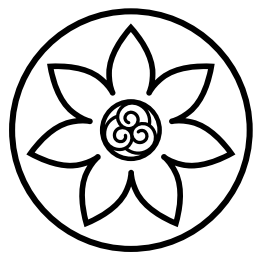


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AND SELF-CARE







Elixirs for Life
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NOTES ABOUT SPIRITUAL HERBOLOGY AND SELF-CARE



Follow along on instagram @elixirs_for_life

Welcome to the journal for Spiritual Herbalism & Self-Care. I'm so glad you found us!

Working with, and honouring the spiritual and energetic aspects of plants, flowers and herbs lets us acknowledge, nurture and celebrate those same aspects of within ourselves.

Inside these pages I hope you'll find practical information, discover inspiration and uncover some of the deeper aspects of YOU!

Afterall, you're SO much more than just a physical body. Every aspect of you deserves love, care and renewal. We believe that plants can light up your soul and renew your life's essence—even if you don't have time for a month-long spa retreat in India (although that would be AMAZING!).

We believe that self-care is about more than just sheet-masks and Netflix. And that plants have more to offer than dusty potions, or complex extracts from some rarified blossom.

Spiritual herbalism is about hearing the voice of plants that grow all around you. Your spirit understands this voice because like recognizes like, and in this way, plants can become medicine for the soul.

Enjoy!
Xo
Kandis, Elixirs for Life

MYTHS ABOUT ESSENTIAL OILS.

Essential Oils are Having a Moment

Essential oils are having a moment. And they should be! They are the super-concentrated superheroes of botanical extracts.

And like all superheroes they've made a big impact. Essential oils have played their part in anointing kings and queens, get mentioned in the bible, gave birth to the world of perfume, and created the foundation of traditional plant-based medicines around the world.

But like with so many things we (eager bunnies) can get a little carried away with our enthusiasm for a good thing. Or we get confused about how to use our essential oil, so those little bottles end up lying around the house collecting dust. Here are the top three myths about using essential oils, so you can get the most out of what these special plant extracts have to offer.

MYTH #1 MORE IS BETTER.

When it comes to essential oils, I really want you to remind yourself that less is better. Imagine this; you just received one dozen roses. Nice, right! You can picture how big that bouquet would look, how heavy it would feel, and how amazing it would smell! Now multiply that image in your mind by five. Now you have the number of roses in ONE single drop of rose essential oil!

You can see what I mean about essential oils being super-concentrated plant chemistry and energy!

Ok, now imagine those five dozen roses are filling your kitchen. That might feel a bit overwhelming, right? Well, it's the exact same thing when you're using large quantities of essential oils in your body, or in your environment. It can just be too much plant chemistry for your body to process. So please remember, a little goes a long, long, long, way!



The only exception I've seen that seems to defy this principle is lavender. It seems that our bodies can do pretty well with larger quantities of lavender. So go ahead, be liberal with the lavender!

* My only note of caution with lavender is to be sure that you aren't using a cultivar species of lavender called lavandin (you can tell if it's a cultivar because it will have an 'x' between the genus and species name in the latin binomial e.g. *lavendula x intermedia*). These cultivar, or hybrid species can be super irritating to your lovely skin. (See myth #2)



MYTH #2: IF IT'S ORGANIC THEN IT'S GOOD FOR ME

You're on the right path with this one. Yes, organic plants, make organic essential oils (usually) and that's a good thing, but that doesn't always mean it's good for you.

Here's a couple of examples:

Hybrid lavenders: These guys can be grown in pristine organic conditions, and make a beautiful USDA certified organic oil, but they can still cause you to be itchy as all get-out if you put it on your skin because its plant chemistry contains more camphor than other non-hybridized species. I've had clients that swear they are allergic to lavender, but it turns out they are just sensitive to lavadins.

Citrus: nearly all the citrus oils, including bergamot cause your skin super-sensitive to the sun. I know, they smell amazing, and it's very tempting to put them directly on your skin, but please remember these oils are concentrated plant power (yes, I'm saying it again cause it's important and I want you to remember it). So, please be kind to your miraculous body and be very sparing if you use these on your skin.

Also, check your natural skin care and bath products for citrus oils. They're popular additives to many products because of their beautiful scent, anti-oxidant capacity and vitamin c content, but be aware that you're not using them soon before heading out into the sun.

MYTH #3 ESSENTIAL OILS ARE ONLY FOR THE AIR

Spritzing, diffusing or misting essential oils into the air is certainly one way to use them. But did you know that it is only one of over 25 different ways you can use plant extracts? And get this: diffusion is the ideal method for less than 5% of the 1600+ plant species that we researched at Elixirs for Life.

Now, I'm reminding you our research covered the spiritual and energetic aspects of these plants. If you want to know the best usage of a particular plant for its medicinal purposes, you would probably choose an entirely different method. Probably a tincture, a tea, or a capsule.

Another rose example to make the point: I think it's a crime to put rose oil in a diffuser. One, because it's crazy-expensive. And two, you'll have a way more profound experience with that rose oil if you actually put it on your skin. Try it for yourself. Take just one drop (see myth #1) place it in the palm of your hand, rub your hands together, then rub the back of your neck, your heart and solar plexus. Notice how you feel. Now, try just one drop of oil in your diffuser. Not the same, right?!



Opoponax
Commiphora guidotti

ARE YOU STUFFING CRYSTALS IN YOUR BRA YET?

How to Use Crystals in Everyday Life

Maybe it's just the people I hang out with, but it seems like everyone's using crystals! Are they really a panacea for everything that you feel could be wrong/imbalanced/out of harmony in your life? Well, yes and also, no.

Every type of crystal, just like every plant species has its own spiritual message, as well as specific ways to use them. (And yes, putting certain crystals in your bra is actually a great way to use them, but choose wisely and get the tumbled version. You'll thank me later!)

Here are my top five favourite crystals and practical ways to use them.

