

Plant Medicines: Past Perspectives, Future Prospects

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The intention of this paper is to examine the role of plant medicines as they relate to the Eagle and The Condor Prophecy. Ideas about how essential essences can be utilized to bridge the vibrational gap during the Aquarian shift will be explored. These are significant times where choices in regard to respect for all life can impact the future of this planet on many levels. Truly, "We are the ones we have been waiting for." The importance of returning to the natural rhythm of the Earth is pressing.

The modern world, with its attitude of divide and conquer, has created the illusion of separation in every aspect of society. We are even at war within ourselves as a result of the concept of duality. In the beginning, the legend of Genesis says that there was land and water, night and day. When misperceived as separation, this thought births the belief in duality. By contrast, the movement of energy from night to day can be seen as the establishment of rhythm and harmony. Watching the gradation of dark to light at sunrise upon the still waters of an ocean bay illustrates day and night as a progression from one cycle to another: A perpetual rocking that lulls us with the cradling comfort of Earth Mother. The day gives rise to the power of Grandfather Sun's masculine energy. His heat pulls the water up out of the Earth in the process of evaporation. Then, Mother Earth with her feminine power, shapes the moisture into clouds that return to the earth as rain. This is the cycle and the source of life on this planet.

This dance of life moves through the rain forests where the plant nation provides sustenance for all beings. The role of the trees is essential to the well-being of future generations: more than 20 percent of the world oxygen is produced in the Amazon Rain Forest making it the "Lungs of the planet" (1). Unbelievably, over 200,000 acres of Rain forest are burned every day. That is over 150 acres lost every minute of every day, and 78 million acres are lost every year! "If nothing is done, the entire Amazon will be gone within 50 years," says, Rep. Gilney Vianna of the leftist Worker's Party in the Amazon state of Mato Grosso" (2).

The bio diversity of the tropical Rain forest is so immense that less than one percent of its millions of species have been studied by scientists for active constituents.... When an acre of tropical Rain forest is lost, the impact to the number of plant, animal and insect species and their possible uses is staggering. Scientific experts estimate that we are losing over 137 species of plants, animals and insects every single day because of Rain forest deforestation (2). It is crucial that the voice of the shamans and healers be heard in North America before this vital resource is exhausted.

Although the United States is the leader in pharmaceutical innovation, "no one can challenge the fact that man is still largely dependent on plants for treating his ailments. Almost 90 percent of people in developing countries still rely on traditional medicine--based largely on species of plants and animals--for their primary health care." Robert Goodland states, "Indigenous knowledge is essential for the use, identification and cataloguing of the [tropical] biota. As tribal groups disappear, their knowledge vanishes with them" (2).

The pharmaceutical interest in the Rain forest is exploitive with profit being the main catalyst

for investment. The plant medicines are dissected and synthesized to create mutations that bear out the intention with which they are created. To enhance the quality of life at the cost of introducing foreign material into the body. This results in the disconnection from the spirit of the plant as well as the loss of natural rhythms and cycles present in the healing power of nature. The side effects become nightmares born of disrespect for the natural world and our place within it. We can not isolate and attack illness without compromising wholistic health.

We must have the courage to speak the truth and promote the actualization of the Eagle and the Condor prophecy in our daily living. The way that we move in the world affords us the opportunity to stay in tune with the harmony of the Universe, or to propogate a belief in separation. "Whatever we heal in ourselves we heal in the whole."

The Prophecy of the Eagle and the Condor stretches back thousands of years to the first great civilizations of Central and South America when Pachakamak (God of Time) created Inti (sun) and Quilla (moon) from the merging of its tears. From this came the Runas (the People) and the Eagle and Condor. The Runas have experienced many difficult times since the "creation", but the Prophecy states that when the People work, search and persevere in their quest for liberation, the Eagle and the Condor, the symbols of North and South respectively, will come together, and their tears will merge, cleanse the People's wounds, strengthen them and give birth to a new spirit which will unite all the Peoples of North, Central and South America (4).

