



Course Outline



Manual compiled by Dr Emma Bisschoff

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Course Content

18 PDF

2 Audio / Video

Attunements to the value of **Value \$650 / R11 944**

Extras

Plant Medicine Guide (20 pages)

Ayahuasca Visions by Shaman Pablo Amaringo (132 pages)

Hallucinogenic Plants (165 pages)

Both are free downloads under creative commons licence

Why I have Written this Course

Sacred plants and teacher plants have fascinated humanity for generations, serving as bridges between the physical and spiritual realms. They offer profound opportunities for healing, transformation and self-discovery. However, despite their growing popularity, there is often a lack of accessible, detailed guidance for those exploring these plants.

This course was created to address that gap and provide a comprehensive resource for those seeking to connect with the wisdom of sacred plants. Whether you are unable to attend in-person ceremonies or are preparing to partake in one, this course offers the tools, knowledge and practices needed to make your experience meaningful and safe.

For those unable to join physical ceremonies, I have included meditations and rituals that allow you to connect with the spirit of each plant etherically. These practices honor the energy of the plants and create opportunities for transformation, no matter where you are. For those attending ceremonies, this course equips you with a deeper understanding of the properties, traditions and safety considerations associated with each plant.

I have observed that many facilitators do not provide notes or thoroughly explain the properties, potential contraindications and necessary preparations before ceremonies. As a result, participants often feel unprepared for the intensity and depth of the experience. This course was designed to fill that void, empowering you to approach sacred plants with reverence, awareness, and mindfulness.

Ultimately, this journey is about cultivating a deeper relationship with these powerful allies, ensuring that your exploration is both safe and transformative. By understanding the teachings and practices associated with sacred plants, you can step into this sacred work with clarity, intention and respect.

This course provides a sacred and comprehensive exploration into the world of teacher plants, inviting students to reconnect with the profound wisdom of nature through the lens of ancient traditions and modern understanding. These plants are far more than resources for healing; they are revered allies and bridges between the physical and spiritual realms.

For centuries, sacred plants have served as guides in spiritual and shamanic practices, opening doorways to expanded consciousness and offering pathways toward healing and transformation. Now, more than ever, the Divine plant kingdom calls for renewed reverence and understanding.

This course honors that call by equipping students with the knowledge and practices needed to engage with these plants safely and meaningfully. Whether connecting through etheric meditations and rituals or preparing for an in-person ceremony, this journey will illuminate the medicinal, spiritual and mystical roles of sacred plants across various traditions. Together, we will step into a deeper relationship with these powerful allies, honoring their teachings and the ancient wisdom they hold.

This course is designed to:

Deepen Spiritual Connection: Learn how plants communicate energetically and discover their roles as allies in spiritual growth.

Provide Guided Practices: Explore meditations and rituals tailored to each plant, suitable for personal practice or as complements to in-person experiences.

Ensure Safety and Respect: Understand the cultural, ethical, and practical considerations for working with sacred plants.

Through this course, you will gain the tools and knowledge to navigate the sacred plant world with respect and wisdom, forging a deeper relationship with nature while honoring the traditions from which these practices arise. May this journey inspire transformation, healing and a renewed sense of connection to the Earth's sacred gifts.

This course is not designed to make you a facilitator of these plant medicines, but rather to guide you through the wisdom, practices and safety considerations necessary for a mindful and respectful approach.

Module 1

Introduction: The Divine Plant Kingdom Calls

Spiritual Significance

Shamanic Wisdom

Medicinal Applications

Prepare Your Soul for a Transformational Spiritual Journey: The Initiation Ritual

Ritual: The Soul Awakening Ceremony

Purification with Sacred Smoke

Grounding with Earth and Water

Lighting the Candle of Transformation

Connection to the Plant Spirit

Reflection and Setting Intentions

Closing the Ritual

Gratitude Offering

After the Ritual

Module 2

Foundations of Plant Spirit Shamanism

Discovering the Sacred Tradition of Plant Spirit Shamanism

The Shamanic Worldview

Plant Spirits as Healers and Guides
The Role of Ritual in Plant Spirit Shamanism
Foundational Rituals in Plant Spirit Shamanism: Creating Sacred Space,
Offering, and Inviting Plant Spirits
Creating Sacred Space
Offering Gratitude to the Plants
Inviting Plant Spirits
Ritual: Connecting with a Plant Ally
Meditation: Heart of the Green World – Connecting with the Spirit of
Plants
Purpose of the Meditation

