



## Plant and Fungus Totems: Connect with Spirits of Field, Forest, and Garden

*Lupa*

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## Plant and Fungus Totems: Connect with Spirits of Field, Forest, and Garden Lupa

Open up to a new realm of spiritual practice. *Plant and Fungus Totems* provides techniques for creating respectful partnerships with totems, archetypal spirits that embody the qualities of their respective species. Working with just plants and fungus--or in conjunction with their animal counterparts--you will discover the wisdom these spirit beings impart to those of us who listen.

Exploring three different models of totemism, Lupa invites you to be of service to the planet's ecology by developing relationships with these often-overlooked sources of insight. Providing meditations and suggestions for journaling and experimentation, *Plant and Fungus Totems* shows how to receive guidance and helps you connect more deeply with the totemic ecosystem. Also included are hands-on exercises for incorporating physical plants and fungi into your totemic work, as well as tips for working with herbs, gardens, urban wild plants, and more.

## Plant and Fungus Totems: Connect with Spirits of Field, Forest, and Garden Details

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## **From Reader Review Plant and Fungus Totems: Connect with Spirits of Field, Forest, and Garden for online ebook**

### **Charles says**

it was an interesting read, i have always knew of and dealt with plant spirits but never taught of them to be totems to now. i have read trough the meditations but haven't done them yet, but from pass experience working with totems i feel they will be worth doing

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### **Khan says**

I read this book thinking it would be an interesting take on modern ecological meditation and mindfulness. What I got instead is the mad narrative of an author that is very clearly suffering from kind of hallucinatory condition, interspersed with occasional ecological wisdom.

#### Pros:

This book was entertaining, and had plenty of good messages regarding ecology, sustainability, and being more conscious of our environmental footprint. The writing and grammar were good.

#### Cons:

The author is clearly suffering from severe delusions. The good message of the book is overshadowed by her casual insistence that she regularly talks to spirits of plants and fungi as easily as you'd chat with your friend over coffee. What's worse, she seems to think that everyone else can do the same thing with ease. I urge you, if you genuinely hear voices talk to you while you're sitting alone in the woods, talk to a doctor!

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### **Jeannie Wickham says**

One of the reasons I love this author, is that she isn't mimicking what others have already rehashed and recycled over and over again. Lupa's work is both original and meaningful. This book is no exception.

Her respect for the physical, as well as the spiritual aspects of our world is a refreshing and welcome change. Her knowledge and ability to help others understand is remarkable and easy to read. I would recommend this book to those who are serious about their paths and understanding the spiritual aspects of the participants of the work, whether it be edible, ritual, or the mundane.

Incorporating her information into my system is seamless, because instead of teaching me a new belief system, she teaches information that is useful across spiritual paths.

Thank you for another addition to my library that is a resource on an ongoing basis, as well as a well written and well researched source of powerful information.

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