AMETHYST

This crystal type has special significance to every major culture throughout history. Tibetan monks use amethyst prayer beads, in India amethyst is dedicated to Buddha, and the legendary healer Hildegarde von Bingen used it to heal the skin and protect against snake bites. Fast-forwarding a few centuries, and I see it used most effectively to protect against the modern plague of stress.

Think of amethyst as the great harmonizer, it calms nerves, anxiety and soothes impatience. You can't really go wrong with having this stone, in any form in your home or work environment. It doesn't matter which area of your home you put it in, it will do good anywhere, but I recommend putting it in your bedroom to help you let go of the day and fall asleep.

It's important to note that amethyst does need to be cleansed from time to time. Just as you need to dust the

Think of amethyst as the great harmonizer, it calms nerves, anxiety and soothes impatience.

corners of your home, you need to cleanse the energy of your crystals. In order to cleanse your crystals, you can spray them with holy water, smudge them, or simply run them under cold water with the intention to cleanse them. Certain crystals don't need to be cleansed (citrine for example) but make sure you cleanse your amethyst on the regular.

QUARTZ

There are many many different types of quartz crystals, but let's just go ahead and cover the standard clear rock crystal that you've likely seen in jewelry or in a crystal shop. What makes these so special?

Well, allow me to get a little bit nerdy here for a quick moment. Remember this part, cause it's important and I'm going to come back to it: quartz is amazing at amplifying, focusing, storing, transferring and transforming energy. Because of these abilities quartz crystals get used in all sorts of industrial applications (computer processors, time-keeping mechanisms etc.) Super cool, right?

Ok, one more amazing aspect of quartz you need to understand is quartz actually generates its own electromagnetic field (called a piezoelectric field). The polarity, or charge, of this quartz-generated electric field actually changes when the crystal is exposed to heat, pressure, or,

drum roll please...when you hold it in your hand! That's right, quartz's electrical polarity changes when you touch it. What that means is that quartz directly responds to your energy field. The tip of the crystal is almost always positively charged, meaning that it is receiving energy. When you touch it, it instantly shifts to become negatively charged and is now transmitting energy to your field.

What kind of energy is it transmitting? Well, remember I said that quartz will focus, store, transfer or transform energy? That energy or information that gets transmitted to you depends on you! What is your intention? How are you directing your thoughts? Who did you receive the crystal from? Has it been activated? All crystals, including quartz are a life form, so tune into them to feel what they have to say.

This is a really important step when you're choosing any crystal. Use your intuition. If a crystal doesn't feel good when you pick it up, pay attention to that. There are dowsing methods and kinesthetic testing practices you can use to select your crystals, but intuition is always your best guide.

Ok, enough of that. How to use your quartz crystal? I like to wear them. Quartz does such a good job of balancing the electromagnetic field of the body that I wear my quartz pendant whenever I'm travelling, spending time around a lot of people, or when I need to work in an ungrounded (stressful) environment. The pendant I have comes from Wings Alive because all of their crystals are awakened and blessed in a special ceremony. I love it!

If you are using quartz in your home, remember it will amplify the existing energy of the space it's in, so place it in a spot where it can pump up the good—unlike amethyst where you'd use it to balance out disharmonious energy. An amethyst would be good to use in a bathroom; quartz crystal, not so much...you get the drift :)

CITRINE

So pretty. This is one of my favourite crystals. People used to (and maybe still do) put pieces of citrine in their safety deposit boxes because it was known to attract wealth :)

How can a crystal do that? I think of it this way: imagine a swiftly moving river, but instead of water, envision a current of energy. This energy can be very choppy and turbulent, or it can be smooth and very fast flowing. Wealth is also a current of energy. It can flow easily, deeply and smoothly; or it can be stagnant, choppy, or sluggish.



Quartz is amazing at amplifying, focusing, storing, transferring and transforming energy.

Citrine creates the type of current that is smooth and consistently flowing: exactly what we'd all like to experience in our finances, and in general because that type of flow will make you feel more relaxed, creative, and energized. It's an amazing crystal to put near your computer, or in the electrical room of your house. I like to take four small pieces of tumbled (meaning the edges have been smoothed) and put one each in the four corners of a room or home. *It's one of the best stones to have in your work environment for balancing out electromagnetic stress and stimulating mental focus and endurance.*

Bonus: citrine does not need to be cleansed because it is one of the few stones that doesn't accumulate negative energies, but rather transmutes and dissipates them.



Citrine creates the type of current that is smooth and consistently flowing... that type of flow will make you feel more relaxed, creative, and energized.

ROSE QUARTZ

Melody, author of *Love is in the Earth*, the bible on the spiritual messages of crystals says, "Rose quartz provides the message that there is no need for haste in any situation. It brings calmness and clarity to the emotions and restores the mind to harmony after chaotic or crisis situations".

Ummm yes please! Because sometimes just getting through the day can feel like surviving a crisis! Understandably people wear this one over their heart (there's the handy bra trick if you don't have a pendant), but I love this stone added to your bath water. Yes, you still need to energetically cleanse rose quartz even if it's just been in bath water. In fact, I feel this particular stone needs to be cleansed most frequently. Aim for once a week if you're wearing it regularly or at minimum once a month.

Rose quartz provides the message that there is no need for haste in any situation. It brings calmness and clarity to the emotions and restores the mind to harmony after chaotic or crisis situations.

TURQUOISE

It seems to me that you either can't get enough of this stone, or you just not attracted to it at all. I'm gaga for it, and my western fashion wardrobe reaps the benefits.

I was at a party recently, chatting with a philosophy professor and I noticed he was wearing a turquoise ring. Whether he knew it or not, this is the absolute perfect stone for a philosopher to be wearing! (it's not the Philosopher's Stone though). It's a stone that resonates and supports your mental body. It facilitates communication, enhances intuition and supports clear



[turquoise] facilitates communication, enhances intuition and supports clear thought.

thought. You can find it all over the world. The Tibetans use it a lot, and the chiefs of many southwestern Native American nations would wear great big chunks of it to bring in clear thought and fair-minded judgements.