Module 3

The Alchemy of Psilocybin
Historical and Cultural Context
Ancient Roots
Ceremonial Use
Colonial Suppression and Survival
Modern Rediscovery
Integration into Contemporary Practices
Spiritual and Emotional Insights
Facilitating Spiritual Awakening
Dissolving the Ego
Clarity on Life's Purpose
A Portal to the Divine
Emotional Healing and Unity
Revealing Subconscious Patterns
Fostering a Sense of Unity
Emotional Release and Balance
Practical Applications
Preparing for a Psilocybin Journey
Setting Clear Intentions
Creating a Safe Environment
Grounding Techniques
Safety Considerations
Ethical Approaches to Using Psilocybin

Meditation: Opening the Portal Meditation
Preparation for the Meditation
Connecting with the Spirit of Psilocybin
Opening the Inner Portal
Sealing the Intention
Gratitude and Completion
Ritual: Psilocybin Journey Preparation Ceremony
Purpose of the Ritual
Steps for the Ceremony
Invocation of Guidance
Blessing the Psilocybin
Energy Alignment and Closing
After the Ceremony
Meditation: Connecting with Psilocybin Etherically
Preparation for the Meditation
Steps for the Meditation
Calling Psilocybin's Spirit
Visualizing the Connection
Receiving Guidance
Integration and Gratitude
Returning to Awareness
Post-Meditation Reflection

Module 4

The Heart of Cacao
Historical and Cultural Context
Sacred Ceremonies and the Heart Connection
Mayan Traditions
Aztec Reverence
Cacao as "Food of the Gods"
The Mythology of Cacao
A Sacred Elixir
Emotional and Spiritual Healing Properties
Opening the Heart
Cacao's Role in Community
Survival Through Colonialism

Cacao's Transformation
Modern Revival
Spiritual and Emotional Insights
Opening the Heart to Love and Forgiveness
Accessing the Heart's Energy
Fostering Forgiveness
Emotional Release and Liberation
Creating Space for Healing
Balancing Emotional Flow
Deepening Connection with Self
Exploration of Inner Truths
Cultivating Self-Love
Strengthening Connections with Others
Enhancing Empathy and Compassion
Facilitating Authentic Communication
Aligning with Heart-Centered Healing
Integration of Mind, Body, and Spirit
A Gentle Yet Profound Teacher
Practical Applications
How to Prepare Ceremonial-Grade Cacao
Selecting Ceremonial-Grade Cacao
Conducting a Heart-Opening Ritual
Creating the Sacred Space
Opening the Ritual
Drinking the Cacao
Reflective Practice
Closing the Ritual
Precautions for Safe Consumption
Understanding Cacao's Energetic Effects
Who Should Exercise Caution
Avoid Combining with Certain Substances
Respecting the Medicine
Meditation: Heart Opening Meditation with Cacao
Connecting to the Nurturing Spirit of Cacao
Preparation for the Meditation
Guided Meditation Steps
Grounding and Centering

Connecting to Cacao's Energy
Opening the Heart Space
Visualizing Connection
Receiving Guidance
Sealing the Connection
Returning to the Present
Post-Meditation Reflection
Ritual: Heart Healing Cacao Ceremony
Purpose of the Ritual
Materials Needed
Preparation
Steps for the Ceremony
Opening the Ritual
Blessing and Drinking the Cacao
Meditative Reflection
Symbolic Emotional Release (Optional)
Group Sharing (if applicable)
Closing the Ritual
Post-Ceremony Integration
Benefits of the Ritual

Module 5

Visionary Sananga
Historical and Cultural Context
Origins and Preparation
Traditional Uses Among Indigenous Tribes
Sharpening Hunters' Vision
Cleansing the Energetic Field
Ceremonial Contexts
Preservation Through Oral Traditions
Modern Awareness and Respect for Traditions
Spiritual and Emotional Insights
Clearing Emotional Blockages
Enhancing Spiritual Perception
Promoting Emotional Balance and Intuition
Cultivating Compassion and Forgiveness

Practical Applications
Administering Sananga Safely
Creating a Supportive Environment
Preparing Participants for the Intense Effects
Meditation: Inner Vision Journey with Sananga
Connecting to Sananga's Spirit Without Physical Application
Ritual: Sananga Eye Opening Ceremony

