

CLASS NINE: PLANT MEDICINE

CONNECTING WITH THE MOTHER

For each of the seasons below, write down some key feelings you embody when you think of them or experience them. Use the class video to help you tap into each season. (Feel free to doodle if that comes more natural)

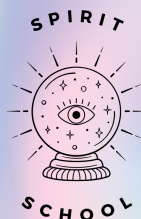
Summer

Winter

AUTUMN

Spring

GRIGORIAKRITSOTELIS.COM



CLASS NINE: PLANT MEDICINE

THE NON-ORDINARY REALITY

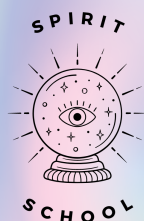
Non-ordinary reality describes the three worlds shamans travel in to obtain information or retrieve soul essences that have split off during trauma.

The three realms are:

The Upper World: Heaven, Divine. The place people who have had near-death experiences have been to. It is an ethereal place where angelic beings, teachers and our ancestors can be found.

The Middle World: This realm co-exists along with ours in current time. Shamanic practitioners journey to this realm to help find lost objects, or help “ghosts” or spirits that are stuck in between worlds to cross over to the upper world. Sudden death can be a cause of a spirit not crossing over naturally. The middle world is also a place where someone living can hold a soul piece hostage. This is called soul stealing and causes loss of power in the victim. Has anyone ever told you: “I can’t let you go!” after a breakup? Holding a soul piece hostage prevents the victim from fulfilling their life’s destiny.

GRIGORIAKRITSOTELIS.COM



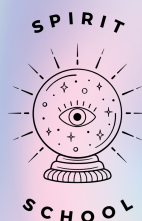
CLASS NINE: PLANT MEDICINE

THE NON-ORDINARY REALITY

The Lower World: An ancient world that is inhabited by power animals and teachers that guide and protect us from harm. Shamans commonly journey to the lower world to meet their power animals for guidance and instruction or preliminary analysis of a client's condition. The treatment plan can be implemented in non-ordinary and in ordinary reality.

SOURCE: <https://soulretrievals.com/non-ordinary-reality/>

GRIGORIAKRITSOTELIS.COM



CLASS NINE: PLANT MEDICINE

THE GREEN WITCH LINEAGE

Do you identify as a Green Witch?

Do any of the following resonate or connect with you?
If yes, you may feel called to explore the Green Witch pathway (*more of this in Spirit School Level 2*).

Do you draw upon the energy of the earth?

Do you feel you can communicate with animals (or somehow understand them)?

Do you ask nature for guidance?

Do you always feel called to stones, shells, leaves and earthly elements?

Do you use the elements in your rituals and practices (earth, fire, water, air, ether)?

Do you hear earth communicate with you?

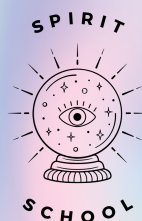
Do you attune yourself to the natural cycles of the earth and her seasons?

Does nature often mirror what you're feeling?

Have you always enjoyed brewing teas and using herbs in your kitchen?

Do you love making your own ritual tools from found objects in nature and often planning for the energies contained within them?

GRIGORIAKRITSOTELIS.COM



CLASS NINE: PLANT MEDICINE

THE GREEN WITCH LINEAGE

Are you an animal and/or environmental activist?

Do you consider the source of objects and bring awareness regarding ethically sourced materials, endangered herbs, and other environmental impacts?

Do you work with Animal Guides and Plant Spirits?

Do you love spending time hiking, or in parks and gardens?

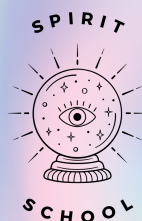
Do you feel nature's cycles and rhythms and can see the life, death, and rebirth in them?

Do you ask permission from any plants or animals you wish to partner with. Saying thank you, then leaving offerings when harvesting herbs or calling upon Animal Spirits?

Do you have a deep reverence for Nature and the forest feels is your sacred temple?

If you said yes to a number of these, you may be a Green Witch!

GRIGORIAKRITSOTELIS.COM



CLASS NINE: PLANT MEDICINE

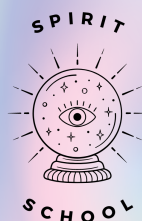
THE GREEN WITCH LINEAGE

The origins of the Green Witch:

Green witchcraft is the sister of folk magic from which it stems from, often overlapping. The green witch originates from village medicine women, healers, midwives, cunning folk, and grandmother's who appeared to have a magic touch with remedies.