The union of the Condor and Eagle, according to the prophecy, should occur in this time.... This new spirit will unite once again the red nations of North, Central and South parts of the hemisphere.... This time was marked and recorded on the Sacred Stone Calendar of the Mexican People. (This calendar is incorrectly known as the "Aztec Calendar" named by the Anthropologists that dug it up in what is presently known as "Mexico".) The calendar has time spans of 52 year cycles. The last cycle was nearing its end on October 12, 1992. The new cycle began on October 13, 1992. Within this new cycle would be a time of rebirth of consciousness amongst the two-legged of the world and the Eagle and Condor Prophecy would be manifested in this time (3).

The eagle represents the modern, technological world, and the people of the eagle have developed the intellect at the expense of the heart. They have developed technology to an extraordinary level, bringing them material wealth beyond their wildest dreams. But they also find themselves spiritually impoverished to their peril. The people of the condor represent the indigenous people of the world living close to the land, with the heart and wisdom that come from being attuned to the natural world. They live from their heart and through their senses, and have an unparalleled depth of spirituality and wisdom that is an expression of their profound connection to nature. These people are spiritually rich but materially impoverished (5). The equalization of these two aspects can assert a balance throughout the world, and set a precedence for future generations.

Since the early 90's people across the North American Continent have been gathering to learn more and express a variety of ways to manifest this prophecy. One facet of sharing in relationship to the eagle and the condor has been in the communication of ancient remedies using plant medicines. The Indigenous people who have struggled to maintain their culture are now moving to the forefront of leadership. The intended genocide of the Red Nation goes hand-in-hand with the inhalation of the wisdom of plant medicines. The threat of staying in harmony with earth ways was so great that

shamans, hags and medicine people have been tortured and sacrificed. The Salem witch hunt left a residue of fear that continues to inhibit people from working with plant medicines, even today. In addition, pharmaceutical companies have degraded and denounced the power of these remedies to heal. The emphasis of the dominant culture has been to find the quick fix that masks the true issue of imbalance instead of exercising the maturity to make lifestyle changes that reflect the balance inherent in preventative medicine.

Remedies that are in harmony with the natural world, such as plant medicines, are once again emerging. What does the term plant medicines mean? The definition is encompassing. It may refer to herbs, flowers, seed pods, roots, tinctures, teas, pultuses, salves and essential essences. The distinction between essential essences and essential oils refers to the medicinal quality. 100% pure essential essences (the essence of the plant itself with no additives) will be absorbed readily into the body and are more volatile when exposed to oxygen or light. Some essential oils, intended for aromatic purposes and bath products, are often mixed with carrier oils. The quality of the essential oil is demonstrated when a drop is placed on a tissue. If the essential oil leaves a ring it is of a lower quality.

For the purpose of this paper plant medicine refers to the consciousness of the plant itself housed in the form of essential essences. Although the plants appear to be rooted and unable to express much movement, in reality their consciousness is very expansive. Their rootedness is designed to help them hold a sense of place. Each distinct topographical area has its unique experience of lighting, rain and soil conditions. These aspects influence the potency of the medicine of the plant. The moon phase, time of planting and harvest also register in the individual character of the plants that are harvested for medicines.

Mass marketing chases the spirit of the plant away. The attitude of human superiority is reflected in the disrespect for the contributions of all other species. When the motivation of the farmer, distiller or distributor is driven by economic gain instead of health and well-being the efficacy is diminished. Research has indicated that plants respond to human interaction and thought. The idea of talking to plants was introduced in 1848, when Dr. Gustav Theodor Fechner, a German professor, suggested the idea in his book *Nanna (Soul-life of Plants)*. He believed that plants were capable of emotions, just like humans, and you could promote healthy growth by showering your plants with attention and talk. In his book *Training of the Human Plant*, Luther Burbank, a renowned botanist.... wrote that plants may not understand the spoken word, but they were capable of telepathically understanding the meaning of speech. And in 1970, New York dentist George Milstein released *Music to Grow Plants By*, a record of songs to play for your plants. In fact, a few studies seemed to confirm that classical or soothing music would benefit plants, while loud aggressive music, like rock music, could cause them to wither and die (7).

