

SR: What does it mean to truly allow Plant Spirit to guide you?

AM: Allowing oneself to be guided, through whichever channel, causes an awakening. An awakening to experience life on a deeper level. Not necessarily this level of infinite bliss, but a level of recognizing and viewing the good and bad that surrounds us...on an equal level. Before my plant journey I viewed and felt the tangible and intangible from the perspective that I'm better. I allowed human constructs of race, class, good and bad to guide me. Plant spirit awakened and challenged me to also view the energy that happens between what I see happening, thus allowing me to see all sides.

SR: How can we recognize the Spirit of Plants in everyday life?

AM: When we see that every action we take, has a result. This outcome whether good or bad becomes a knock-on effect. This principle in itself establish a connection, which in turns creates a network. When an outcome has served its purpose, we see the network branch out in a different direction. E.g., Person A carries lots of bags to a car, person B see person A needs a hand and offers to help. Person A accepts, and as they walk and chat they learn something new from each other or their perception of one another changes. This exchange of energy branches of into different directions for both, whether good or bad. Person A might feel more inclined to help the homeless, person B might see an opportunity in offering his services in carrying packages thereby creating a type of income. This is exactly what happens in the plant world. An insect repellent flower germinates near a bed of spinach by chance. The spinach is happy because it is attacked less by bugs, and the low growing insect repellent plant receives shade from the healthy leaves of its companion.

Or in the wild, certain plant species needs the awakening power of veldfires to release their seeds to reproduce. And so it is in the human kingdom, it's the obstacles and adversities that molds us to become stronger, ensuring our evolution

SR: What does it mean to “rebirth” through using the energy of the plant?

AM: Rebirth through plant spirit is not just a physical healing. It's moving through portals we finally understand that we are tied to the magnificence of life. That

our connection to life, nature, this incredibly beautiful planet that we live on, vibrates as one.

SR: Could you speak a bit more about growth: ‘rooting’ and then ‘dancing with the soil?’

AM: To age is to grow. It's becoming aware of internal growth. It's accepting the gift of life as she presents herself to you, through everyone and everything that comes on your path. It's knowing where you need to be, rooting there, and move forward when the time comes. Like plants that grows and fruits in season knows when it's time to seed ensuring that a new season will present itself, and seeds means multiplication of its bounty. Rooting of oneself does not mean a specific place though. It means your roots grow where there is love and passion, and you are allowed to be just who you are. And you produce the seed, ensuring that you will always have a place wherever, whenever. Our roots run deep throughout this earth once we understand that we are part of her and do not own her.

SR: ‘Rooting with plants’ (or Mycelium) ... how does this protect what is sacred in you?

AM: When we surround ourselves with people who we trust and create foundations for solid relationships, this can be seen as rooting, or being rooted. As in the plant kingdom, it is not just certain species that grow well together, but a beautiful symbiosis of life happens where all species, plants, animals and earth sustain one another. Our roots as with plants is our core, that place where the most energy is stored and we can freely disperse that energy to one another. That is what being rooted means to me.

SR: Could you speak more about the ‘binding and weaving (of situations) with compassion in relation to Plant Spirit?

AM: Our actions and deeds are creators of situations and circumstances. When we identify a need and aid and facilitate for a better outcome, we are weaving compassion into the equation. In doing this, our action combines with that of others creating networks for the greater good, a network where irrespective of who you are, (as we see with our plants), your role is immense, creating another branch which others can benefit from.

SR: Using shoots as natural twine - as in in Kooigoed - you speak of the ‘binding action [that] reminds us there is sacredness in connecting’. As Mycelium interconnects continuously, could one speak of a sacredness attached to Mycelium...?

AM: If we can all but learn from the story or blueprint of life mycelium represents us with, we will understand how incredibly blessed we are. The interconnected nature of mycelium is also said to be a key factor in the evolution of the human

race. From soil to plant to human, it affects every living cell on this planet, attaching it all together. In my book that is sacred. Connecting everything.

SR: When 'attachment to soil' happens' you mention the recognition of 'feelings of connectivity'. Could you speak more on this ...?

AM: We live in a world where our children see a watermelon on a shop shelf and believe that this is where it comes from.

Having been blessed with the opportunity to work in a vegetable garden, with the added benefit that what was produced went to those in need, it was a purpose that formed first. That purpose subtly changed into awe when the processes of growing food started to unfold in front of me. The purpose turned into passion when I started enjoying the feel of the soil after digging a new bed for sowing or planting. All of one's senses sharpen, the warm smell of a compost bed that wants to be turned, the baby broad beans pushing against the husk letting you know it's not quite time yet, as you run your hands over them, the quiet of the early morn telling you what type of day it's going to be without consulting a weather app. And so, you become one with Mother Nature, because you started to observe and to listen. Because you have shed the notion of purpose when it comes to her, and allowed her to soften you, and you literally feel the roots on the soles of your feet entering her. And you now know that you and her are one. That it was you that left her, but patiently she waits for your return.