If you've ever experienced a Past Life Regression, you may have seen yourself in some of these roles.

GRIGORIAKRITSOTELIS.COM



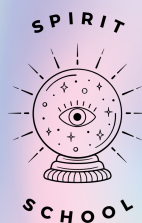
CLASS NINE: PLANT MEDICINE

RENEE'S 3 R's

RECIPROCITY | RESPECT | REVERENCE

*Use the class video to make notes for each of the 3 Rs
and what they mean to you.*

GRIGORIAKRITSOTELIS.COM

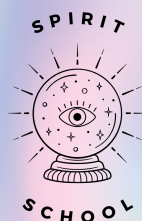


CLASS NINE: PLANT MEDICINE

CREATE A RITUAL

Renee referenced ritual for connecting with the mother and honouring the 3 Rs. Below create your own ritual for connecting with nature. Take a moment to sit with yourself in meditation, connect with the Earth Spirits and your own Spiritual Team and see what rituals come through to you. You may even call upon your past lives to offer you wisdom that you have already mastered, that can be relived in this lifetime.

GRIGORIAKRITSOTELIS.COM



CLASS NINE: PLANT MEDICINE

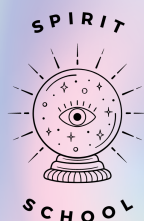
BREATH WORK MEDITATION

Get yourself into a meditative state, then use your breath to replicate the breath of nature. As you breathe, visualise how you imagine nature to experience each cycle.

In my mind it would be;
Breathe in = Spring
Pause at the Top = Summer
Breathe out = Autumn
Pause at the Bottom = Winter

But make it your own. Then make notes here as to what came through to you.

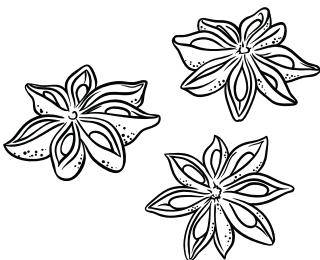
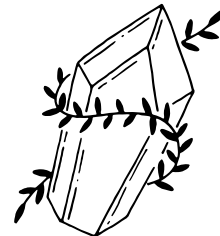
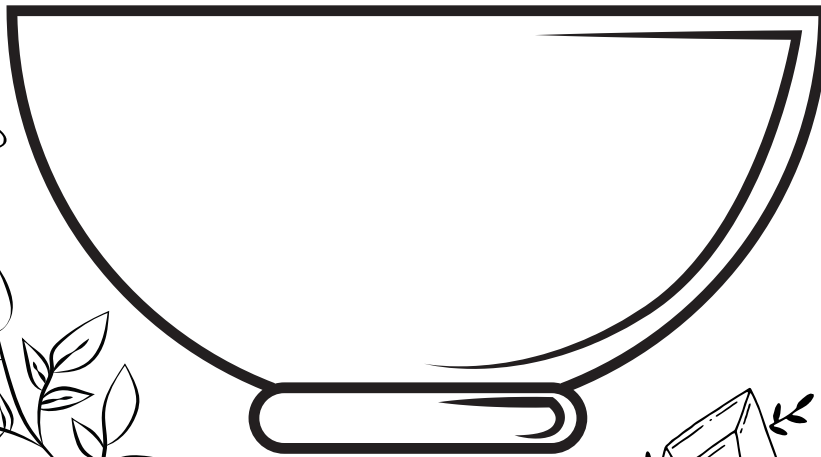
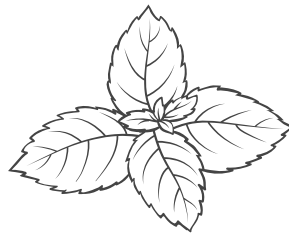
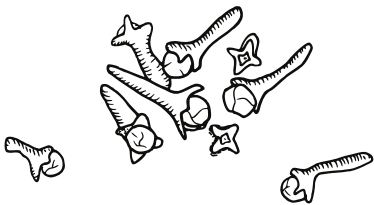
GRIGORIAKRITSOTELIS.COM



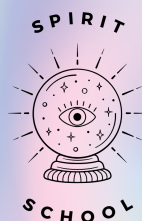
CLASS NINE: PLANT MEDICINE

MAKING AN OFFERING

When connecting with the Mother, Renee recommends always making an offering. An offering can be whatever you desire it to be as long as the intention is to offer. Below create an offering, and then go outside and make the offering to a tree. Then sit with the tree and see what wisdom is offered to you.