When a plant is honored for the gift that it offers the efficacy is improved. Shamans have long been aware of the importance of relating to and praying for the power of the plant to be present in the healing process. The more we become aware of the synergistic purpose the plant nation has to present the more open we are to experiencing the plants many dimensions. Wholistic healing requires interactive participation on the part of the client. Expanding our beliefs to encompass the consciousness and contributions of all life on this planet is healing in and of itself.

One of the precepts of the Eagle and The Condor Prophecy is that the book of wisdom, to be discovered in the rain forests, would be revealed to the North American people. This wisdom, in part, is

what the Lakota people term *Mitakuya Oyasin*, (I live in harmony with all of my relations.) It refers to all life as interconnected. The universe itself is perceived as one living interdependent entity. There is no separation. The book of wisdom may well be the understanding that all life has consciousness. Even the smallest cell in the human body has intelligence (8). Contained within each human cell there is an equivalent of the “information contained in one thousand, five hundred encyclopedia volumes” (p.109). The value of diversity, so richly displayed in the eco-system of the Rain forest, is our greatest teacher in regard to integration. Use of the plant medicines is therefore an opportunity to understand the impact of the plant’s wisdom with our cellular knowledge.

The plant, mineral and animal kingdoms have not forgotten the original instructions. They live in harmony with their instincts. A buffalo never says, “I’d make more money if I were a deer. Or, I’d be more beautiful if I were a butterfly.” They are what they are. We too have been given a unique instruction that is housed in our DNA. We must return to our capacity to listen to the message of our own DNA. Because humans are free-will beings we are faced with more choices and a propensity for comparison. We are inculturated to look outside of ourselves for the answers. Experiencing the synergistic quality of plant medicines and paying close attention to the shifts and changes they produce within our bodies is an example of listening to our own DNA message.

Evidence of our oneness is found in the basic building blocks of life. The molecules for life are the same for all species. The genetic information in a rose, a bacterium or a human being is coded in a universal language of four letters A-adenine, G-guanine, C -cytosine, and T-thymine. These are four chemical compounds contained in the DNA double helix. The instructions for building proteins, with their 20 letter alphabet is also encoded in the DNA. The duplication mechanisms of DNA are the same for all living creatures. The only thing that changes from species to species is the order of the letters. The average human being is made up of 100 thousand billion cells. This means that there are approximately 125 billion miles of DNA in a human body (8). Your personal DNA is long enough to wrap around the earth 5 million times (9).

