



## 7th Moon Experiment: Plant Alchemy

### This Moons Experiment:

This month I'd like to try another simple group experiment. I'd love it if it feels good for you to join in. It has two simple parts:

**Metaphysical:1.** This month we are going to choose a healing plant to work with. For the metaphysical, we are going to check in with the plant and get friendly with it everyday for a month. Just take few minutes a day to either meditate on a photo, live plant or even with some of the plant matter from part two. Start out the month, letting this plant know that you want to form a relationship with it and that you would like to know it better and also receive help from it.

**Physical:2.** I'd like you to get some tea from the plant that you choose to work with and drink at least one, but preferably more cups of plant tea every day. Take time to be present while drinking the tea and then just notice how the tea makes you feel. You can use the tea matter to meditate with in step one if you like and it's nice to offer it back to the Earth under a tree or some place that feels right. Just be sure to take it out of the bag if it is in the bag. if you do that. Make sure you check and make suret here are no allergies or health reasons for you to avoid using the plant you chose.

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More explanation in the video.