





CHAPTER ONE

Dandelion

December 18, 2007



GREETINGS, THIS IS DANDELION.

Greetings, Dandelion. Okay. Welcome!

Now, this book is going to follow a different process. Many uses of plants are known by herbalists and shamanic healers in your time, as well as people with knowledge of medicine. So as a representative of the plants, what we intend to speak about—if I may speak in general for everyone—is how you can interact with plants in a more benevolent way for you as the human species.

For a long time, you have been clear on medicinal uses of leaves, stems, seeds, flower petals, and so on, but you are only getting about one-tenth of the healing energy available for you that way. It is always better to interact with the plant in its live form, but you need to know how. Ancient peoples knew how, and that is why, contrary to a great deal of theories, ancient peoples lived long lives without disease. They had been taught how to interact with all species around them in the most benevolent ways for themselves, the plants, and the animals. The intention with this book is to reveal that formula, so that you as a human race can stop searching for the magical cures to diseases by exhausting the supply of life forms around you when a much simpler process is available. So

I believe this book will be another valuable contribution in the long line of books that you have been treading on that path to produce.

You Must Form a Personal Relationship with the Seeds You Plant

I want to begin in the case of speaking for myself. I am but a single dandelion. Generally speaking, you will find in this book that individual plants will speak because we are always connected to the full range of knowledge and wisdom of who we are, who we've been, where we're from—everything. No secrets on the basis of species wisdom are withheld from us. Also, we have connections to other wisdom that may help you.

Now, without further ado, let me simply say how to interact with plants. For those of you who have gardens that are struggling: As you know, sometimes it's the soil and sometimes it's little beings who are causing problems, yes? But before you even plant anything—seeds too—if you expect to have the best results, you must form a personal relationship with the seeds. If they come in a packet, take them out of the packet. You don't have to wash your hands, as you understand it, but if you've been using your hands for other things and you're uncomfortable, you may wash your hands with perfume-free soap.

After you do that, set the seed packet aside and find some good planting soil, the kind you would use for bedding plants. When you have that, make sure there are no worms in there so that they are not disturbed. As you know, they are most valuable creatures to have in your garden, because they produce the best possible soil. Make certain that this is the case. Once you just have the soil, then thrust your hands into it. Grab the soil around the back and front of your hands to about two to three inches above where your hands meet your wrists. After you brush all the excess soil away, there'll still be a little bit in the lines of your skin and under your fingernails—you know this if you are a gardener.

Then take the seeds out of the packet. If it is a small packet, you might be able to do the whole thing at once, but if it is a large packet, then take as many seeds out as you can lay in the palm of your right or left hand, whichever one feels good to you. Don't make a pile of the seeds. Put them in your palm so that each one has contact with the skin of your hand. Then take the other hand and, while gently holding it over the one that has the seeds in it, simply talk to the seeds. Introduce yourself; say your name and who you are. Try to relax before you put the seeds into your palm so that they're not startled or frightened. They are alive. Say your name and who you are. It's best you say who you are in the most benevolent terms. Say what you hope for the seeds and how you will use

the plants, and promise you will not abuse the plants. We will get more into what abuse is later.

After you do that with that group of seeds, put them into a separate container. I would recommend a container that is made of paper—natural paper, not something that has been bleached, just natural paper, something open to the air. Or you can put them in a piece of natural wood also—not painted, not treated in any way, but perhaps something you’ve carved out yourself and allowed to become air-dried. Continue on until you’ve brought out enough seeds for your project. After that, you can sprout the seeds in your greenhouse if you like, or you can take them out and plant them. Try to do this in such a way that the seeds are planted within twenty to thirty minutes of your last handful of seeds. Every time you do a handful, put them in with the others so that they’re all familiar with who you are. If there are many of you doing this project after you put all the seeds into the individual containers, you can put the containers together. Don’t pour the seeds in together. Put them together and then hold both your hands over it and say, “We honor you, seeds. We ask of you only to bloom in the best way you can and express yourselves in the best way you can for our mutual benefit.” When you say “mutual benefit,” understand it is not only for the humans there, but also for the plants’ benefit. Then you may do your planting process.