Module 6

The Cleansing Breath of Rapé
Historical and Cultural Context
Origins and Traditional Preparation
Ceremonial Use in Indigenous Tribes
Grounding and Centering
Cleansing and Purification
Connecting with Spirit
Role in Daily Life and Ceremonies
Preservation Through Oral Traditions
Modern Context and Global Awareness
Spiritual and Emotional Insights
Clearing Mental Fog and Creating Clarity
Aligning the Chakras and Balancing Energy
Fostering a Deep Sense of Grounding
Facilitating Emotional Release
Energetic Purification
Creating Space for Renewal
Practical Applications
Best Practices for Administering Rapé
Creating a Sacred Space
Administering the Medicine
Understanding Its Energetic Effects
Safety Considerations
Physical Sensitivities and Contraindications
Handling Discomfort
Respecting Traditional Rituals
Honoring the Cultural Roots

Ethical Sourcing
Intention and Integrity
Meditation: Breath of Balance Meditation
Purpose of the Meditation
Preparation for the Meditation
Guided Meditation Steps
Grounding with the Breath
Centering the Energy Body
Cultivating Stillness and Focus
Embodying Balance and Unity
Closing and Grounding
Post-Meditation Reflection
Ritual: Rapé Grounding Ceremony
Purpose of the Ritual
Materials Needed
Preparation for the Ritual
Creating the Sacred Space
Grounding the Participants
Setting Intentions
Guided Steps for the Ceremony
Invocation and Blessing
Administering Rapé
Cleansing and Release
Grounding Visualization
Closing the Ritual
Post-Ritual Integration
Meditation: Etheric Connection with Rapé
Purpose of the Meditation
Preparation for the Meditation
Guided Meditation Steps
Grounding and Centering
Calling Upon the Spirit of Rapé
Cleansing and Clearing
Aligning with Balance and Clarity
Receiving Guidance from Rapé
Closing and Grounding
Post-Meditation Reflection

Module 7

Mapacho's Spiritual Smoke
Historical and Cultural Context
Origins and Traditional Preparation
Role in Ceremonies and Daily Life
Clearing Negative Energies
Establishing Sacred Space
Connecting with Nature and Spirit
Preservation of Knowledge Through Oral Traditions
Modern Awareness and Ethical Considerations
Spiritual and Emotional Insights
Spiritual Protection
Grounding and Connection to Ancestral Wisdom
Purification and Energetic Clarity
Fostering Clarity and Focus
Practical Applications
Working with Mapacho Smoke
Using Mapacho for Protection
Cleansing and Purification
Facilitating Spiritual Connection
Safety Considerations When Handling and Using Sacred Tobacco
Respecting the Sacred Nature of Mapacho
Safe Handling and Storage
Moderation and Awareness of Physical Effects
Who Should Avoid Mapacho
Fire Safety
Ethical and Sustainable Use
Meditation: Smoke of Protection Visualization
Purpose of the Meditation
Preparation for the Meditation
Guided Meditation Steps
Grounding and Centering
Calling Upon Mapacho's Spirit
Cleansing and Purification
Creating the Shield of Protection
Connection and Stillness

Closing and Gratitude
Post-Meditation Reflection
Ritual: Mapacho Protection Ceremony
Purpose of the Ritual
Materials Needed
Preparation for the Ritual
Guided Steps for the Ceremony
Invocation and Blessing
Cleansing and Clearing
Creating the Protective Barrier
Connecting with Mapacho's Energy
Closing the Ritual
Post-Ritual Integration

Module 8

Ayahuasca's Multidimensional Journey
Historical and Cultural Context
Origins and Preparation
Ceremonial Role in Indigenous Traditions
Healing Rituals
Visionary Guidance
Community and Connection
Preservation Through Oral Traditions
Modern Awareness and Ethical Considerations
Cultural Respect
Sustainability
Responsible Integration
Spiritual and Emotional Insights
Facilitating Deep Spiritual Awakening
Healing Trauma and Emotional Processing
Accessing Higher States of Consciousness
Strengthening the Mind-Body-Spirit Connection
Practical Applications
Preparing for an Ayahuasca Experience
Physical Preparation
Emotional and Mental Preparation
Spiritual Preparation

Facilitating an Ayahuasca Ceremony
Creating a Sacred Space
Guiding the Experience
Monitoring Physical and Emotional Safety
Integrating Ayahuasca Experiences
Journaling and Reflection
Continued Practices
Community Support
Making Lifestyle Changes
Ethical Considerations
Respect for Indigenous Practices
Sustainability and Ethical Sourcing
Informed Consent
Avoiding Exploitation
Meditation: Opening to Ayahuasca's Spirit
Purpose of the Meditation
Preparation for the Meditation
Guided Meditation Steps
Grounding and Centering
Inviting Ayahuasca's Spirit
Exploring Ayahuasca's Teachings
Receiving Healing Energy
Closing the Connection
Post-Meditation Reflection
Ritual: Journey into the Ayahuasca Spirit World
Preparing a Safe and Sacred Ceremonial Space
Purpose of the Ritual
Materials Needed
Preparation for the Ritual
Guided Steps for the Ritual
Invocation of Ayahuasca's Spirit
Opening the Pathway
Receiving Ayahuasca's Teachings
Grounding and Integration
Closing the Ritual
Post-Ritual Integration