Go buy yourself a beautiful piece and just wear it. Buying turquoise though can be a bit tricky. It's a really soft stone, and so ideally, you'd get an intact segment rather than a piece that has been stabilized (literally been glued together). It's one of those things; you likely get what you pay for, so *remember to use your intuition*, and do your homework.

SPIRITUAL SKINCARE WITH ERIN DICK-JENSEN.

An Interview

I had been hearing about her for months. A woman, whose facial treatments are next level, and centres her work around a philosophy of mindfulness and self-care. Sounds like some sort of mythical animal—too good to be true, yet friends insisted she existed, and that I “simply had to meet her”. If I could score an appointment... Well I did and, like so many things in life, good things come to those who wait. And wait I did for an appointment with Erin Dick-Jensen. But, of course, one hour was just not enough with this amazing woman, and so I sat down with her on a silver cloudy day over toast and coffee to ask her all the questions (seriously—it was a bit hard to narrow it down because she has such a wealth of knowledge about skin care). Of course, I had questions, and she answers them all below, but it was her personal story of how she was lead to this career that I found so moving and inspiring. But, I'll leave that story for her to tell—maybe you'll be lucky enough to hear it in person one day during a beautiful facial treatment.

At Elixirs for Life we use the term spiritual skincare as a way to convey the concept that wholistic skin care is about addressing more than just your physical body. What does that term mean to you?

Spiritual and skincare are certainly terms that overlap. Whatever your skincare routine is, and no matter what products you are using, it is important to ask, ‘Am I doing this as ritual of kindness for myself, or am I doing this from a place of fear?’ It is really important to examine your intention.

I took an entire year off from coloring my hair, wearing nails, and make-up just to really examine my own relationship with beauty products and those practices,





and I realized the major foundation was fear. A huge part of that fear, I discovered, was related to the 'male gaze', and worrying whether men would still find me attractive? But now when I decide to wear make-up it is a completely different feeling. I wear it for the pure joy of it, and it takes me back to the excitement of being a little kid at my grandmother's dressing table, and experiencing the really amazing aspects of these beauty rituals.

Your treatments are incredible! It feels like a lot of your treatment is very intuitive. How much of what you do is informed by your training vs. how you are intuitively guided?

Of course, there are some very sensible approaches to treating each person's skin, which you learn with training and experience, as well as a lot of communication awareness that makes up a large part of my treatments. A really major part though is intuition.

As a facialist, what I'm doing in my treatments is spiritual practice. I am a meditation practitioner and I feel like when I'm performing a treatment each step is its own mindfulness practice. We know that so much of skin health revolves around healthy emotional states, so my role is to create a healing space for my clients, to show up for them, and to really see them. That practice of mindfulness is so important for me because I have a history of unhealthy and unskillful living. Meditation and mindfulness taught me how to come

into the moment and be with someone. I think about the version of myself six years ago trying to do a facial, and it's hilarious. I couldn't sit in my own skin for six seconds. But now for me to be able to hold that space for someone, and to really show up for each step of the facial is hugely important.

There is a growing awareness that emotional wellbeing has a massive effect on skin health. For someone who is new to this concept, how do you suggest they get started?

It's interesting because I think even the idea of emotional health is a new concept to most people, and it feels like we are in a time where that idea is being commoditized somewhat. You see magazines about how to be mindful faster and better but, again, I really believe that everything comes down to your intention. How do you want to take care of yourself?

When I see someone who's in a really stressful job, it absolutely shows in their skin. So for my clients to come and spend an entire hour and allow themselves to be cared for is massive. They come into my treatment room exhausted and emotionally drained, and slowly we start to develop a routine with natural, beautiful products that smell amazing and make you feel really good about taking care of yourself. After that, the rest of that healing journey begins to unfold naturally.

When I started this work, a therapist I was seeing told me, "You are going to care for the warriors of the world." I just burst into tears because I felt the truth of that statement.

How much of good skin is a reflection of what's going on inside of us as opposed to simply how we treat the outside of our skin?

Clients that are willing to look at what's going on inside make the biggest changes because you really can't discount everything that's going on inside of you. The clients that make the biggest changes in their skin are the ones that are willing to look at the whole picture.

Alternatively, I know people whose lifestyles contribute to their skin health in a really negative way, but they just aren't willing to change. Change takes time and effort, but without it they're really not going to achieve the results they'd like. Interestingly, there are so many products marketed towards people who are reluctant to change; and, almost always, those products are simply band-aid type solutions. Of course, there is nothing wrong with that as long as people are aware that's what they're paying for. Do you want a band-aid? Or do you want to change?

With so many skincare products available, what advice can you give us about making good decisions about what to use?

I feel that a lot of product marketing takes advantage of our underlying insecurities, and leads us to believe that products can take care of everything. It's misleading because, while there are some really powerful ingredients we can use, topical products certainly can't solve every challenge. The best advice I can give you is to be clear with your intention. What is your intention for buying that shiny new product? There is so much amazing packaging and so many super cool cult beauty brands it's easy to get carried away. I love going to the beauty counter and seeing what's new and beautiful. (Small interlude, while Erin and I gush over our mutual obsession with Tom Ford lipstick...price tag be damned).

Get clear on what is driving your desire to buy that new product. What are you hoping it can achieve? Are you working on establishing a healthy skincare routine to really nurture your skin, or are you just feeding a desire to buy? If it is just about shopping then you are going to be constantly confused because real skincare, like any other aspect of your health, takes time and consistency. You need to allow things time to work, and sticking with a program is the key to achieving your skincare goals. But if you are buying skincare products like a new outfit, it might be fun for a little while, but be aware that you aren't establishing ritual skin health.