Try to be gentle, and don’t get angry or upset with anyone while you are doing the planting. You may recall, or maybe even know now, what it’s like to have people yelling, shouting, or displaying anger around you. Most of the time it makes you nervous and edgy, at the very least, and sometimes it makes you even more upset. It is exactly the same for seeds. That’s why some seeds don’t sprout, even if they’ve been touted as the best seeds in the world: because they have feelings. Everyone is alive and has similar characteristics. That’s what I wanted to start you with as gardeners, because I know that there are some gardeners reading this book. Those of you especially who are trying to grow unusual flowers—roses and so on—would benefit from reading this, because there will be a lot of personal information about the plants that you may not be able to find easily elsewhere.

The Magic in Communing with Plants Is in Both the Giving and the Receiving

Now I will speak about myself as a representative of dandelion, as you call it. We will use your names; it’s all right. One of the best ways you can interact with us is when we are getting to that stage after the flower has bloomed but has then closed, when we are producing the seed structure and the seeds are not yet exposed—you’ve all seen us, eh?

So the pod is closed, but you can tell the seed time is coming. This is what to do: If you can, if you have the physical energy, go to the plant and, from the strongest part of your body, take a breath and relax—meaning breathe through the part of your body, or your whole body, where you feel particularly healthy. You can look at the sky if you like. Look at something you find attractive—not another human being! [Laughs.] Just look at something in nature you find attractive, take a few breaths, and relax.

After you feel relaxed, take a breath and, as you look at the plant, blow very gently toward it. You don't have to be near the plant, but it would be helpful—if you are looking at an individual plant, in this case a dandelion—to be within, say, six feet of it. Don't get any closer than a foot and a half, and then blow gently toward the plant. This is a way of offering your excess strength. The purpose of this book, of course, is to tell you what plants can offer you. But you must remember the reason the ancients—I'm talking about human beings here—stayed alive and disease-free for all that time. It was because they knew how to give as well as to receive. That's the magic that's involved here, and it's not the kind of "magic" magic that dazzles and attempts to fool. It's natural magic, which is associated with heart, love, and Creator.

Blow that single breath toward the plant, and if you can, step back one step. You can look to see where you're going. As you turn to your left, step back and walk away from the plant, if you're feeling strong. If you don't feel strong in any part of your body, then don't do this. Do this simply to share your strength and vitality with the plant. The plant will not use anything that is meant only for human beings, but it might produce a stronger plant, and you will want this, all right? As you continue, remember that the intention of this book is to show you what you are missing in your interactions with plants, not just to comment on things you already know about.

Dandelions Can Help Heal Head and Bone Conditions

Now, how about a time when you are not feeling so strong—in fact, you are feeling a little uncomfortable. If the dandelion is blooming and has one or more beautiful flowers, then this is what you should do. Perhaps you have a condition that you've been dealing with for a while, or perhaps you have a temporary condition that is uncomfortable for you. I will give you various ways to do this, because I realize that sometimes you feel this way or that way. Remember, you cannot be out there in the yard digging up dandelions and destroying them while you're doing this. Always remember that if dandelions are growing in your

yard or where you happen to be in the forest, they are always there for a reason. If you go into the forest, you won't find many dandelions, because dandelions are meant to help human beings. This might help you to understand why you find them on your lawns so much. It's not just because certain nutrients might be there that the dandelion likes. Dandelions come to visit those who need them, and since people who live in the forest—meaning animals and so on—don't generally need dandelions' energy, we don't go there.

Say you are out on your lawn, maybe in your backyard where there are not too many prying eyes. If you can hunker down near the dandelion, that's good, but if you're not able to do that—and many of you are not—then try to lie down if you can. It's all right to put something on the grass, perhaps a towel or something. Lie down if possible. But say you are unable to do that; perhaps you're not feeling very well. If there is a paved surface a distance away, even nine, ten, or twelve feet away, you can lie there instead, as long as you have a clear line of sight from where you are to the dandelion—ideally, it should be no more than six feet away, but farther away is also possible. Then sit in your chair. It can be any kind of chair, but the best would be all wood with the least amount of metal or plastic possible. Sit in the chair, and try to face it toward the dandelion. Try to avoid putting the chair on the lawn, for that harms the plants underneath the chair and may harm the soil and the creatures in the soil. To do what you are going to do, which is to attempt to improve your health, you must not damage the health of others at the same time, for plants find that offensive, just as you would. If you were in a hospital or doctor's office, you wouldn't be punching the doctor while the doctor was trying to help you—of course not!