GRIGORIAKRITSOTELIS.COM



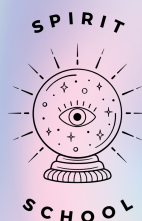
CLASS NINE: PLANT MEDICINE

WORKING WITH THE ELEMENTS

For each of the elements, use the class video along with your own intuition to find ways in which you would work with the earth element to create your plant medicine:

FIRE (SUMMER)

GRIGORIAKRITSOTELIS.COM



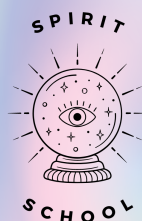
CLASS NINE: PLANT MEDICINE

WORKING WITH THE ELEMENTS

For each of the elements, use the class video along with your own intuition to find ways in which you would work with the earth element to create your plant medicine:

EARTH (AUTUMN)

GRIGORIAKRITSOTELIS.COM



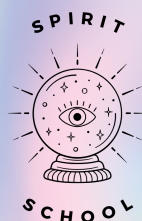
CLASS NINE: PLANT MEDICINE

WORKING WITH THE ELEMENTS

For each of the elements, use the class video along with your own intuition to find ways in which you would work with the earth element to create your plant medicine:

WATER (WINTER)

GRIGORIAKRITSOTELIS.COM



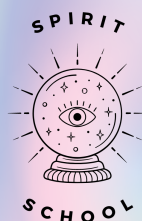
CLASS NINE: PLANT MEDICINE

WORKING WITH THE ELEMENTS

For each of the elements, use the class video along with your own intuition to find ways in which you would work with the earth element to create your plant medicine:

AIR (SPRING)

GRIGORIAKRITSOTELIS.COM



CLASS NINE: PLANT MEDICINE

WORKING WITH THE ELEMENTS

For each of the elements, use the class video along with your own intuition to find ways in which you would work with the earth element to create your plant medicine:

THE VOID (GREAT MYSTERY)

GRIGORIAKRITSOTELIS.COM



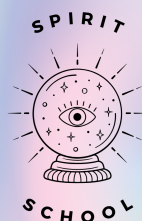
CLASS NINE: PLANT MEDICINE

PSYCHEDELIC MEDITATION

We talk about psychedelics in the class video, and I mention how your first step would be to get yourself into that trance like state. During the next week, work towards getting yourself into that trance-like state during meditation. It will require complete surrender, an openness and a willingness to see beyond the veil.

Make notes on what comes through for you; the illuminated but also any resistance.