When I mentioned to some friends that I was going to be interviewing you, the number one question people wanted to know about is exfoliation. What's your perspective on that whole process?

90% of people that I see aren't doing it, or they are completely overdoing it. I'm not a fan of scrubbing your skin at all because I think that people just can't help themselves and overdo it, so their skin ends up raw, irritated or with

a compromised barrier. Especially because our climate in Calgary is so dry, any kind of scrubbing can be really hard on your skin. The only time I really feel scrubbing is appropriate when your facialist is doing it. Leave it to them. I use crushed peony flowers in my treatments because they have a bit of bounce to them and won't tear the skin.'

The chemical kind of exfoliation happens with different enzymes. Using a low concentration exfoliant once a week is a really good thing to build into your routine.

Calgary is so dry! Do you have any specific skincare tips for our climate?

Yes! It's so dry, and you may be surprised, but cleansing is super important for us, and it is something that I see is overlooked. I suggest that you find a really good cleanser with beautiful ingredients, and without sulphates (which can dry your skin out even more). Really, don't be afraid to lean towards more moisture in your skin, which could mean the difference between using a really hydrating moisturizer rather than an oil-free, sulphate-based product. Consider using facial oils at night, and build up a little arsenal of products that you know will work for you and help you transition through the seasons. I love jojoba oil, as one example, and it is magical for all skin types.

Botox or no Botox?

Does it work? Absolutely. And I've seen it done really well, but it's not a choice I likely would make. Aging is a natural process, and resisting that can produce a lot of fear in the body. Even though that is my personal choice, I would never pass judgement on people that make different choices than I do. I simply say, "Great, let's just make sure you have a really good routine for taking care of your skin as well."



How do you practice self-care? My background is in health-care, and this was something I really had to learn because so much of my training was focused on taking care of others first.

Self-care is a new practice for me, and I am certainly not a perfect practitioner of it! I have to constantly remind myself: oh yeah, me too!

I'm a founder of a meditation group for recovering addicts, and this work informs a lot of my focus on self-care as well as discussion about teachability, and willingness to learn and grow. A big part of self-care for me is the practice of self-awareness.

Erin Dick-Jensen (@woodsroseskinicare) offers her therapeutic facials at Woods Rose Natural Skincare (2022 34 Ave SW Calgary, Alberta). For bookings please visit woodsrose.com



Mint
Mentha x piperita

EASY WAYS TO GET A GREAT SLEEP NATURALLY.

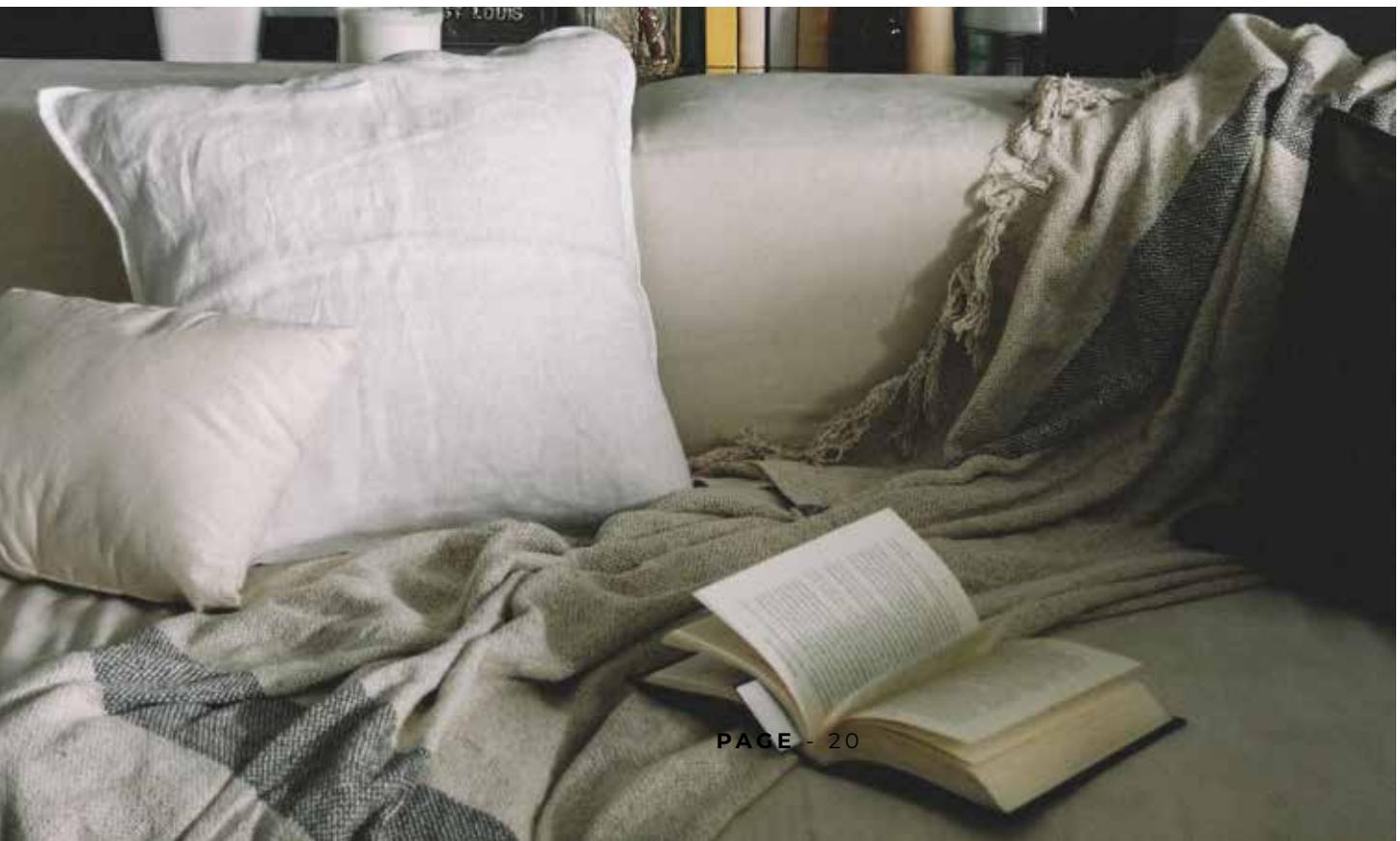
Four Tips That Really Work

I'm envious of my dog. She can sleep anywhere, anytime. She's a professional sleeper, never seemingly bothered by a busy mind, or restlessness. In my quest to sleep as well as her, I'm sharing four tips that work really well—cause nothing feels as reviving as a really good sleep.