When you're sitting in the chair (you can recline if need be), then look only at the dandelion when it is in that condition of flowering. If there are many dandelions and your eyes happen to fall on many at the same time, that's all right, but only if they are concentrated in one area. But say it's just one that's blooming. Look at the dandelion. In this case, you're not going to have to relax, all right? You can relax a little bit if you wish so that you can be receptive, in which case the best thing to do is look at the sky. Don't look at the sun, of course, but look at the sky if there are clouds and so on. Usually this will relax a person, as long as the clouds don't look like they are going to rain at any moment.

When you feel relaxed and a bit more receptive, look only at the dandelion. Again, try to do this in a place where people are not walking in your line of sight, between you and the dandelion. It's important also that cats and dogs are not doing this, at least in that moment, eh? If your eyes happen to fall on the grass

nearby, that's all right, but if there are children's toys or other objects lying about, try to move them out of your line of sight (or have someone do it for you) so that you are looking only at the dandelion, concentrating on it. While you are doing that, breathe in and out naturally. However, if you have some condition and you know where that condition is centered and how to use your breath, then you can take one deep breath. As you blow the breath inside of you, as you're exhaling that breath, either imagine that the energy of that breath is going into the area where you do not feel well, or blow the breath into that place where you are feeling uncomfortable—if you know how to do that, if you have been trained to do that.

I will tell you what kind of conditions in general that dandelion can support, help to cure, or help to put you on the path of receiving better outcomes from the cures you are using presently. You see that this system can sometimes be used not as a standalone cure but as something that supports the curatives you are already receiving. Dandelion is particularly good for ailments of the head and the bones. It may be good for other conditions, but those are the ailments to look at. Ailments of the head might include difficulty with vision or hearing or smell, for instance, or even headaches. Conditions of the bones could be perhaps an old fracture that didn't heal right or even bone problems of other types. Of course, it can be useful in other circumstances, and it can be tried, but those are the things in general that dandelion will work for. Remember, just a single deep breath is sufficient. That's what I recommend.

As the Creator Apprentice,
You Re-Create More Benevolent Human Beings

Can you tell me something about the dandelions? Do you have an immortal personality on another planet or are you focused here? How does that work?

We are totally focused wherever we are, interacting with the soil, the moisture, the animals, and other natural life forms, and we do understand that we are here to teach you and to help you, but we do not have a separate life in existence on other planets. Granted, we are not from Earth—but then most of the plants you interact with these days are not from Earth. The Earth plants native to the planet have been almost completely removed by years and years of not only human culture but simply Earth's tendency to have various forms of her personality expressed—volcanoes, storms, rising and falling continents, and so on. So we are generally associated with a star system at the farthest boundaries—meaning farthest from you—of the Pleiades.

Zoosh has said that the vegetable kingdom was a creator who had come here to help us.

That's true if you go back far enough. But you will find—to supplement what that being said—that that is not at all unusual. If you go back far enough with any type of species, general species in that case—speaking of vegetables only—you will often find a creator, or at least a creator apprentice. You can only go so far in learning about creation before you must invest a considerable amount of experience in being the current status of what you are attempting to improve upon in your creation. If you cannot experience that personally, then you will not have a general idea of what might be the outcome of your intended modifications.

So if you look around at other human beings—in the case of your form of existence—you must extrapolate what I have just stated, for if you go back far enough, you will find a creator's apprentice who is the root of the human being. All these beings completing now—as the human race—has everything to do with what you intend to do as the creator's apprentice to re-create the human being in a way that is, of course, more benevolent. So I am putting it to you like that so you will understand from a more personal point of view that the broader implications of what Zoosh has said are also true.

How do you perceive your time on Earth? If you are a single plant, you bloom and then die. Your consciousness flow comes out of the whole of all dandelions or . . . ?