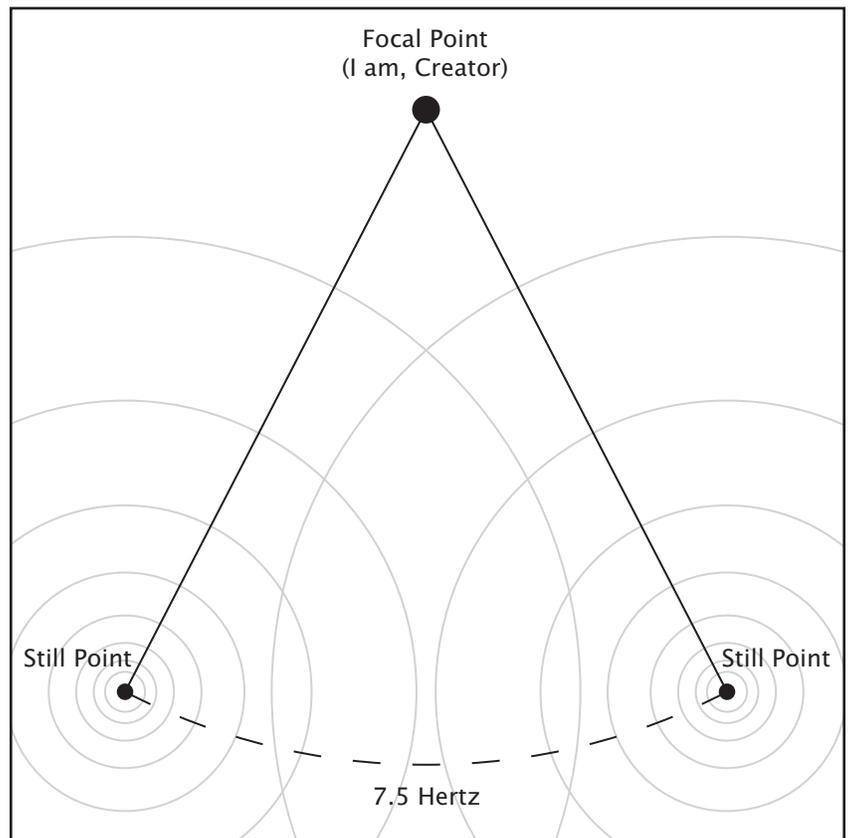
Scientists are just discovering the mysteries of DNA, but the shamans have been speaking of and illustrating this knowledge for millennia. Carlos Perez Shuma states that, “Nature talks in signs and to understand its language, one has to pay attention to similarities in form.” p 96. Shamans speak a secret language. Mircea Eliade explains, “It is the language of all nature.” There are striking similarities between the insights gleaned from the spirits of nature and the language of DNA. The shamans of the Amazon understand the meaning of metaphors and they call them *tsai yoshtoyoshto*, literally “language twisting-twisting” (p.98). The word “twist” has the same root as twin. Twisted means double and wrapped around itself.” This can be interpreted as the the genetic information for human beings known as genome. Each human has a double set of 23 chromosomes. Our genetic message is doubly double, just as the ancient shamans have described. What modern science knows as the double helix is often referred to as the spiral ladder, stairway or braided ropes. It is found in the shamanic traditions of Australia, Tibet, Nepal, Ancient Egypt, Africa, North and South America (8).

The shamans of the Amazon know the molecular properties of plants and the art of combining them. When asked how they know these things they say their knowledge comes directly from the plants. It is possible for the average person in the modern world to learn to listen to the language of plants. A variety of shamanistic defocalization techniques such as: controlled dreams, prolonged fasting, isolation in the wilderness, ingestion of hallucinogenic plants, hypnosis by repetitive drum beats or near-death

experiences, make it possible to induce neurological changes that allow one to pick up on information from DNA (8).

Such elaborate means for listening to plants may not be necessary. Wisdom of the Earth's level two class provides many opportunities for people to begin to learn to listen. Being self-reflective and trusting your instincts is necessary to truly blend the knowledge of the essential essences with the intuitive presence of the plants. The exploration and integration of the inner child is a tool by which we can heal distorted cultural messages and begin to hear the still voice within. As children we are close to the natural rhythms of nature and keen observers. This capacity never leaves us, it is simply drowned out by the clamoring of contemporary living. Reawakening our natural gift to commune with the plants is a rewarding experience. Using our own bodies as organic experiments allows us to rekindle our observation skills as we notice the effect that the essential essences have on us.

Another aspect of listening is revealed through Quantum Physics. Working on the presumption that we are all one in relationship to all matter, we need only find a focal point in order to enhance our ability to perceive information on all levels of being. The Akashic records, the book of knowledge that registers everything that has ever existed, is directly linked with the focal point of creation. This focal point, I AM, or Creator, is the reference point of our awareness. It is like the pin that holds the pendulum of a grandfather clock in place. The pendulum swings with a preestablished velocity or frequency. The average human oscillates at 7.5 hertz or cycles per second. Imagine this as being like the time it takes for the pendulum to swing from one position to the opposite position. Before the pendulum can return it must come to a complete stopping point and then reverse direction. This is referred to as the still point. It is in this space that many believe we can develop a broader range of awareness and access the Akashic Records. Edgar Case demonstrated the ability to know the unknown by moving into the vastness of awareness from a subconscious space. If we are able to expand our awareness at the still point we can gather infinite information from our "sixth sense".