IF YOU WAKE UP WAY BEFORE IT'S REASONABLE TO GET OUT OF BED

Lavender oil. I know we've heard this advice before, but the trick is to put the oil on the bottom of your feet. Reflexology shows that your entire body is connected through nerve endings in your feet. When you apply lavender to your feet, all the lovely relaxing effects spread through your entire body in a way that simply inhaling the oil can't do. This special

ability of lavender to relax the entire nervous system is what keeps you asleep longer. Bonus marks if you add a few drops of lavender oil to a bit of olive oil first, and then apply it to your feet. The essential oil will absorb into the skin more effectively this way rather than some of it evaporating. Please make sure to choose a pure lavender oil. You can identify this because the latin name will start with "Lavendula". You may see "Lavadin" for sale, but I don't like this hybrid species for topical use, as it can be a bit irritating rather than relaxing. If you are unsure, try a tiny amount on the back of your hand to see how your skin responds to it. The spiritual properties of lavender are all about breaking through the barriers of feeling burdened down by life. That messaging is so reassuring and safe that the body can more easily relax and let go of stress, and sleep longer and better.



WHEN YOU JUST CAN'T FALL ASLEEP

Arnica. You may have heard about arnica for sore muscles, or its anti-inflammatory properties, but I love it to help me fall asleep. Again, you're going to want to get this on the bottom of your feet.

Have a look at page 20 for a recipe to make your own arnica balm. But if you're not so into the DIY then check out the Super Salve Company's arnica salve. It really does the trick, and smells heavenly (rather than medicinal).

Arnica is wonderful because it can raise your life force energy, but not in an energizing way. It is restful and feels rejuvenating because its spiritual properties open your mind to dream about heaven. Yes, please. I love using arnica when I'm anxious about something happening the next day, like an important meeting, or early morning flight.

WHEN YOU'RE AWAY FROM HOME AND JUST CAN'T GET A GOOD NIGHT'S SLEEP

Hotel beds are strange and often uncomfortable, making it difficult to get a great sleep. A simple solution that I use is to pack my own pillow case. It's so easy to tuck into my luggage, and then simply lay it over the pillow at the hotel or wherever you're staying. Have you even noticed that you

have really bizarre dreams when you are sleeping in a hotel bed? That often happens because you are sleeping in the energy field of the person who was there before you, so you can actually have their dreams. Weird right?! No, thank you. That's why I bring my own pillow case. I have no idea how or why this works, maybe it just the comforting smell and feel of home, but it really does the trick. You can always sprinkle some of your beautiful lavender oil on the sheets too for an extra feeling of comfort, hominess, and cleansing.

WHEN YOUR MIND WON'T SHUT OFF, AND YOU FEEL WIRED AND TIRED AT THE SAME TIME

The conventional wisdom on this is to get up and write down everything that's on your mind. I know this works. But I hate getting out of a cozy bed. Are you with me? Instead have a bath before you go to bed. Bonus points if you can get some Epsom salts in there too. This relaxes your whole body and mind, so it's easier to get into bed and fall asleep before your mind gets ramped back up again. If that doesn't do the trick, I spray our sacred room spray Soulful Smile elixir for emotional clarity on my pillow, and I find that really quiets down any mental chatter, or subjective mind dancing. Sweet dreams!



ARNICA BALM RECIPE

Heavenly Arnica Balm

Arnica is that famous yellow flower used to help reduce inflammation. In my experience it is also wonderful for helping you to fall asleep—by letting go of inflaming thoughts and feelings so that you can get some much needed rest!

STEP 1

In a small crock pot, heat 1 cup of oil, add 1/4 cup of beeswax, and set on low to melt. You can also use a double boiler, but I prefer the crock-pot because you can set it and go do something else for the 20 or so minutes it takes for the beeswax to melt. Not so with a double boiler. We use jojoba oil for the base of all our balms, but olive oil works just fine.





STEP 2

After the beeswax has melted, slowly stir in a fair amount of arnica flowers. There should be enough to be just covered by the oil and wax mixture. Let this macerate (soak) for a few hours, still on low (or warm is even better if your crockpot has that setting). If you are using a double boiler make sure to keep an eye on the water levels in the pot, as it will evaporate quickly.

STEP 3

Remove from the heat and strain. Cheesecloth works the best for this. Simply place the cloth over a clean sealable container and pour the mixture into it. Use a large spoon to press out the remaining liquid.



STEP 4

Seal, and label the container. Allow it to cool before use.

STEP 5

If you'd like to add some lavender essential oil to the salve, I recommend doing that after you've strained the liquid into the container. Do not add it during the heating phase or it will simply evaporate. About 5-10 drops is plenty.

STEP 6

Your beautiful salve should last about a year when properly stored. Cool, dry place, in a dark coloured glass container.

Apply to the bottom of your feet before going to bed. Sweet dreams!



YOU + NATURE = WITH TANAH WHITEMORE.

A Conversation

She's the kind of woman that once you meet her, you can never be the same again. Tanah and I met five years ago at her ranch in southern Montana. Her ranch, her home is a special place. Indeed, it's appropriately called Sacred Ground Ranch. When you arrive, she'll smudge you, hug you and enthusiastically get you a glass of water—blessed water that comes from a pure spring on her property and helps you get in-synch with the land.