Module 9

Peyote's Path of Illumination
Historical and Cultural Context
Origins and Early Use
Role in Indigenous Ceremonies
Peyote in the Native American Church
Symbolism and Reverence
Legal and Ethical Considerations
Spiritual and Emotional Insights
Opens the Mind to Divine Wisdom
Clarity and Guidance
Reconnection with the Sacred
Illumination of the Bigger Picture
Encourages Emotional Healing
Heightened Self-Awareness
Releasing Emotional Blockages
Connection with Universal Truth
Healing Through Communion with Nature
Integration of Insights and Healing
Practical Applications
Guidelines for Engaging with Peyote in Ceremonial Settings
Cultural Respect
Participating with Permission
Ceremonial Space and Structure
Ethical Considerations
Sustainability
Cultural Integrity
Legal Status
Preparation Techniques
Physical Preparation
Emotional and Mental Preparation
Spiritual Preparation
Integration Practices
Post-Ceremony Reflection
Community Sharing
Applying Insights
Grounding Practices

Meditation: Illumination of the Soul

Purpose of the Meditation

Preparation for the Meditation

Guided Steps for the Meditation

Grounding and Centering

Invoking Peyote's Energy

Visualizing Peyote's Path

Receiving Illumination

Integrating the Wisdom

Closing the Connection

Post-Meditation Reflection

Benefits of the Meditation

Module 10

Iboga's Roots of Transformation

Historical and Cultural Context

Origins and Early Use

Rites of Passage and Initiation

Healing and Spiritual Exploration

Iboga's Role in Modern Applications

Symbolism in Bwiti Cosmology

Ethical and Sustainability Considerations

Spiritual and Emotional Insights

Revealing Subconscious Patterns

Facilitating Profound Personal Transformation

Assisting in Releasing Trauma

Fostering Spiritual Alignment

Practical Applications

Preparing for Iboga Ceremonies

Setting Intentions

Physical Readiness

Creating a Safe Environment

The Importance of Working with Experienced Facilitators

Respecting Bwiti Traditions

Integration Practices

Meditation: Journey to the Root

Purpose of the Meditation

Preparation for the Meditation
Guided Steps for the Meditation
Post-Meditation Reflection
Ritual: Ancestral Connection Ceremony with Iboga
Purpose of the Ritual
Steps of the Ritual
Creating the Sacred Space
Grounding and Centering
Lighting the Candle
Invoking the Ancestors
Offering to the Ancestors
Meditative Connection with Iboga
Concluding the Ritual
Post-Ritual Reflection and Practices

Module 11

San Pedro's Sacred Journey
Historical and Cultural Context
Origins and Archaeological Evidence
Traditional Uses in Ceremonies
Connection to Nature and the Cosmos
Cultural Preservation
Ethical and Sustainability Considerations
Overharvesting and Conservation
Respecting Indigenous Knowledge
Spiritual and Emotional Insights
Opening the Heart to Compassion, Love, and Forgiveness
Healing Emotional Wounds
Fostering Compassion
Encouraging Forgiveness
Connecting with Self and Others
Deepening Self-Connection
Strengthening Bonds with Others
Providing Access to Higher States of Awareness
Alignment with Universal Energy
Accessing Spiritual Wisdom
Fostering Emotional and Energetic Balance

Releasing Energetic Blockages
Creating Inner Harmony
Empowerment Through Love and Compassion
Integration of Teachings
Commitment to Self and Others
Practical Applications
Preparing for a San Pedro Ceremony
Setting Intentions
Physical Preparation
Creating a Safe and Supportive Environment
Ethical and Cultural Considerations
Honoring San Pedro's Cultural Roots
Sustainable Sourcing
Grounding and Integration Techniques
Post-Ceremony Reflection
Grounding Practices
Integration of Insights
Meditation: Heart Bridge Visualization
Purpose of the Meditation
Preparation for the Meditation
Guided Steps for the Meditation
Grounding Through Breathwork
Invoking San Pedro's Energy
The Heart Bridge Visualization
Connecting with the Spiritual Heart
Returning Across the Bridge
Closing the Meditation
Post-Meditation Reflection
Ritual: San Pedro Heart-Centered Ceremony
Purpose of the Ritual
Preparation for the Ritual
Creating the Sacred Space
Personal Preparation
Steps of the Ritual
Opening the Ceremony
Offering to San Pedro
Heart-Centered Visualization