We do not die. Generally speaking, any plant that can seed itself never dies, because within every seed there is the original personality of the plant that has offered the seeds to the air and thence to the earth and beyond. So there is no death. We are physically immortal as long as the seed chain continues. And again, applying that not just philosophically but physically as a fact, it is the same for all life, including human beings.

You have perhaps been told that on the soul level you are immortal, but this is also true on the physical level, because in the seed that joins with the egg of the human being, there is at a deep level at least an element, if not an encapsulation, of all the personalities that preceded that seed. This is how you will come to know a great many things about yourself: because in the not-too-distant future you will learn how to tap the knowledge and wisdom accumulated by all the human beings who came before you. This is how you will be able to engage the solution to almost all of your problems: because somewhere in the past a human being solved it.

This is how we know things, and it's true for all life forms on Earth. Part of the reason is very simple. Earth can do this. You come to this planet to have life here, because this planet has a great deal of advanced capabilities. The planet itself is as close to a creator as any planet I am aware of in this universe. Planets are not often considered creators, but if they were, this planet would be considered one, because the very air you breathe (at least in its natural state) and the very soil you grow your food in—the animals, the plants, all human beings, everything—are constantly interacting with the planet herself. And thus you have capabilities and connections with all life. I might add, this is where your Garden of Eden story comes from. Don't go searching other worlds for Eden. You are living on Eden. Eden is not a garden; it's a planet.

Dandelions Came to Earth to Help Humans Remember

Are there any other particular benefits that the dandelion brings?

No. I don't think that there's anything other than what I have stated. If I may speak for us all for a moment, I believe all the plants will indicate that we are approaching this book project as a means to help human beings know how to interact with plants in a way that is most beneficial for them while reminding them of their responsibilities when interacting with us. If possible, we will suggest how you might interact with other species, including your own, when we are able to fit that into the flow of communication. But in terms of some special message, a worded message, I do not have one to offer other than what I have stated.

I see. Originally, I thought it was going to be the medicinal qualities of each plant.

It is. You are perhaps confused, thinking that we are going to talk about plant extracts as medicinal qualities. But as I said before, with that you never get more than one-tenth of what you can get from the live plant, and that is why many diseases are difficult to cure. It's like eating a watered-down cure, because no matter how you pursue it, no matter how much you concentrate it, in order to get the best capability of the cure, you must interact in a gentle way with the living plant so that you can experience the plant's vitality. And as part of your responsibility, if you have a great deal of vitality and the plant is not doing so well, or perhaps other plants like it are not doing so well, then it is your job to share your vitality. That's the whole way to understand this book. It is not to teach you what you already know. It's to share with you what you don't know.

When did dandelions come to this planet? Can you describe any kind of landmark in the past that we can recognize?

No. But I will put it this way, and this will help: When human beings began to forget who they were, the first thing that happened was that your lifetimes began to get shorter on the planet, and then you began to develop diseases—in that order. Your lifetimes got shorter because you were missing something. You knew you were missing something, see? Before that you weren't missing anything, because you knew how to live benevolently on the planet, but eventually you were missing something. When people feel they're missing something, they look for it as much as they can when they're on the planet. Then they begin to get the idea that the answer's somewhere in the stars, and their lives get shorter.

So as you began to forget more and more of who you were, you developed diseases and so on. Around that time, we showed up, as well as a great many of the other plants. Some of the peoples at the time understood: "What are these things?" Some of them thought the plants were food, and so on. In some cases, they could have been eaten in certain ways, and that's true even today. But in most cases, it was all about reminding you how to live without disease and, ultimately, in the case of the very large trees—the wide ones, the tall ones—of reminding you who you are. Within those huge trees, sometimes called grandfather or grandmother trees, are the memories of all the living civilizations and dead civilizations of human beings. These memories are in the trees, and if you know how to communicate with the trees—and it's not difficult—you can reacquire that wisdom. I would recommend putting a filter on it, so you don't reacquire the suffering, the knowledge of the suffering, but if you simply wish to reacquire wisdom that has been lost in the past, or even answers and explanations for relics that still exist in the present, an interaction with an ancient tree might still be possible in some places. I can go on, if you wish.

Please!

