



Contents



Introduction: The Transformative Energies of Live Plants	xix
You Have Lost Much Ancient Wisdom	
While Seeking to Gain Knowledge	xx

Herbs

1. Dandelion	3
You Must Form a Personal Relationship with the Seeds You Plant	4
The Magic in Communing with Plants Is in Both the Giving and the Receiving	5
Dandelions Can Help Heal Head and Bone Conditions	6
As the Creator Apprentice, You Re-create More Benevolent Human Beings	8
Dandelions Came to Earth to Help Humans Remember	10
How You Can Reacquire Wisdom from the Trees	11
Connecting in the Evening Is Safer	13
2. Sage	17
Sage Can Help Resolve Communication Problems	18
Sage Can Help Clear Distress from Babies.....	18
Keep Sage Near to Clear Congestion	19
All Types of Sage Are Unique in Their Abilities	20

- How to Identify Sage Plants to Communicate With21
- Sage Was One of the First Life Forms Invited to Earth22
- Sage Souls Have Migrated from Planet to Planet23
- Use Sage to Commune with Your Higher Self24
- Other Plants Might Also Have Clarifying Personalities24
- Communication between Humans and Animals Is Possible with Sage28
- Animals Can Also Use Sage to Resolve Communications29
- Pleiadian Songs Have Given Us Hope for Earth Humans30

- 3. Sage33
 - You Can Use Sage to Increase Physical Strength34
 - Breathing with Sage Can Break through Depression36
 - The Aroma of Sage Might Help Ease Mental Conditions38
 - A Breathing Exercise to Aid Digestive Conditions39
 - Use Sage’s Energy Based on Your Own Intent39
 - Become a Wise Old Sage40
 - The Benefits of Sage in a Sickroom42

- 4. Marijuana45
 - The Challenge for Human Beings Is to Achieve Connection with Their Spirit .46
 - Used as Intended, Marijuana Can Help Humans Connect to All Life47
 - Interacting with Live Plants Does Not Create Chemical Dependency48
 - Shamanic Societies Interacted with Wild-Grown Marijuana49
 - Try a New Pathway if You Become Frustrated While Trying to
 - Make a Connection50
 - Not All Plant Life on Earth Is Meant for Human Beings51
 - No Matter What Planet We Are On, Our Purpose Is Always the Same52
 - Human Beings with the Same Interests Are Not Always Connected53
 - The Way to Survive and Thrive Is to Support All Life54
 - We Are Aware of the Experience Human Beings Are Participating In55

- 5. Marijuana Spirit61
 - Human Beings Use Drugs to Obtain a State of Safety62
 - You Must State Your Intentions as You Approach a Marijuana Plant63
 - The Plant’s Auric Fields Will Extend Out to Interact with You64
 - You Only Get 1 to 3 Percent of the Benefit of Marijuana If You
 - Smoke the Plant rather than Interact with It66

Use Your Physical Body, Not Your Mind, to Interact with the Plant	67
Marijuana Can Reacquaint You with Your Love of Life	68
Some Plants Will Offer Information about the Future	70
The Human Soul Is Not Needed beyond the Veil	70
It Is Possible for Humans to Reconnect with All Their Lives	71
Your Soul May Linger Here so that You Can Become a Spirit Guide	72
Your Spirit's Purpose Is Usually Complete within Three or Four Days of Physical Life	74
You Have Been Ordained by the Creator of This Universe to Achieve Something beyond Your Individual Spirit's Purpose	75
6. Marijuana and Marijuana Spirit	79
Marijuana Can Amplify Your Capacity to Achieve Full Awareness in a Meditative State	79
Humans: You Are Not Failing.....	81
Ease into the Energy of Your Spirit	82
Beings Come on Pilgrimage to Commune with Marijuana on Its Own Planet	84
Earth Is the Only Planet Where Humans Do Not Know Their Purpose	85
Marijuana Spirit Serves the Needs of All Marijuana Plants	87
Marijuana Exists for Its Ability to Interact Spiritually	88
The Purpose of Earth Is Spiritual Development	90
Marijuana Will Remain on Earth after Humans Leave	91
From Plant Soul to Human Soul	92
Humans Are Moving toward Becoming Their Natural, Conscious, Spiritual Selves	93
7. Angelica Spirit	97
Wild Plants Are Better for Healing Cancer	98
Serve Your Own Needs by Serving Others' Needs	99
You Might Have to Complete Some Other Purpose before Healing with Angelica	100
You Can Begin Your Relationship with the Plant by Interacting with the Seeds	102
It's Angelica's Personality That Helps You	103
Angelica Spirit Is on Earth to Help Humans and Angelica Interact	104
8. Angelica Spirit	107
Nomadic People Dried Herbs for the Purpose of Availability	108

