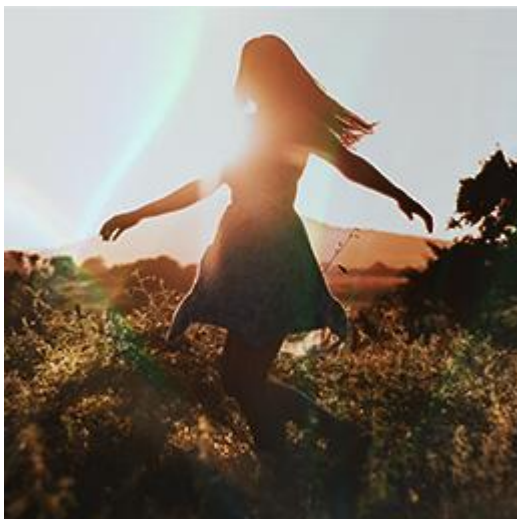
Emma Farrell - Heal Yourself With the Secret Language of Plant Spirits 2022

What You'll Discover in These 7 Modules

In this 7-part transformational intensive, Emma will guide you through the fundamental skills and competencies you'll need to successfully integrate the mystical nature of plants so you can heal, elevate, and expand your life.

This course will feature step-by-step teachings and experiential practices with Emma. Each session will build harmoniously upon the previous ones, so you'll develop a complete holistic understanding of the practices, tools, and principles you'll need to experience the emotional healing and expanded consciousness available through plant spirit healing.

Module 1: Diving Into the Inner World of Nature



In this opening session, Emma will present a roadmap for the journey into the consciousness of plants and trees.

She'll create a solid foundation for the course, introducing the fundamental practices for working with plant spirits to evoke psycho-spiritual transformation.

You'll discover how plant spirits work, as Emma sets the stage for the path to expanded consciousness, inner transformation, and a deeper connection to nature.

You'll start to understand the energetic frequencies of the plant spirits by getting to know the energies of the physical plants themselves.

In this module, you'll:

- **Be guided in a meditation**, preparing your mind to meet the plant spirits

- Participate in an ancient practice that moves you into the natural state of the mind and heart space to **communicate directly with the plant spirits**
- Be introduced to **plant spirit healing** and learn how each plant spirit carries its own bandwidth of unique frequencies
- Discover how the plant spirits work at a soul and spirit level
- Learn how to read the subtle energies that work through the plants and trees
- **Come to understand which plants or trees to work with** based on which ones you're drawn to and which you're not

Module 2: The Secret of Plant Communication



In this module, Emma will take you deeper into the inner world of plants.

You'll learn additional **skills for connecting with the conscious intelligence of the plants and trees**.

Emma will show you the sacred way to approach plant spirits, as you explore your unique connection to the spirit of the plant and discover how to form a co-creative relationship through direct communication.

In this session, you'll:

- **Receive a repertoire of tools and methods for communicating** with any plant — including **6 steps to receive its insights, healing, and guidance**
- Learn about the first technique for **plant communication**, which is called “depth perception”
- **Form a relationship with the spirit of the plant to support you on your journey of inner transformation**
- Learn how to **awaken your psychic senses**

Module 3: Working With Natural Magic for Inner Transformation



You're now ready to go deeper into the unseen world of plants and **start to cultivate your personal practice**.

In this session, you'll begin to integrate wisdom that the plants and trees are sharing with you to **experience your own inner transformation and healing**.

You'll discover the principles of magic and how they can be applied to working with the plant spirits to effect change on an inner, energetic level... bringing **emotional balance, freedom from trauma, and healing of the heart**.

Plant spirits work through the anatomy of your energy body. Emma will walk you through this process, which can help you gain true sovereignty of mind, energy body, and spirit.