How You Can Reacquire Wisdom from the Trees

What you do if you find an ancient tree, for example, is approach the tree but do not touch it. Human beings often rush up to trees and touch them, and trees are no different than humans. If a complete stranger rushed up to you and started touching you [laughs], you would be at the very least surprised, and more than likely alarmed. So the thing to do is to walk toward the tree. If it's very large, then fifteen or twenty feet away is close enough. Put your hands out—not in front of you as you would to push something away, but out to your side as if you were going to hug someone—with your palms facing the tree.

Try to make sure there are no human beings walking between you and the tree during this time. You can have a few friends there if you like. Ask people to stay back for a moment because an experiment is going on. You can, if you like, share with those you are keeping away when you do this. Of course, it's better if there's no one else there, but [chuckles] realistically in your time, that's not likely. If deer are nearby, if a butterfly flies through, or if a worm or a snail crawls through, that's perfectly fine. These are natural beings, and they won't interrupt too much. Most likely, they won't get in between, because they'll know you're doing something.

Then simply say a greeting to the tree, one that plants often give each other—and other forms of life do this as well. In English it would be: "Good life!" In your language, it might be something different, but "good life" is a blessing. It is a greeting and it is a way of honoring, so just say out loud—you can whisper it if you like, but say out loud quietly: "Good life!" And then wait for a moment. If you feel comfortable in your physical body, the tree welcomes you. If you feel a warmth in your physical body, more than usual, the tree is exchanging loving energy with you, and the tree greatly welcomes you. But if you simply feel comfortable, you might still be able to acquire some of that which you would like.

Put your hands down at your sides a little bit but with your palms still facing the tree, all right? While either feeling comfortable in your body or feeling the warmth, simply look at the tree and say, "I am asking now to acquire knowledge and information from previous human civilizations that would help me to solve the mystery of ____." Then state what the mystery is. Don't say anything violent or upsetting; just say something simple, all right? Ask about a certain relic or the solution of the mystery to such and such a disease, for instance.

Then put your arms up again as if you were going to hug someone without reaching forward—meaning your arms are at your sides but with the palms facing the tree, as in that preparation for moving toward someone—and take three deep breaths while looking at the tree with your eyes wide open. If the first breath does not feel too comfortable, then immediately relax your arms and step back, say good life, take a deep breath without looking at the tree, and blow it toward the earth, generally aiming toward the direction of the roots of the tree. This will only happen if you did not feel warmth but were just relaxed in your body. In that case, it might be that the tree is not prepared to share with you in that moment.

If you don't feel the warmth in your body, if you said good life because that first breath did not feel good, then step back from the tree and go on to another

tree until you feel the warmth. But if you feel the warmth when you take the first breath, you will probably feel slightly warmer, and this is good. By the time you take the third breath, then that's all. Now, don't blow the breath inside your body when you exhale. Just breathe and exhale with your eyes open while looking at the tree. When you are done, thank the tree, put your arms down to your sides, and say good life. Step back if you can, one step at least—looking where you're going so you're safe—and then after a few steps, turn to your left and leave. Don't turn to your right; always turn to your left. It is considered more polite, and it will be better for the energy exchange.

Within twenty minutes, you may get some inspiration about the problem you are working on. You may find that it happens within a few days. It may come in a dream. It may suddenly pop in as an inspiration. It might even happen in a circumstantial way, meaning that the interaction with other human beings—someone might say something, usually away from work entirely, and bingo, suddenly it will be as if that person had unlocked a door. It may be totally unrelated to the problem you are working on, but it will happen usually within a few days. If it doesn't, then give it time. It will come to you, although it may not be directly from the tree. If it doesn't come within the first three days, it will be by way of the tree working with other trees or other plants or even other entities who have love for you.

Oh, I see; this is going to be very practical. That's wonderful.

Yes. That is the purpose of the book, is it not? Not just that which inspires—which, of course, is worthwhile—and not just that which is “how to plant a garden and have it be successful,” which we started with because we know there will be people from that community reading this, but also information about how to know and how to find out, where to go to seek, and so on.

Connecting in the Evening Is Safer

Tell me a little bit about your experience. What do you experience of humanity? Do you see them, hear them, feel them?