Connecting with Universal Love
Reflection and Gratitude
Closing the Ceremony
Post-Ritual Integration
Benefits of the Ritual

Module 12

Kambo's Cleansing Power
Historical and Cultural Context
Origins and Traditional Use
Rituals of Cleansing and Empowerment
Kambo in Contemporary Healing Practices
Ethical and Sustainability Considerations
Respecting Indigenous Knowledge
Sustainable Harvesting
Spiritual and Emotional Insights
Clearing Stagnant Energy and Emotional Release
Restoring Energetic Flow
Creating Space for Renewal
Fostering Clarity and Self-Awareness
Illuminating Hidden Patterns
Sharpening Intuition
Promoting Emotional Resilience
Strengthening Resilience and Connection with the Natural World
Practical Applications
How to Prepare for a Kambo Ceremony
Setting Intentions
Physical Preparation
Mental and Emotional Readiness
The Application Process
Sacred Space and Participant Preparation
How Kambo is Applied
The Purging Process
Facilitator's Role
Post-Ceremony Care
Immediate Aftercare

Reflection and Integration
Ethical Sourcing and Respect for the Frog
Meditation: Cleansing Renewal Journey
Purpose of the Meditation
Preparation for the Meditation
Guided Steps for the Meditation
Grounding and Centering
Invoking Kambo's Spirit
The Cleansing Renewal Journey
Receiving Renewal and Guidance
Returning to the Shore
Closing the Meditation
Post-Meditation Reflection
Ritual: Kambo Purification Ceremony
Purpose of the Ritual
Preparation for the Ritual
Steps of the Ritual
Opening the Ceremony
Offering to Kambo
Visualization of Cleansing Energy
Releasing Negativity
Inviting Renewal
Closing the Ceremony
Post-Ritual Care

Module 13

Salvia's Gateway to Sacred Insights
Historical and Cultural Context
Mazatec Origins and Traditions
Healing Ceremonies
Divination Practices
Consumption Methods
Chewing Fresh Leaves
Brewing as Tea
Inhalation as Vapor
Visionary States and Spiritual Realms
Journeying to Spiritual Realms

Revealing Hidden Truths
Preservation and Contemporary Use
Respecting Traditional Knowledge
Modern Applications
Ethical Sourcing
Intentional Practices
Spiritual and Emotional Insights
Access to Altered States of Consciousness
Revealing Profound Insights
Facilitating Spiritual Growth
Unique Nature of Salvia's Effects
Releasing Deep-Seated Emotions
Healing Emotional Wounds
Unveiling Patterns
Fostering Emotional Clarity
Connection to Higher Wisdom
Encountering Spiritual Realms
Strengthening Intuition
Aligning with Universal Energy
Integration of Spiritual and Emotional Insights
Incorporating Lessons
Sustained Connection to Wisdom
Empowerment Through Healing
Practical Applications
Preparation for Working with Salvia
Creating a Safe Environment
Choosing the Right Location
Cleansing the Space
Comfortable Setup
Dim Lighting
Setting Intentions
Reflect on Your Purpose
Affirm Your Intention
Preparation of Salvia
Chewing Fresh Leaves
Brewing as Tea
Inhaling as Vapor

Ethical Considerations and Best Practices
Honoring Salvia's Cultural Roots
Learning About Mazatec Traditions
Avoiding Cultural Appropriation
Supporting Indigenous Communities
Practicing Responsibility and Safety
Presence of a Trusted Sitter
Avoid Mixing Substances
Listen to Your Inner Guidance
Integration Techniques
Journaling and Reflection
Creative Expression
Grounding Practices
Incorporating Lessons into Daily Life
Meditation: Wisdom of the Sage
Purpose of the Meditation
Preparation for the Meditation
Creating a Sacred Space
Setting Your Intention
Comfortable Positioning
Guided Steps for the Meditation
Grounding and Centering
Invoking Salvia's Essence
The Visionary Space
Receiving Guidance and Clarity
Expressing Gratitude
Closing the Meditation
Post-Meditation Reflection
Ritual: Visionary Journey with Salvia
Purpose of the Ritual
Preparation for the Ritual
Creating a Sacred Space
Setting Your Intention
Personal Preparation
Steps of the Ritual
Opening the Ceremony
Visualizing the Gateway

