

## PLANTS & RITUAL



For us human beings, ritual has always been an essential part of life. Just recently, in our modern culture, we lost that understanding and due to the reductionist and materialistic view of this culture, ritual began to be seen as something primitive and superstitious.

But still, in many parts of the world, ritual is alive and well, passed on from one generation to the next, as a way to keep the connection with the world alive, as a way to process and integrate the many challenges of life, as a way to deal with trauma, as a way to touch the invisible.

Plants have been bonded with ritual since the beginning, and their role in this practice is fundamental.

In ancient times, in Europe, certain plants were associated with certain moments of the year and the rituals that accompanied the transitions from one moment to another. And so, to learn from the plants and about them, it's crucial to understand in which context our ancestors were relating to them. From that context, comes the understanding of an important facet of the plant, the history that it carries. For that history is our history as well, and it can awaken the remembrance of how to relate in a profound, genuine way.

The solstices, equinoxes and mid quarters are points of transition in the year. Transition of weather, of energy and often, of the life of plants.

As we approach the Summer Solstice, the days are warmer and longer, the light is more and more present and St John's Wort can guide us through this

portal, preparing us to the new cycle ahead, the Summer. You will find that connecting with this plant in this time of the year brings a new awareness to the way you accompany the change of Nature. Sometimes, the shift to intense heat, dryness, expansion, can be harsh. Plants teach us how to transit from one state of being to another, with presence, surrendering to the intelligence of the body, adapting with ease.

Simply connecting with the bright yellow flowers can help us to attune with the solar frequency present in this time of the year.

The presence of plants in rituals enhances the practice, opening the channels that listen and feel the touch of the world to be able to receive the teaching of the plants.

Ritual, plants and humans are bonded through time. Let's re-member and take care of this ancient sacred relation.