The Information Is Being Released with the Intent to Empower	109
Lost Information Has Now Been Found	112
Much Information Was Lost Due to War and Strife	112
Plants Receive Most of Their Energy from Earth	113
It Is Preferable to Interact with Plants That Grow Near Your Birth Area	115
This Information Should Be Shared with Others.....	116
To Be Reminded Is to Be Cherished and Appreciated	117
This Experiment Should Be Conducted as Slowly as Possible	118

Trees

9. Cherry Tree	123
Compost and Waveform Planting Will Make Us More Comfortable	124
We Are Not Native to Earth	126
As We Propagate, Our Energy Goes into the New Trees	128
Our Fruit Helps Humans Experience Greater Welcome on Earth.....	129
Receiving Messages from Birds and Trees.....	130
Silica Will Bring You Clarity and Purpose	131
We Know Why We Are Here.....	132
Our Medicinal Qualities Are Practically Untouched	134
Experience Your Own Ambiance	135
10. Pine Tree	139
Lean Back Against Us to Ease Your Troubles	140
We Often Request Things for Earth	142
This Is My First Physical Life	143
We Were Approached by an Emissary	147
We Bring a Level of Cheerfulness to Earth	148
Those with Down Syndrome Know Who They Are	150
Just Be in Your Feelings!	153
11. Redwood Tree	155
Helping Planets Understand the Personal	156
Finding Our Place of Welcome on Earth	158
Pay Attention to Your Immediate Environment!	161
We Prepare Planets for the Arrival of Other Beings	161

Embrace the Variety in Human Experience	164
Humans Are Becoming the Inheritors of Other Life Forms	165
12. Peach Tree.....	169
Human Filters Cause Much Misunderstanding	170
We Came to Earth as Seeds	171
Coffee Beans Have a Need for Companionship	174
The Filtering Effect Goes Beyond Conversation	175
The Original Human Soul Number Was 144	177
Life on Planet Earth	178
Humans Are Completely Different in Their Natural State	181
The Rest of the Explorer Race Awaits You in a Place of Light	184
Stories Are Important	185
You Will Have the Opportunity to Find Friends	186
13. Holly	189
Our Connection to Our Home Planet Remains Solid	190
Our Presence Allows a Certain Continuity over Time	192
Two Exercises to Transform Your Tension	194
Human Language Is Not Natural	196
Humans Connect to Their Home Planet in Their Dreams	198
Remember the Sympathetic Nature between Plants and Humans!	199
14. Maple Tree	203
For a Long Time, There Were No Volunteers	204
If It Weren't for Threats, Humans Wouldn't Move around as Much	207
My Friend the Deer	208
On My Home Planet, Our Species Is All We Have	209
Spider Taught Me about Earth	211
You Will Probably See Earth's Forests Go Away	213
Death Is a Gift from Creator	214
Human Civilization on Earth Is in Its Youth.....	215
15. Walnut Tree	219
I Am from Inner Earth	220
Life on Inner Earth	222

Interacting with Humans on Earth	224
Life on the Home Planet	225
Use the Walnut Tree for Healing	228
Trees Need to Feel Welcome	229
Busyness Makes Sleep Difficult for Humans	231
Channeling Was Used in Inner Earth	232
Welcome the Plants around You!	233
16. Palm Tree	235
We Interact with Wind to Encourage Newborns	236
For Adults, It Is Possible to Feel the Resistance	237
Earthworms, Sheep, and Cows Have All Needed Encouragement	238
We Have Always Been Able to Nurture	239
Humans Are Resistant to Forgetting Who They Are	241
There Are No Longer More Souls Who Want to Come Here than Can Be Accommodated	243
Earth's Personality Is Marvelous	244
The Wind Is the Great Communicator on Earth	244
For Those Who Are Depressed—Dance with Palms	246
The Service Alone Is a Joy	246

Grasses

17. Oat Grass	253
We Experience More Dream Life than Physical Life in Colder Months	253
Connecting with the Night Is Like Sharing the Same Dream	255
Even the Experience of Shade Provides Variety in Earth Experiences	256
Communing Is Like Listening to a Chorus, Not Individual Beings	257
I Use Perceptions and Awareness to "See"	258
My Awareness Goes beyond This Energy of Being	259
We Were Offered a Part in the Human Experience to Provide Variety	260
Earth Used to Receive Visitors from the Stars Who Shared Their Capabilities	261
Meditating near Oat Grass Can Help You Sleep Better	263
18. Wetland Grasses	265
On My Home Planet, I Am a Life Form More Akin to Sea Life	266
All Life Forms Have a Radiant Energy about Them	266