"Alright" she'll say. "Let's go greet the land!" And up you go, along the fence line, and through the first gate that leads up to the mountain where her buffalo live. "This land belongs to the buffalo. It is their home, so when we arrive we say 'hello', and ask permission to be here."

She leads you through the tobacco ceremony, giving thanks for the sunshine that day and all of the life around us. If you're paying attention you'll feel the grass bend in acknowledgment and thanks. You suddenly feel very welcomed.

Over the years I've been back to Sacred Ground many times to visit and harvest plants for Elixirs for Life, and earlier this spring I sat down with Tanah to ask her to share how she guides people to develop their own personal connection with nature. Tanah's personal connection to nature is the way she lives her life. She's in constant communication with the birds, the flowers, the water, even the storm clouds. This connection to nature, she explains, is available to everyone.

KT: For someone who is learning to communicate with nature, and wanting to have their own experiences and conversations, what guidance do you provide to them?

TW: It is a very simple example that I give: if you wanted to get to know a new co-worker, perhaps you see them in the cafeteria, you recognize them, but you don't know



them at all. How would you get to know them? You would probably walk over and simply introduce yourself, shake hands and maybe even have lunch with them. You'd start a dialogue. Even if it's a tiny one, maybe just an introduction. But importantly you have acknowledged them, and they have acknowledged you. It's the same with nature. In the end, that person may likely turn into a friend, which expands and enriches your life.

How do you begin? Go outside and talk to you grass. Say, I'm about to cut my grass, so please be prepared! And thank you for being such a beautiful yard! Start a conversation. You'll feel really good. Teach your children that it's an awareness that everything is living. So, now you wouldn't just pick a flower and throw it on the ground. You would ask permission from the flower to pick it, and maybe now you'd take it home and put it in some water and allow it to beautify your home.





KT: What I've experienced is that when you start this dialogue, you begin to see everything in life as sacred, valuable, on purpose—here for a specific mission. It's changed the way I walk in the world; when everything around you is loving. It's such a different perspective.

TW: You just said a very important word there; loving. The whole idea that the plant kingdom can love you back is very foreign to many people.

*KT: The conversation that I often have with other herbologists is about their conflicted feelings around harvesting plants. Aren't we destroying nature?
I love the wisdom that you bring to that dialogue, which is to say that part of the role of the plant kingdom is to provide. And our human responsibility is to demonstrate honour and gratitude for the amazing plant gifts.*

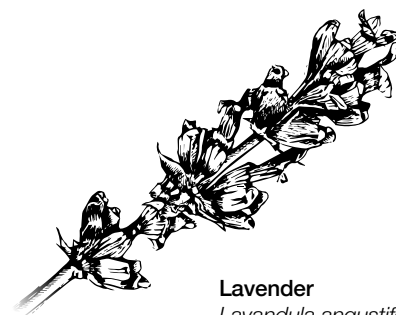
TW: Yes, you've got it. The love doesn't stop just because you've picked a plant. Life is continuous. When you utilize your plant, and tinctures, and candles that plant is still living and contributing! You think that plant isn't grateful for that? Look at all of the lives it gets to touch! It's very hard for us to wrap our heads around the idea that a plant can be grateful, but I tell you it can!

Who am I to pick it? Well, that's where the important conversation has to happen. I've watched you harvest. You're going along, taking some from a group that wants to be harvested, and leaving those that don't volunteer. You

begin to feel that, and you know instantly. The ones you harvest want to contribute in this way. They want to be out in the world. They want to be of service.

If you'd like to support Tanah and Sacred Ground International, a registered non-profit organization, you can do that through her Adopt a Buffalo Program. Every bit counts, and supports their mission of inspiring and informing others about the sacredness of all life.
www.sacredgroundintl.org

Or you can purchase Sacred Vision Spray. This collaboration elixir spray, made entirely from botanicals harvested at Sacred Ground ranch, helps you to come into a greater and inspired vision of who you really are. Proceeds from the sale of Sacred Vision are donated back to Sacred Ground International.



Lavender
Lavandula angustifolia

FLORAL SMUDGE STICKS

How to Make Them and Why You Won't Want to Live Without Them

You've likely seen sage bundles, and even sweetgrass braids? Many of you love our Liquid Smudge, and last year we took things a step further by making gorgeous floral smudge sticks! Just like sage or sweetgrass are bundled and then burned for their amazing purifying, and elevating energies, you can bundle together other high vibration flowers and herbs to create your own customized floral smudge sticks!

Last year we had so much fun running these workshops that I wanted to share the process of how to create these gorgeous little bundles for those of yourself. Its super easy, and I know you'll have fun with it. Plus, you'll never look at a flower the same way again!

WHAT YOU'LL NEED:

- Fresh flowers
- Fresh herbs
- Cotton string (not hemp string)
- Scissors

The first step is to gather together the flowers and herbs you'd like to use. Here are some that I like to use, and that are fairly easy to find. If you are gathering any plants from their wild places, you ***MUST*** receive permission, not only from the plants, but from the landowners as well.

After you've gathered your plant material the next step is the most important: you are dealing with another life—these plants are part of life. When you honour them by saying a little blessing it will dramatically increase the energy and spiritual potency of their properties.

Mint Opens your consciousness to new and greater information

Basil Re-balances the internal fire and chi of life.

Dill Allow you to connect to the flow of creativity.

Sage* Rejuvenates the spirit and sets the foundation for you to achieve the highest good in your life.

Lavender Breaks through the barriers of being burdened down by life

Chrysanthemum Resonates with natural vitality and strength and is a powerful flower for healing the soul and spirit.

Rose Reminder of being in the totality of spirit.

Juniper Opens the door to truly experience the power of love

Fir Connects you into your natural power to receive—prosperity consciousness.

Sweetgrass Helps to maintain sacred boundaries within yourself and your world.