Exploring the Visionary Realm
Returning from the Journey
Post-Ritual Integration

Module 14

Alternative Plant Allies

Overview of Alternative Plant Allies

Blue Lotus (*Nymphaea caerulea*)

Origins

Uses

Effects

Ethical Considerations

Yopo (*Anadenanthera peregrina*)

Origins

Uses

Effects

Ethical Considerations

Reishi Mushroom (*Ganoderma lucidum*)

Origins

Uses

Effects

Ethical Considerations

Mugwort (*Artemisia vulgaris*)

Origins

Uses

Effects

Ethical Considerations

Syrian Rue (*Peganum harmala*)

Origins

Uses

Effects

Ethical Considerations for Alternative Plant Allies

Respect for Cultural Origins

Sustainability and Sourcing

Moderation and Care

Integration and Reflection

Practical Applications
Exploring the Plant's Essence
Guided Practices
Safety First

Module 15

Combination Practices – Synergizing Sacred Plant Medicines

Why Combine Plant Medicines?

Enhanced Effects

Balancing Properties

Targeted Intentions

Safe and Thoughtful Practices

Understand the Plants

Start Small

Honor Tradition

Listen to Your Body

Suggested Combinations

Cacao and Meditation

Mapacho and Grounding Rituals

Blue Lotus and Dreamwork

Rapé and Ayahuasca

San Pedro and Nature Connection

Kambo and Energy Clearing

Practical Applications

Guidelines for Combining Practices

Intention Setting

Sacred Space

Facilitator Guidance

Integration Practices

Journaling and Reflection

Grounding Exercises

Ethical Considerations

Respect for Plant Medicines

Learning from Traditional Practices

Sustainability and Ethical Sourcing

Module 16

Ethical Considerations and Precautions in Working with Sacred Plant Medicines

Respecting Indigenous Traditions

Honoring Traditional Uses and Ceremonies

Working with Authentic and Experienced Practitioners

Avoiding Cultural Appropriation

Acknowledging the Source of Knowledge

Engaging with Sacred Medicines Respectfully

Sustainability and Conservation

Overharvesting and Ecosystem Protection

Alternatives to Reduce Strain on Local Resources

Authentic Intentions

Approaching Medicines as Tools for Healing and Growth

Practicing Mindful and Reverent Engagement

Informed Consent

Understanding the Nature and Risks of Each Plant Medicine

Ensuring Clear Information from Facilitators

Precautions and Safety Measures

General Precautions

Health Considerations

Setting and Environment

Physical and Emotional Readiness

Specific Precautions for Each Medicine

Ayahwasca

San Pedro (Huachuma)

Peyote

Kambo

Bufo Alvarius

Psilocybin Mushrooms

Iboga

Salvia Divinorum

Mapacho

African Dream Root

Integration and Ongoing Reflection

Journaling and Reflection

Community Support

Long-Term Commitment

Module 17

Sourcing Sacred Plant Medicines – Trusted and Ethical Options

Principles of Ethical Sourcing

Sustainability

Cultural Respect

Product Quality

Where to Purchase Sacred Plant Medicines

DreamYearth.com

United Kingdom (UK)

The Psychedelic Society Shop

Holistic Herb Supplies

United States (USA)

Sacred Lotus Yogi

Katukina USA

Etsy (Verified Sellers)

South Africa

Dreamcatcher Supplies

Indigenous Healing Plants SA

Europe

Shamanic Snuff

Natural Remedies EU

Module 18

Ritual Recipes and Tools – Creating Ceremonial Essentials

Why Ritual Tools Are Important

Enhancing Energy

Personal Connection

Anchoring Intentions

Ritual Recipes and Tools

Herbal Smudge Sticks

Purpose

Ingredients

How to Make

Ritual Teas

Purpose

Example Recipes

Cacao Heart-Opening Tea
Blue Lotus Dream Tea
Grounding Herbal Tea
Creating Altars
Purpose
Elements of a Ceremonial Altar
Sacred Objects
Plant Medicine Symbols
Candles and Incense
Elements of Nature
Arrangement
Enhancing Tools with Intention
Charging with Energy
Cleansing Tools
Practical Applications
Daily Practice
Ceremonial Enhancements
Creative Expression
Ethical Considerations
Sustainable Sourcing
Respect for Traditions
Avoid Overuse