



# PLANTS THAT SPEAK SOULS THAT SING

[www.plants thatspeak.com](http://www.plants thatspeak.com)

Thank you for reading *Plants that Speak Souls that Sing* or purchasing the audio book and hearing the call to reconnect and restore your sacred relationship with the Earth and explore the magic of Plant Spirit Healing.

Below are the audios of the meditations from the book together with the pdf companion guide for the audio book.

To get the most out of these audios, prepare a sacred space in which you will not be disturbed. Have your journal handy to take notes of any insight that comes through. Be open and curious about your experiences.

[5 Calming Breaths](#)

[Body Scan](#)

[Inner Garden Meditation](#)

[Seed Meditation](#)

[Drumming Journey](#)

[Earth Heart Meditation](#)

[Audio companion guide](#)

## **What to do next**

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Please **share** the book with your networks and plant friends who you think will benefit from the book.

May your plant journey be full of blessings!