

MEMÓRIA DA TERRA

Cycles of Study with Native Plants and Ancient Wisdom

PRACTICES FOR THE CYCLE

Meeting and sitting with the living plant

Daily ingest of the tincture, at the same time

Regularly drinking the tea

Journaling and writing observations

Paint, draw or find another artistic expression as a vehicle of registering the transmission you are receiving

Bathing with the tea

Remember, according to the depth of your commitment and dedication, you will receive the exchange of the work.

Just have in mind that you are with the plant and she is with you. You are exchanging something. Be attentive to the subtle ways in which communication can happen.