



Juliette Bryant: Healing Through Plant Wisdom



Juliette Bryant is a nutritionist consultant, superfood chef, and presenter. She has travelled the world seeking out and studying the most effective tools for gaining plant wisdom. She is the author of “Superfoods and How to Eat Them”. Her life mission is to guide people on how to connect back to the Earth and in doing so, connect them back to themselves to reclaim the Divine Beings they are.

TOP EMBODIMENT TIP: Get outside, get your feet on the Earth, and listen, because she will tell you what to do.

How Diet Can Affect Energy and Health

- Juliette noticed first hand how once her terminally ill mother had eliminated gluten and dairy, if she then ate such food on occasion, her energy levels would be negatively affected the next day.
- In her nutritional practice it became evident food choices not only impacted energy levels, but many physical issues were due to certain nutritional deficiencies.

Plants as healers and medicine

- Everywhere around us in nature we can find medicine. Usually whatever you need is right there in your local environment, in harvest, at the time you need it.
- Plants are teachers. We can energetically and spiritually connect with them and can learn from a plant by deeply listening to it.
- Plant healing, crystal healing, sound baths, and homoeopathy all heal by realigning our natural vibrations.
- Plants grown from seeds have a strong connection to the individual who grew and planted them. If you put the seeds in your mouth before planting they take on your DNA and personalise properties to suit your needs!

Connecting to plants for individualised personalised wisdom

- The same plant may have different effects on different people. Each of us is intuitively able to connect to plants.
- Hold or visualize the desired plant in your mind's eye. Invite in the energy and the spirit of the plant, and feel it wash over you.
- Feel the smell coming into your body. It's a real sensory process. Engage with any feelings in your body.
- Ask the plant to work with you on the physical, mental, emotional and spiritual level.
- Go through each level e.g physical, step by step, pausing for an answer before each one. Answers can come in the form of visual images, words, sensations in the body. Be open to receive wisdom in various ways. Record findings.

Fungi healing

- Fungi have a mycelium which not only links to all tree and plant roots but creates an interconnected web of white light around the whole planet! So when you start to work with healing mushrooms, e.g. Rishi, you are rooting really gently into a fine network of white light that interacts and intersects with every living thing on the planet!
- Another remarkable thing is that their spores are found in space. So you are not only grounding yourself into the earth. But you're connecting to the cosmos. So it's heaven and earth meeting together in our hearts. You can feel when you get into that depth that we are all connected. Yes, we may be living our separate identities and have our unique qualities and traits to us, but actually on that depth of being, we all have the same core: love.

Resources

- ❖ **Website:** <https://www.juliettebryant.com/> - contact Julie directly for the course discount and free call she mentions!



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Rafe's work has been featured in TEDx, the Journal of Ancestral Health, Paleo Fx, the Ancestral Health Symposium, The Embodiment Conference, multiple health and well-being podcasts, and he even organized the first international parkour events in the United States.



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