



## Ways We Can Learn from the Plants Themselves

1. Observe
  - Choose just one plant to observe throughout a season, or even just for a day
  - Watch them as they grow, bloom, fruit/seed, die back in the autumn (or whatever is applicable for the plant)
  - Note how they look, where and how they grow, the colors of their flowers, the leaf patterns, their textures and shapes (The Doctrine of Signatures)
2. Sit Spots
  - Choose a spot you can sit on a very regular basis – when something is convenient, we are more likely to keep it up – it may be in your yard, in a local park, or even on your patio ~ wherever there are plants
  - Spend 5 minutes to as long as you would like/are able – as frequent as you can
  - Keep it simple and keep it flexible – let the sit spot work for you
  - It is a great way to practice and develop your awareness and different senses
    - it may be uncomfortable or boring at first, welcome those feelings and keep showing up
  - Boredom turns into Curiosity which turns into Deep Relationship overtime
  - You may learn new things about yourself as well as new things about the animals and plants all around you
3. Meditation and/or Utisetā
  - If you enjoy meditating or any variation, this is another great way to exit out of the thinking and logic mind for a bit and instead enter into your heart space and connect with a plant of choice
  - Although I believe that when a plant comes to us, it can teach us without any formal methods – however there is a practice called Utisetā...
  - Utisetā, a Northern European practice, is a practice of working with plant spirits
    - If this is of interest to you, Jean Schneider is a wonderful teacher who regularly offers zoom-based and experiential classes to learn this practice (through [NativaMedica.com](http://NativaMedica.com))
4. Sip simple teas, take 1-2 drops of a single tincture, take 1-2 drops of a flower essence, etc. (proving)
  - Learn about the plants by experiencing them for yourself in your own body!