Generally, we know what we need to know at the moment it is required. We don't think about human beings, just as you don't think about dandelions. But if there is an occasion, such as right now, then we know what we need to know to communicate in a polite way that allows what we have to say and allows what we may encompass in that moment to be practical for the human being. It would be the same if we were interacting with deer, say, or earthworms. We would know what we needed to know to be practical, polite, and even helpful. So no, we don't retain it as a constant.

What about interacting? What is your interaction? What is your experience, then? You're growing in the yard . . . ?

Oh, where am I? What am I doing? I am currently growing. If you could see me, I am in a garden, someone's garden, one who is more magnanimous with plants. These people have flowers, but they also like dandelions. Some people do. And I'm growing near a mortar-covered wall, which may have brick inside it; I'm not invading too much of the area where the peonies are growing.

So if a cat walks by, or a raccoon, or another kind of small animal—I don't know what part of the world you're in—is there some recognition or interaction?

Usually, if the species is friendly. Sometimes they're not, or sometimes they're hungry and try a little bite [chuckles], and we can't help that. But usually we'll know if it's safe for that species to eat that plant, and we will broadcast a message. If the animal is conscious and open, it'll pick up the message and won't eat, but it might smell. However, sometimes animals are not open, for the same reason human beings are not open. They might have had a trauma. They might be upset about something, or they might be living hard, so to speak, in the case of, say, a dog or a cat trying to get by as best they can in the wild—meaning they were originally a house pet. When they're living hard like that, they're not always completely open, and they're more desperate for food. So it might take a while, but we usually manage to get the point across. We try to get the message to them before they swallow anything. If they do swallow any of the plant, they usually will throw it up if it's not good for them, because in some cases it makes them sick.

What is your connection with your home planet? You're aware of what's happening in the Pleiades and in all creation or you're focused right here or . . . ?

I'm focused where I am, just as you are, but the difference between us is that I know what I need to know when that moment is present, if I am dealing with others. But I realize what you're saying. You're asking me as an individual. If there is a moment of wishing to connect with the home planet, then I will do that, in general when it is as safe as possible, which usually happens in the evening when the light from the distant stars of the Pleiades is more present. During the day the light is also present, but it is washed out by the light of your own star, your Sun.

What do you mean, "when it's safe"?

As safe as possible. If there are children running and jumping and throwing things and so on, then I don't do it.

I see. Do you have teachers and guides, or you don't need them?

We have some on our home planet, but not here. If we are here, we have moved beyond the need for teachers and guides. Remember, we are not trying to

state that we are in any way superior to you, as I'm sure the animals mentioned in the book *Animal Souls Speak*. Rather, you are here as a species because you are trying out the human race before you do anything to modify it as a creator apprentice. So you are here to learn, yes? But we are not here to learn. We are here to help. So we do not need to have direct interaction with the type of beings you indicated.

How interesting . . . because the animals do.

I see. It's hard to say.

When you talk about the Pleiades as your home planet, that's just in this universe, right?

Yes.

Do you have memories or awareness beyond that?

I am sure we existed before that, but I do not have that memory available to me—which is probably just as well, so that I can stay focused in this universe 100 percent of the time. I wouldn't be much help to you if I were thinking about some other universe. That would immediately alter the energy of my physical being and might damage a human being who was attempting to interact with me in some benevolent way, such as the suggestion about breathing in the energy.

Have you ever interacted with a human aware enough and conscious enough to do that?

Yes. There are a few people with this knowledge—not many, but a few. Generally, they are shamanic or mystical people who have had the traditions handed down to them from one generation to another. But it is believed now that a wider grouping of people can be exposed to this information—hence what I am saying for this book.

Now I have a closing message. As plant species, we will not tell all, so to speak, because you don't need to know all. We will offer what we feel you need to know now in order to improve the quality of your lives and to improve the quality of your own health, which may apply to your physical health or other aspects of your well-being. As the first plant to speak in this book, it has behooved me to speak in general for other plants, but speaking now just as myself, I will say that even after all that has gone on between us as different species for these past few hundred years, we still have great love for the human being. That is why we are here. We are here exclusively to help you. We can get along just fine on the Pleiades and live happy lives there, but we are here on Earth to help you. Try to remember that when you interact with us. Good night.

Thank you! Good life.

Good life.