Sage, sweetgrass and countless of other plants have been used since time immemorial to shift and increase energetic vibrations in ceremony, medicine and blessings but they were ALWAYS honoured and therefore potentiated to do their beautiful jobs! So, don't forget this step. There are no magical words, just get into a grateful, receptive state of mind, and simply say a profound thank you.

All plants have a message that speak to our bodies through electro-magnetic resonance and affect our mental, emotional, physical and spiritual selves. You can choose your bundle based on the information I've provided above, or you can choose intuitively from the list. Hold each plant in your left hand, take a deep breath, close your eyes and notice what you notice in your body. Go with what feels good!

The next step is to gather your bundle together from the plants you have chosen. You are going to gather together a bundle that is about 2" in diameter (any larger and the bundle won't dry properly). Holding your bundle firmly take a long piece of your string and tie the bottom of the bundle leaving a fairly long tail. Wrap the bundle in a diagonal pattern wrapping the string towards the top of the bundle. When you reach the top reverse directions, creating an x pattern as you wind the string back over itself. When you've wrapped the entire bundle tie the end of the string to the tail of your initial knot.



Now, what to do with your little bundle? You can either allow your floral smudge stick to dry completely, or use it while it is still fresh. It will take a few days to dry, and is best if you can hang it up during that time. Dried bundles can be burned and used the same way you'd burn a sage bundle. Burning it allows the high vibration smoke to cleanse and clear your space. They also make a lovely hostess gift, or decoration for your home or car. I like using the fresh bundles as offerings, or thrown into a hot bath for a couple of minutes. The oils and vibrations of the plants will infuse your bathwater with your personal selection of uplifting and harmonizing energies. Enjoy!

*We use a specific species of sage in our products. This sage is harvested with permission alongside women who sing traditional songs and make ceremonial offerings to the plants as an expression of gratitude. Proceeds from products made with this sage are shared with Sacred Ground Intl. in recognition and acknowledgement of the important plant wisdom that's held in Native cultures.

CANNABIS

The Great Trickster

When people learn that I study plants for a living, recently they often ask, “What do you think about cannabis?” It’s a timely topic, with legalization occurring in Canada, lots of people are understandably curious about the spiritual and energetic effects of cannabis are.

Over the course of our research at Elixirs for Life we looked at over 1600 plants, and cannabis was certainly one of them. For each plant, flower, or herb we examined empirical research, ancient herbal compendiums, and readings from herbology and phytochemical experts, but the most soul-filling source of information came from my time with Memra Yekara.

Memra is a world-renowned spiritual medium, and founder of Wings Alive—a leading organization offering transformational information about chi, and life force energy (www.wingsalive.com).

I wanted to share our discussion about cannabis as a way of sharing what I’ve learned, and as a response to those of you who’ve asked the about the spiritual and energetic properties of cannabis. It was one of my favourite discussions as I researched cannabis. I found the information to be thought-provoking, surprising and completely fascinating.

Before I share our research, I need to stress to everyone reading this that there is plenty of discussion and information about cannabis for medical use elsewhere. I am not an expert in that arena, and I do not intend this discussion to offer any advice or information pertaining to the therapeutic use of cannabis or CBD oils. Those are discussions to be had with your qualified medical professional. I am simply sharing a discussion that is expressing a point of view from an individual whose opinion I value.

KT: Recently there’s lots of discussion about cannabis oil and people feel that it is very healing. Is that accurate?

AAH: Cannabis oil. Yes, initially, but it’s a great fooler. The reason why, on an energetic level (when you are looking at that) the body takes in the oil and adapts it for its usage, but the major portion of what’s leftover the body can’t use. So, the body assesses the cannabis, and initially (on an energetic level) it feels, “Oh, I can use this. This is good: I can turn this into something that’s useful”. But the misunderstanding is that cannabis is like a wolf in sheep’s clothing. It comes in very harmless, but ultimately what it does is very toxic. It’s a toxin, and it’s a high toxin.

KT: Can you say more about what’s occurring on an energetic level with cannabis?

AAH: It’s called peak value. When cannabis enters into the body, it’s vibrating at it’s peak value. After it’s been consumed the body must actually use its own life force energy to raise and adapt the cannabis to whatever it needs. Therefore the body reports back that it’s feeling better, and that there has been some healing that has happened, but at the same time it is also taking in the high toxin, which is why new conditions begin to emerge that don’t appear connected to the cannabis oil.

KT: So, the body may start to initially feel better, but it is going to develop other conditions as a result of taking the oil?

AAH: That’s right because it overwhelms the body so fast that it begins to go backwards. Vibrationally, when you look at it, it comes up to a vibration that is very good. Anything from 42-67 MHz level is going to be relatively good for the body, but the problem is that it drops from about 43 MHz after being consumed, down to about 20-21MHz. That is a very, very low vibration. That’s the vibration of an individual who is dying. Life force energy is leaving your body, not being built. Ultimately the energetic effect of cannabis is that it pushes life force energy out of the body, and it reduces the chi energy.

KT: So, even though it comes in with a relatively high vibration, it very quickly drops off.

AAH: That's right. After initial contact with it, it can take a little bit over 30 days for the vibrations to begin to reduce.

KT: So when people take cannabis oil, and they claim they have these experiences of healing some type of serious condition, what's really happening there?

AAH: It is a placebo effect because the mind can override anything. They are saying, "If you take this the cancer will go away". They then set up into their mind, and into their body a placebo effect. It actually isn't healing anything; and in fact it is creating greater damage in another area of their body. So the cancer may be gone, but now the liver has now been damaged. Again, it is a placebo effect. For example, imagine I say, "Eat this sugar candy and it'll cure your cancer because we have had hundreds of people that have taken this, and just one peppermint candies will cure your cancer 100% — it will all go away permanently". If I do a good enough selling job, then the cancer will be gone because the desire to live is so great that the body overrides the substance and adapts it into what it wants it be.