In this module, you'll:

- Be guided through an elemental meditation for **cleansing energetic blockages**
- Go through the process of **creating an altar**, and understand why it's important
- Experience the subtle inner elements of the human psyche and emotions
- Learn the **3 "principles of magic"** — what it is and how to use it in your everyday life
- Explore the anatomy of your energy body at a deeper level, and how the mind, energy field, and body are all one
- Discover how to **work with the plant spirits to bring healing to your imbalanced soul forces** — to realign, resolve, and integrate your new inner frequency
- **Explore how to identify unresolved emotional issues**... working with the plant spirits to illuminate their origin
- **Start to awaken the eternal spirit** — the objective of plant spirit healing
- Receive a comprehensive roadmap for your spiritual unfoldment

Module 4: Plant Diets — Working Shamanically With Plants



Using ancient methods, you'll continue your exploration of the infinite wisdom found in nature and channeled through plants.

Emma will share wisdom that's been passed down from our Indigenous elders and ancestors. You'll take your plant spirit healing and communication to the next level through **the ritual of plant diets, also known as plant initiations**.

Like shamans and witches, you'll methodically build your own team of plant spirit allies to help you along your continuing path toward healing and expanded consciousness.

In this session, you'll discover:

- **A guided journey to meet the spirit of your plant**
- **What plant diets are, how to perform them effectively**, and why they're important
- **The importance of intention setting** to effectively work with plants
- **The "7 Directions Prayer" for opening and closing a sacred space ritual**, and how to create your own
- How to effectively use discernment in the spirit realm, to feel safe and form your unique connection
- **How to work with various plant medicines** — essences, teas, and tinctures

Module 5: Co-Creating Reality With the Plant Spirits



In this module, you'll **start putting your plant diets into action and have firsthand experience of the healing potential in plants.**

Emma will guide you through a method to safely grow and manage your team of plant spirit allies. She'll also demonstrate how to deepen those unique relationships.

You'll continue to discover new ways to expand your awareness and integrate the wisdom found in nature, to receive more profound healing gifts.

You'll also discover the **quantum nature of the plant spirits** and why this form of healing is the future of plant medicine.

In this session, you'll:

- **Be guided in a meditation to strengthen and cleanse the energy field**
- Learn **practices and activities you can do with your plant spirit** that align with your specific way of receiving
- Discover how **to bring the wisdom of the plants into everyday reality**, and how to bring your plant spirit alive through folklore and music
- **Receive insights about dreaming with the plants** as a key activity for plant diets
- **Hear how plants can protect you** when you're working on the spirit planes and in your daily life

Module 6: Realizing Psychic Hygiene



A vibrant energy field is essential for healthy self-discovery.

Your spiritual development, emotional balance, inner peace, and physical wellbeing all depend on the integrity and health of your energy field.

Emma will present a profound teaching that focuses on **cleansing your energy field using your relationship with your plant allies**.

You'll explore what affects the energy field and how that impacts your unified mind and body.

And, you'll discover how your deeper connection with plants enables you to **access their intelligence and participate in co-creation with your plant spirit allies**.

In this session you'll discover:

- **"Psychic hygiene" techniques** for cleansing the energy field
- **A pathway to true sovereignty**
- How to co-create with the plant spirits to **cleanse your energy field and your mind**
- **What plants are more effective for cleansing and how they can help you overcome your blockages to expanded consciousness**
- How to bring your plant ally through you to heal and **cleanse your chakras**

Module 7: Plants of the New Consciousness



In this closing module, you'll discover which plants and trees will specifically help you move through the transition of consciousness that's taking place on our planet right now.

You'll understand why you're here at this time, and **what you can do to fulfill your purpose in this lifetime.**

Emma will guide you as you integrate and embody the wisdom and practices you've received throughout the course...

Your expanded awareness of your role in nature will empower you to **use your inner power to live the life you desire and were created to experience.**

In this session, you'll:

- **Be guided in a meditation to bring you into a state of non-duality**
- Integrate and embody all of the wisdom this course has offered, to **strengthen your personal power**
- **Understand the higher level of consciousness that humankind is moving into** as we evolve out of the dark matrix
- **Discover the plants and trees that are ready to help with our planetary evolution**, including foxglove, vervain, apple, and rose
- **Explore the sacred mushroom** as a gateway to the realm of the plant spirits
- Learn techniques and activities that take you out of your comfort zone and grow your inner power