



GREEN SPIRITS– EXPLORING THE SPACE

Homework guidelines

- **Discovering the green world**
Equip yourself with one or more manuals to help with recognizing plants and/or an app (I advise you to try both) and take some strolls around. You can also take them with you every day, so that you always have them at your disposal. Observe the plants that you meet and stop every time to identify at least one of those you don't know yet. Start compiling a list of the most present and significant plants, distinguishing between spontaneous ones and those that are there because of human intervention. To do this work you can also avail yourself of the pictures that you took in the previous weeks and months.
- **Green spaces at home**
How are the plants living in your garden or in your home? In what way do they insert themselves in the surrounding ecosystem and support life? Take into consideration the idea of leaving your garden in a semi-wild state (by welcoming spontaneous plants and not taking away all the dead leaves or by letting grass grow tall enough to provide flowers for pollinators, for instance), you could also welcome some wild local plants in pots you can keep on your windowsill.
- **Practice with the perception exercises** (careful observation, soft/unfocused gaze, “empty” gaze, focused gaze, and the grey curtain discernment technique), starting with your

domestic plant and then trying in the outdoors. Focus on observing how plants change and influence the space around them.

FINDING OUT AND GROWING PLANTS OF POWER

With the help of the information you received through the shamanic journey, select 3 to 13 places where you will go to take some dirt.

Ideally, you should complete this practice in just a few days, not waiting too much between one step and the next, but if that is not possible, keep the dirt the dirt that you took moist and ventilated (so that the bits of roots and rhizomes that could be in it will not die or rot).

Every time that you go in one of the places of your list, observe carefully the area and the plants around you, then put yourself in a relaxed state and ground yourself in the ground beneath you and in the sky above you (you can do this following the simple guide that was included in the guidelines given after the previous lesson or using another method you are already familiar with). Charge and bless an offering you brought with you for the spirits of the place (it can be pure spring/mineral water, but also grains and seeds to feed the birds and other small animals, NEVER something that is not biodegradable and/or that could cause pollution): present your offering with simple words, thank the spirits of the place for welcoming you and ask for their collaboration. You could say something like:

*“Spirits that dwell in this place,
Spirits of the sky and of the earth,
Green Spirits all around me,
I greet you and I call you:
thank you for having me here.
Accept this offering,
may it make you happy*

*and give you everything you need.
I ask you to assist me and to bring in my hands
The children of the powerful Green Spirits of this place
So that I can learn from their wisdom,
And become a better ally.”*

Once you present your offering, look around you with all the techniques you already practiced and identify a spot that seems to attract you the most, to pulse with life and energy, leaping at your attention. Go there and draw a circle on the ground [you need to be able to dig inside it without actually being in it, so it should be roughly 30/40 cm in diameter]: you can trace it with your finger, with a branch you find there or even with a ritual tool, if you prefer, just make sure to draw it physically on the ground. If you use your finger, actually touch the dirt with it.

Put your hands on the ground inside the circle and pronounce this formula:

*“Here I summon
All the powerful plants of this place
All the plants that want to work with me:
Rise from the depths of the earth!
Run underneath the surface!
Seed, Rhizome, Root,
I summon you here
And I ask you to come with me.”*

Listen with the palms of your hands: imagine to sink below the surface and to communicate directly with the living web of roots and fungi, calling the Green Spirits to you. When you feel that you are done, gather the dirt by digging inside the circle, give thanks and erase the circle you have drawn as much as you can. Take the dirt you have dug with you.

Once you have gathered the dirt from all the places, you can prepare your pot/flower box/terrarium.

Depending on the quantity of dirt you took, the number of places and the dimensions of your container, the dirt could not be enough to fill it completely: in this case fill the bottom with universal gardening soil and put all the dirt you took on the top of it, blending them delicately with one another.

Once that is done, lightly trace a triangle on the soil and put your hands over the pot, forming a triangle with your fingers (like in the image below) and, when you are relaxed and focused, pronounce this formula, repeating the final two verses at least three times (or as many time as you deem necessary):

“Grow!

Powerful plants of the places near me,

Plants that want to work with me,

Grow and manifest!

In every seed, rhizome and root,

I awaken the generating power!”

Keep your pot regularly watered (without turning it into a swamp! Just keep it moist) and pay attention to the plants that will grow in it.

You can repeat this formula (with the hands in a triangle, but without tracing it on the soil to avoid disturbing the buds that could be sprouting) even every time you water it, or in the first days of every moon cycle.



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