Meditation and silence help increase the probability that we will expand our consciousness to include other forms of life and intelligence. Being still and focusing on one essential essence at a time can lead us to realizations and insights. Asking your inner child to serve as an interpreter or asking the plant directly for information are valid ways to connect. Hold the essence in your hand and get into a comfortable position. Close your eyes and try to visualize what the plant might look like. Ask questions

that uncover descriptive qualities of the plant and the parts used to create the essence. After each question allow your mind to quiet in meditation. Write down any ideas that come through even if they seem unrelated. Often an intuitive hit will catch only a glimpse of information that will link up with subsequent questions and provide a broader understanding.

If meditation is difficult for you, try placing the essence nearby, or applying some to a handkerchief while sleeping to make a subconscious connection. You can set an intention before falling to sleep to connect with the plant medicine. Call on it by name and personify your relationship with it asking for permission to learn more about its purposes. (Setting out an offering of tobacco shows consideration of the spirit of the plant and denotes your desire to present yourself in a respectful way.) Pay attention to the metaphors and images of your dream time. Developing the ability for lucid dreaming will optimize your capacity to move within your dream in a more interactive way.

Heightening your senses can provide information as well. Getting to know the essence is like getting to know a lover. Fully breathing the scent activates the most primitive part of the brain. Indigenous people used the sense of smell to identify toxic plants, and a great deal of information necessary for survival is still housed in our brains, dusty and unused. Often the olfactory can pick up on the yin or yang temperature of the plant. Notice if the scent is earthy, like roots, or light and vibrationally uplifting like flower petals. Pour some of the essence in the palm of your hand from a distance of about a foot. Feel the presence of the plant permeate your aura. What part of your body responds? Look at the viscousness of the essence. Does it have a color or texture that reminds you of something? Sometimes our association with past experience can conjure information that is related to the essence. Spread it on the back of your hand and watch as it dissipates. Does it do so gradually, or is it volatile and prone to evaporation? Does it cause any skin sensitivities such as: a tingling sensation; heat or cooling; redness or blotchy patches; itching or soothing? Allow yourself to be inquisitive and pursue your own experience with the plant. Then sit in stillness and see how all of the information begins to fit together.

If you are a skeptic, do a blind study. Choose an essence without looking at the name or any information on the bottle. Test yourself by applying unfamiliar essences and record your impressions before researching the aspects of health and wellness that the plant is known to address. This exercise reinforces itself with greater accuracy as we gain confidence in our ability to “know” beyond conventional means. The “aha!” experience when you compare your intuitive list with the actual stated purposes will convince you that you can indeed read between the lines.

There is no doubt whatsoever that the aroma of essential oils.... act on the central nervous system, and this can be measured by EEG (electroencephalograph) scanning equipment. If perceived as pleasant, essences such as chamomile, neroli and clary sage produce alpha, theta and delta brain wave patterns. This translates into feelings of relaxation and inner ease. Other essences such as black pepper, rosemary and coriander produce beta brain waves, indicating a state of alertness and well-being. Then there are those oils which have been credited with exerting a balancing effect. They gently stimulate people who feel lethargic and lower anxiety levels in those who feel tense and nervous. Bergamot and lavender are especially helpful. If an aroma is disliked, however, its effect on the central nervous system is effectively blocked (13). Aren't we amazing organic electro magnetic machines? Doesn't it make sense that every cell “understands” its contribution to the whole?

Why go to such efforts to connect with the plant and tree kingdoms? Connecting with flower

essences in particular can help elevate our vibrational frequencies. We are spiritual beings having a physical life experience and the density of the physical world can weight us down. Learning to listen and follow our intuition is a navigational tool necessary to relate to the feminine principal that is coming forth through the Venus Transit. The plants can give us tangible feedback about how well our antenna is tuned in to the cosmic changes occurring.