There Is a Form of Sleep Plants Experience on Earth That They Do Not Experience on My Home Planet.....	268
There Is a Constant Stream of Communication Available among Us	269
Any Form of Expression Has a Desire to Be as Much as It Can Be, Even Danger	270
The Motion Created by the Wind Expands My Joy of Being.....	271
Animals Passing By Can Convey Messages of Warning	272
On Our Planet, We Stay Tethered to Source	273
When I Return to My Home Planet, I Will Begin Again	275
When Asked to Volunteer, We Were Told This Would Be a Short-Term Commitment	276
Join in the Dance of Life with Wetland Grasses	276
Join in the Dance with Other Plant and Animal Life Too	278
Do Not Run Up to Plants or Animals and Touch; They May Interpret Your Intention as Danger	279
 19. Crabgrass	 283
We Are Strongly Connected with Certain Tibetan Chants	283
Our Purpose on Our Home Planet Is Simply to Live	284
Feelings Are Heightened for All Life Forms on Earth	287
We Were Able to Locate Earth on the Basis of Sound	289
There's a Wider Purpose for Human Existence on Earth	292
Knowing Who You Are Would Interfere with Your Purpose	293
We Were Involved in the Creation of the Temporal	295
Embrace the Temporal!	296
 20. Kelp	 301
Kelp Came to Earth to Exist in a Less-Insulated Environment	301
Only Request Portions of Kelp for Consumption	302
Kelp Radiates the Energy of Cheerful Compromise	304
Kelp Was Recruited to Earth for Its Energy of Compromise	305
Fish Are on Earth to Provide Beauty and Inspiration	307
To See Each Other as Family Someday	308
 21. Kelp	 311
Human Beings Reconnect Every Day, All Over the World	312
You Remember Who You Are Just Before Waking from Deep Sleep	314

Farm Kelp to Yield Its Nutritional Benefits	316
The Explorer Race Will Remember Their True Selves before Leaving Earth ...	317

22. Bamboo	321
Share Your Water with Bamboo	321
You Can Interact This Way with Commercially Grown Bamboo Too	323
Ask Bamboo to Help You with Breathing Problems	323
Bamboo Enjoys and Benefits from Contact with Other Forms of Life	325
Bamboo Helps Beings on Benevolent Planets Extend Their Lives	326
Bamboo Can Help with Circulatory Issues in Human Beings	327
Earth Humans Have More Complicated Digestive Systems	328
When You Commune with Other Beings, You Can Ask Them for Guidance...	329
Communicate with Bamboo One-on-One, Not in Large Groups	330
23. Bamboo Spirit	335
Eating Bamboo Shoots Can Provide Many Health Benefits	335
Human Beings Are Part of the Food Chain on Earth	336
Humans Have a Ways to Go Before Their Perceptions of	
Food Consumption Change	337
Bamboo Spirit Is a Visiting Philosopher	338
There Are Visitors to Earth Who Do Not Communicate with Humans	339
Some Information on How Bamboo Communicates with Other Beings	340
Bamboo Can Produce What You Need When You Need It	341

Grains

24. Corn	347
Pleiadians Brought Corn to Earth	348
How to Interact with the Corn Plant	350
I Prefer to Be Grown in a Non-mechanized Fashion	352
Variety Is One of the Joys of Earth	354
It Took a While for Pleiadians to Cultivate the Perfect Corn for Earth	355
Family Is Still Strong for Us on Earth	357
Excessive Seeding Warns of a Weather Change	358
The Idea of Using Corn for Fuel Will Pass	360

25. Corn Spirit	363
Hybridized Corn Is Not as Effective as Natural Corn	365
Inoculations Alter the Human Being	366
I Help Create Pathways to Connect Corn's Natural Parts	367
Plants and Animals Are Not Meant to Evolve	368
Biofuel Is a Temporary Thing	369
Creations Have No Boundaries	371
Many Humans Come to Earth to Rest	372
In the Future, Humans Will Make Room for Crops.....	374
26. Brown Rice	377
Consume Rice in Its Natural State for Physical Healing	378
Rice Can Help You Regain Balance	378
Rice Can Help You Create a Sense of Calm	380
Only on Earth Is There Such a High Degree of Adaptation	382
Interested Beings from Other Planets Have Come to Earth to Learn of Rice as a Food	383
When Rice Transitions to Its Home Planet, It Releases Its Earth Version in Spirit Form	384
The First Rice Plants Journeyed to Earth in Physical Form	386
Rice Emits a Constant Feeling Energy Wherever It Grows	387
Remember to Be in the Moment	388