In fact, doctors have watched the power of the mind to accept a placebo to an even greater extent than their medication, and they don't understand that. It occurs because of everything happening in the totality of your being and the will to live. If a person doesn't have the will to live then a placebo will not affect them. If a person has a great desire to live then they'll create a placebo effect through their beliefs, which is why it works.

Most medications on the market today don't really work on the level of physical body, which is why they create an enormous number of side-effects. The reason they're effective is because the doctor says, "Here, take this it will work", and the person believes the doctor, believes that the medicine will work, sets up a placebo effect, and therefore the medication works. But, if the person doubts the doctor, and doubts the medication, it's not effective.

KT: Cannabis is popular method for pain relief. What is happening in that scenario?

AAH: Many people report that when they take marijuana their pain goes away. This happens because it's absolutely killing all of their nerve endings. The nerve endings are dead, so



they can't feel anything anymore. It doesn't mean that they pain has gone away; they just can't feel anything. Now, eventually the surfaces of those nerve ending will heal themselves once the person has stopped taking marijuana, but now the pain comes back again, and sometimes it's even greater because they didn't do anything to heal the body from the pain. They just stopped the body from feeling.

KT: So it's just symptomatic relief?

AAH: Yes, that is all it is really. It was never a healer at all, and it was never meant to be a healer. It was never meant to be. Yes, they have understood that cannabis at a certain level can reduce an enormous amount of pain in the body. Well the reason the body doesn't feel it anymore is because it has lessened its life force energy.

KT: Wow

AAH: That is the reason why: it's literally killing the body! Now, the studies won't show it because they aren't looking for it. They are not looking for a vibrational level that ends up becoming physically manifested—but it starts on a vibrational level. I will tell you this: if they were to do a study on the people that are taking marijuana over the years to reduce pain, and examined how many of them actually came out of the pain; or just numbed the pain, and how many people died, or ended up with an entirely different disease that killed them; then they would understand what this plant does.



KT: The body just gets totally overwhelmed?

AAH: That's right because you can't maintain your life force energy. If you can't maintain your life force energy then you are going to die. It is very deadly to the body in a sneaky way because it builds up and as it builds up it becomes deadlier and deadlier.

KT: There's such a misconception about this. Is there any part of the cannabis plant that can be used for beneficial purposes?

AAH: No. You see the reason that cannabis exists is to be a poison. It is a destroyer; it is not a builder. There are certain plants that are made as destroyers. It is sort of like the animal kingdom; you've got predators, don't you? Well, cannabis is a predator plant. Anything that is going to produce high toxins is a predator plant. The purpose of a predator plant is to keep things under control, and diminish them. That is why cannabis controls pain because its job is to lessen life force energy.

KT: This is amazing information because I had no idea how toxic it is.

AAH: Most people don't know about this trickster, and it is a trickster. Your life force energy goes down, then you don't have the ability to fight off disease, and everything becomes degraded.

You can see it in people's faces can't you? People that are smoking it, ingesting it in candy and things like that, look grey. It starts around the mouth, and then it goes around all of the skin, and they smell dusty—as though they have been in a great desert sandstorm, and the dust is coming off of them. That is the dust of death. Dust to dust, ashes to ashes? They are already reducing their life force energy. When you smell that dust. Their vibrational level is already going down.

continued...

KT: Yes, I know what you're talking about, it is like an ashy smell.

AAH: Yes, Have you ever gone somewhere that someone has dug a very deep hole, and there is the smell of deep fresh dirt? Like a grave? That is what it smells like. Well it is the smell that the soul gives off to say, "You've got to stop doing this because I can't hold onto the body". Then what they get on top of it is even more horrendous because they get a ketone smell on top of the graveyard smell. It emanates from the body, so they can't wash it off.

KT: What are the spiritual properties of cannabis?

AAH: Cannabis was put on this planet as a "teacher in reverse". It teaches you the lesson of not using your discernment. That is why it so negatively impacts the body is because you are not honouring and respecting yourself when you consume toxins. A long time ago when the energies of the Earth were not as high as they are now, people sought after these types of things: mushrooms, local weed, ayahuasca, marijuana, coca leaves, and all of these types of plants because that was the only way that they could have a higher experience spiritually, but it was still very damaging to the body. You are not going to ever find anyone in all of history, no matter how wise they became, that had an extremely long life as a result of these things. It didn't happen. You would never have an ascended master, ever, that was partaking in these things. It was not done.

KT: So when the vibration of the planet was lower people would somehow take these things, and have this momentary increase in vibration, but the price they paid for it was very devastating?

AAH: No, the reason why is because their soul left their body, and so they were starting to feel the other side. Their vibrations didn't raise at all. They didn't know how to have a higher experience, so they put these high toxins in their system so they could have greater experience, but the reason why they did wasn't because they were raising vibration, but because their soul was beginning to leave their body.

KT: I found a fascinating reference to cannabis in a rare herbal book written for apothecaries in the 1400's. They write not give it to anyone under any circumstances because of the damage that it does. I find it fascinating that information has been documented for so long.

AAH: Isn't that interesting? It is true. Individuals are listening to information without discernment enough to really research this and to listen to their body. Does my body want this? It will say, "No, I don't want that", but they think, "Well, I am going to give it to you anyways". Ok, but now you are dishonouring your body. I want to talk about these things to help people understand the power of discernment, and talking to their body. It is so important to develop that relationship with their body to ask, "Body, to you want this food? Do you want this vegetable? Do you want this protein?" Rather than saying, "Well, I think I am going to become a vegetarian, or a breatharian, or whatever it is even though the body says, "I don't want that. That is not what makes me function the best." This body communication is always available. When you ask, it is the first thought you have, the body will put the answer in your head as the first thought; that is it's communication. It's always available to you.



Rose
Rosa x odorata

"The earth has music for those who listen"
-George Santayana