Working with the plant medicines can increase our capacity to help usher in the Age of Aquarius. We are in the overlapping times of the transition from the Age of Pieces to the Age of Aquarius. This, like the differentiation between night and day, simply marks the change in a cycle. Where we choose to place our attention can help to mid wife the birthing of a new era. The sign of Aquarius is depicted as "The Water Bearer" and is often confused with a water sign, but these "waves" are frequencies of consciousness, "electrical" vibrations, the ebbs and flows of evolutionary thought. Just as we might tune-into our favorite radio station, we as individuals and as groups can "tune-in" to receive these higher signals, and effect our own personal Aquarian Ages, all of which will resonate into a collective hum of a finer frequency, raising the consciousness of our planet and increasing the rate of evolution for us all. Aquarius is the sign that celebrates our differences and thereby calls a gathering of all folks willing to participate, without prejudice. In Aquarius we see the symphonic union of art, music, science and spirituality, as well as humanitarian statesmanship and revolutionary reform (11).

Aquarius has specific rule over the ether, so as we pass through this flashpoint portal, the closer we merge with this etheric dimension - a hierarchy above mundane material existence. This domain is where angels reside, and the Aquarian period is one where the angel within will be self-realized, and where many will merge with this etheric light of higher consciousness, along with its enhanced wisdom, knowledge, sensitivity, and vision. This higher vibrational field is also where the etheric bodies of many master souls.... reside, so rising into unity with this consciousness is how the so-called Second Coming is truly realized, or whatever name one wishes to call the awakened state. Access to higher consciousness will now be available to anyone who devotes their lives to a spiritual quest (10). People willing to respect the contributions of the plant and tree kingdoms will be better equipped to make this transition. Each of the plants has held their particular medicine on this planet without deviation. Now is the time for us to unite with that wisdom in order to make a quantum leap. The plant nation is here to steady us in the midst of planetary change.

You may notice a gender inconsistency in references to Aquarius. This is because this sign is the divine hermaphrodite, combining male and female, yin and yang, god and goddess, Sun and Moon, water and spirit; portrayed in the interplay of these polarities in effervescent movement by the two wavy lines of its electric glyph (10). Learning to work with the yin and yang of the plant medicines and blending them to create balance within the body is essential to moving through the stages of the return of the Divine Feminine principal. We have had the time of the matriarch and the time of the patriarch. Now is the time for both aspects to reach the fullness of their potential for creation in balance with one another.

Wisdom of the Earth bottles provide an array of information that explain, at a glance, the many facets of the essence. Knowing the yin (feminine) or yang (masculine) temperature guides the practitioner or home user in regard to application and layering of the essence. Creating a test patch is the way to become familiar with how the oils interface with each unique physiology. The yin or yang energy of the plant helps us to work with the higher levels of consciousness that the plant exudes. The plants are

able to work on the emotional and spiritual realms as well as the physical and mental. The energy of the plant, be it masculine or feminine, gives us clues as to how to blend and where to apply the essences for the highest efficacy.

Perhaps the most convincing argument for the 21st Century person to grasp is the ease and flexibility of essential essences. They can be carried along conveniently with our bustling schedules. They are synergistic and able to overlap attributes to address illness or imbalance wholistically from a variety of perspectives. All essences help to alert and activate the system toward self-healing so you can use any essence that you might have on hand, even if it is not specific to your symptoms, and it will have a positive effect on recovery. They are organic and register on the skin as digestible. The essential essences move through the system leaving no residue generally within 24-48 hours. Although there can be side effects, they are generally related to the skin and expulsion systems of the body. When we learn to recognize this process as purging our bodies of toxins we can generally withstand the reaction and learn more about our bodies from the process. Essential essences are quick, efficient, inexpensive, creative and allow us to make decisions about our own health that are not disconnected from the natural rhythms of the earth to which we belong. The comparison to the statistics on pharmaceutical drug reactions should be apparent even from T.V. commercials. Plant medicines are an aspect of the Creator, gifted to this planet to assist all living things.

The indigenous people honor the eagle and the condor because they fly higher than any other bird. They have a more expansive view with heightened sensitivity. Perhaps the true blessing of the Condor and the Eagle Prophecy is the development of our ability as two leggeds to listen to the subtle, yet powerful wisdom of the plant, mineral and animal kingdoms. The Creator's design holds a significant place for all of creation. We will know true liberation from the system that now consumes our health and balance when the Condor and the Eagle reunite in peace and well-being.

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