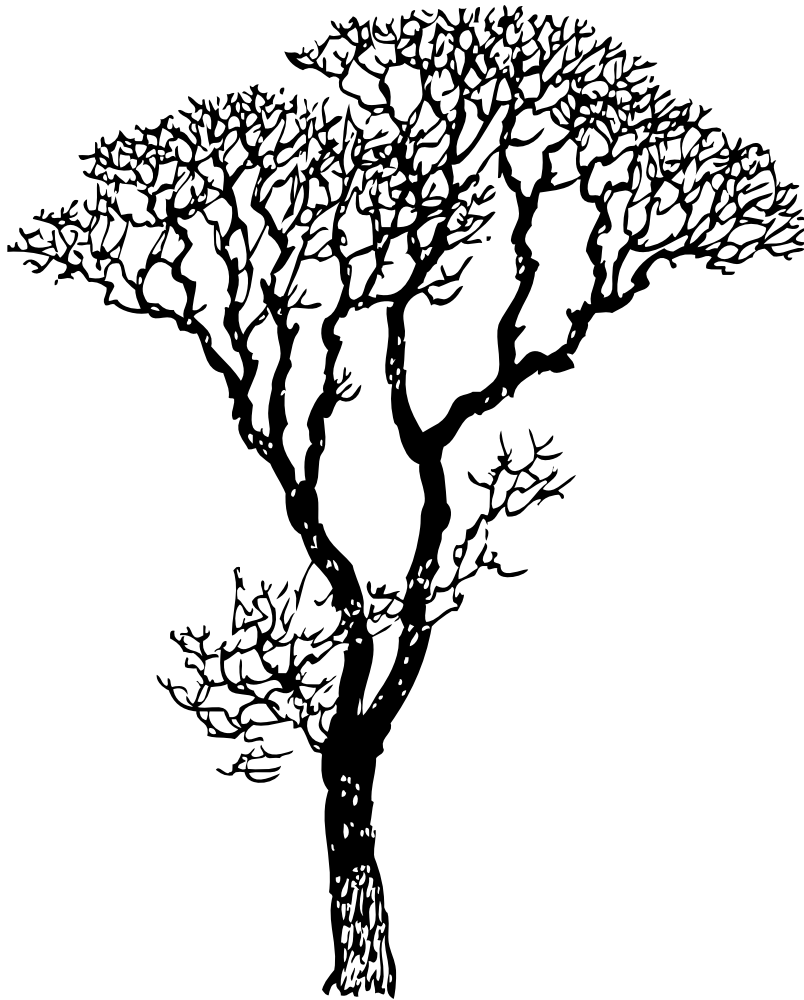
GRIGORIAKRITSOTELIS.COM



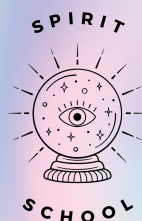
CLASS NINE: PLANT MEDICINE

HANG OUT WITH A TREE

This week your first step is to hang out with a tree. Truly connect, (make sure to make an offering), and come back here and share your insights.



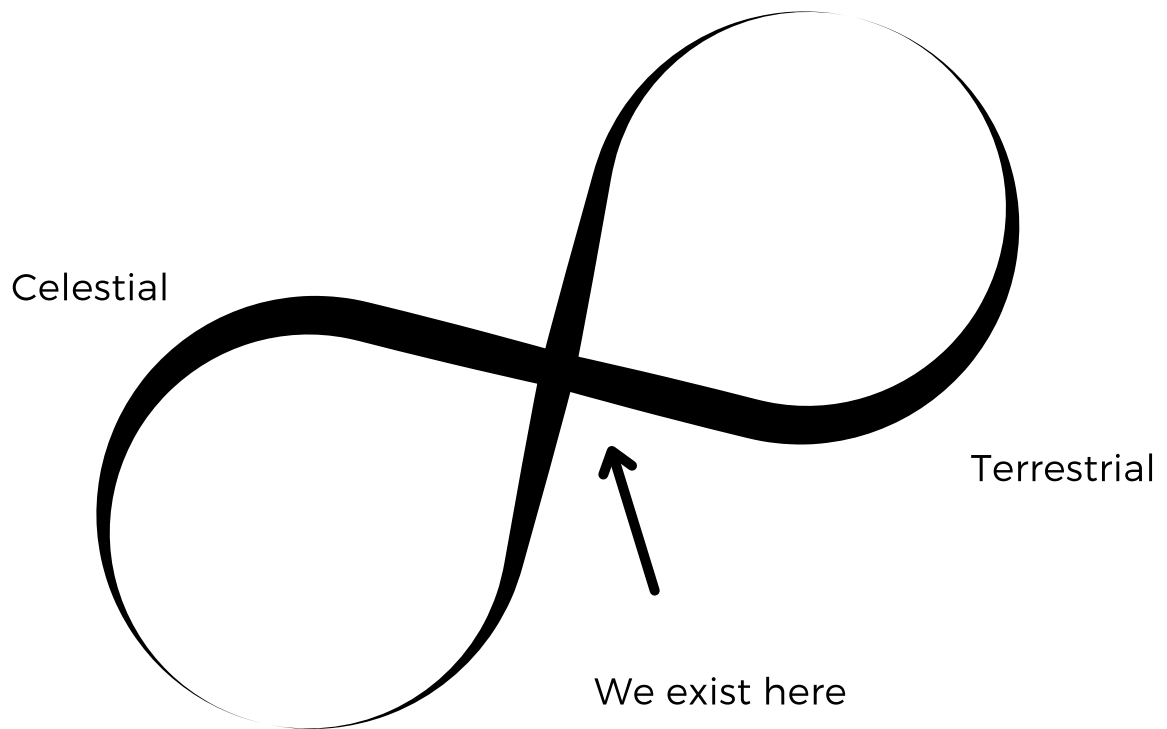
GRIGORIAKRITSOTELIS.COM



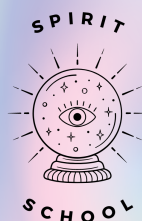
CLASS NINE: PLANT MEDICINE

INFINITY

Celestial to terrestrial

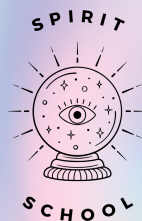


GRIGORIAKRITSOTELIS.COM



CLASS NOTES

GRIGORIAKRITSOTELIS.COM



CLASS NINE: PLANT MEDICINE

CONNECT WITH OUR SPECIAL GUEST
RENEE - LADY PACHAMAMA



[CLICK HERE TO](#)
[CONNECT WITH RENEE](#)

GRIGORIAKRITSOTELIS.COM