Beans

27. Soybeans	393
The Burden and Responsibility of Plants Who Are Consumed	393
We Are Like Food for the Soul	395
Interacting with the Soybean Plant	396
Other Off-planet Beings Want to Know How You Treat Us	397
Other Beings Feed Our Souls.....	399
We Were Asked by Earth to Provide Soul Balance through Food	400
Stories and Songs from Other Species on the Home Planet	401
Even Creators Have Guides and Teachers	403
Plants Have to Be Vigilant	404

Perhaps All Are Some Extension of Some Creator Somewhere.....	405
Your Food Sources Will Be Evolving	407
Practice Heartfelt Welcome.....	408
28. Soy Spirit	411
Soybeans Help You to Move through Spiritual Crisis	412
Soy Is Familiar with Various Human Races	413
The Memory of Who You Are Will Always Return	414
There Are Nonplant Beings on Soy's Home Planet	415
Processed Soy Is Safer for Human Consumption	416
The Plants That Have Been on Earth Longest Are Meant for Animals	417
The Time Will Come When Humans Will Equate Themselves to Plants	418
Ask Your Plant and Animal Friends for Answers in Your Dreams	419
All Species Are Present on Earth to Teach Humans	421

Ornamentals

29. Hibiscus	427
Even When Extinct, Plants Continue to Exist Underground	428
Our Home Planet Is in Andromeda	429
Being Underground Allows Me to Remain Focused	431
Humans Aren't Meant to Live in Balance on Earth	432
For a Long Time I've Been Interested in Balance	433
Assimilating Energy from Hibiscus Plants	435
It Is the Imbalance that Causes the Discomfort on Earth	438
We Provide Balance to Other Beings as Well	440
You Will Remember Your Experiences with Us	442
30. Ivy	445
Getting Inspiration from the Moon	447
Life on the Home Planet	449
You Need to Interact with and Learn from the Other Life Forms on Earth	451
You Will Remember Your Kinship with All Life	454
31. Orchid	459
Human Beings Emulate Earth's Urgency	459

Orchids Came to Earth to Support the Human Choice to Live in Compatibility	460
Life Everywhere Else Does Not Work the Same as It Does for Earth Humans	461
The Eighteenth Civilization on Earth	462
Earth's Climate Is Changing to Accommodate Extreme Personalities Who Also Wish to Come Here	463
Commune with Orchid to Become More Assertive	464
Fairy-like Beings Exist in the Natural World	465
Human Beings Exhibit Extreme Behavior because They Don't Remember Who They Are	466
Earth Humans Are Beginning to Consider Other Possibilities	467
Mutually Shared Experiences Bring Humans Closer Together as a Total Being	468
 32. Daffodil	 471
Plants Feel Support When Humans Play Music	472
Human Beings Would Often Be Sick without the Natural Broadcast of Energy from Other Beings.....	474
People Should Walk in Natural Forests to Gain Better Health	475
You Receive the Maximum Amount of a Plant's Energy through Live Interaction	476
Plants that Are Native to the Area Will Have the Most Energy for Interaction	477
Daffodil Can Connect to Earth 100 Percent	479
Space Travel Takes Place through Pure Feelings of Love	480
Newborn Babies Can Emanate the Same Energy as Daffodil	481
 33. White Rose	 485
Rose Came to Earth Knowing Humans Would Alter Its Face	485
Ask Rose to Sharpen Your Abilities to Assert and Defend	486
The Red Rose Was the First Rose to Come to Earth	488
The Thrill of Danger Piques Human Curiosity	489
Thorns Provide Protection for Rose	490
Rose Will Eventually Migrate to Other Planets.....	491
 34. Rose Spirit	 495
Rose Is on a Journey Similar to That of Human Beings	496

Feminine Warrior Wisdom Is Helping You Adapt	497
Rose Was Created with the Purpose of Spending Time with the Explorer Race	498
Rose Is Here to Learn to Create a Benevolent Life, Just as Humans Are	499
Tell Rose You Accept It Just as It Is	500
 Conclusion: Coffee	 503
Coffee Is Meant to Encourage and Support Innovation	504
Coffee Amplifies the Capacities of All Life Forms to Be Inspired	505
Earth Is the Ideal Place to Produce a Culture That Is Out of Balance	506
All Life Must Migrate from the Present to the Past to Adapt to the Purposes of the Past	507
Earth Is Created in an Artificial Form	508
Humans Are in This Time to Uncreate Pain and Suffering	509
You Re-create Another You When You Drink Coffee	510
Humans Have Many Capabilities That Will Not Be Expressed in This Time	511
Humans Are Here to Balance Discomfort	513
Coffee Supports Communication through Feeling	514
You Should Drink Coffee in Moderation	515
Human Interaction Can Frustrate Coffee Plants	516
People Interact as if on Teams in Real Time	517
Coffee Should Be Only a Portion of Your Life	518
Practice Support of One Another	519