the secret teachings of plants //  
stephen harrod buhner

*the intelligence of the heart in the direct perception of nature*

A profound exploration of the relationship between humans and the natural world, specifically examining ways and modalities to tap into the intrinsic intelligence of plants and nature. An invitation to step outside the bounds of conventional knowledge systems; to enter a realm where the intelligence of the heart guides the way ~ where consciousness holds our inherent and re-awakened bond with earth and ignites a powerful desire for care and restoration.

*h e a r t - c e n t e r e d*

*i n t u i t i v e*

*i n t e r - c o n n e c t e d*

scientific analysis + indigenous wisdom

explores modalities of perception

Buhner questions the conventional understanding of the world which often separates humans from nature and replies heavily on quantitative analysis and scientific methods. Buhner contrasts this with qualitative, more intuitive methods. The latter are inspired by traditional indigenous cultures holding an emphasis on the interconnectedness of all life and the importance of direct experiential perception of nature.

The non-linearity of nature

*“the non-linear quality that comes into being at the moment of synchronicity”*

f r a c t a l s a n d o s c i l l a t i o n ~

fractal shapes (fractal in space) and fractal processes (fractal in time)

*“There is a tendency, when recognizing that a fractal pattern exists, to once again apply linearity of thought and assume that while the lines and planes of nature are fractal, the pattern underneath is always predictable and regular. But this is, again, an inaccuracy. The oscillating patterns underneath are themselves expressions of nonlinearity. The patterns themselves express fractal dimensionality.” (p.35)*

the universe is made up of encoded nonlinear oscillation fractals   
everything that is has an electromagnetic dimension to its nature

“the physical universe is an aggregate of frequencies” - Buckminster Fuller

e l e c t r o m a g n e t i c w a v e s (p.52)

s y m b i o g e n e s i s

“becoming by living together”

the leading evolutionary theory of the origin of eukaryotic cells from prokaryotic organisms ~ mitochondria and other organelles evolve by taking others inside oneself and become multi-celled beings

h o l o n ~

characterized by emergent behaviors and self-organization

h i p p o c a m p u s ~

“the hippocampus senses the human’s orientation within meaning”

The heart

The heart is an organ of perception. The heart is not just a pump, but an intelligent organ capable of sensing and interacting with the world that goes beyond dimensions of emotions. The heart is a complex nervous system of its own ~ the “heart brain”. The heart can process information and learn independently from the cranial brain. The intelligence of the heart is an entry point into a different kind of knowing, a direct perception ~ “the heart’s way of knowing”, rooted in feeling and intuition, allowing for a deep connection with the essence of plants and the earth. By engaging this mode of understanding, the world can be experienced in a more integrated holistic way ~ dissolving the separation between subject and object.

~ most important electromagnetic oscillator in the body

~ 15-25% of the cells in the heart are neural cells

“the earth’s magnetic field has a very similar torus (or pattern) to what the heart emits”  
“ the electromagnetic frequencies produced by the heart are involved in the regulation of DNA, RNA and protein synthesis”

d y n a m i c e q u i l i b r i u m

events in the external environment are ENCODED in cardiac wave patterns ~ light + soundwaves ~ the heart’s waveforms are experienced as emotions

h e a r t – e n c o d e d i n f o r m a t i o n

Gathering knowledge from the heart of the world

Plants possess their own form of intelligence and consciousness. By tuning into plant consciousness, humans can learn about the healing and nutritional properties of plants and receive insight into the deeper workings of the natural world.

Plants have evolved complex chemical signaling systems that allow them to communicate with each other and with other organisms, including humans.

*cultivating silence, attentiveness, openness ~ channels of perception*

Developing a deeper personal relationship with the land and its inhabitants is essential ~ opening up to true c o m m u n i o n .

Fostering a profound, deeper connection with the web of life.

t h e p r e g n a n t p o i n t

the moment a phenomenon conceals itself

a moment of pause ~ the direct perception of a specific truth ~ when meaning bursts into awareness ~ when meaning within sensory impulses has been grasped ~ hippocampus receives the sensory impulses “the image” and takes it in

m u n d u s i m a g i n a l i s

a term coined by Henry Corbin, friend and colleague of C.G. Jung  
Concept captures the fundamental key to working with symbols and the creative imagination, allowing the psyche to move beyond the limiting constraints and one-sided attitude of the ego

Buhner calls to embrace a more animistic perspective that recognizes the aliveness and intelligence of all elements of nature ~ honoring the sacredness of the living world ~ re-evaluating our place within.

Disconnection as the root of many rises. The secret teachings of plants guide solutions from plant consciousness and nourish souls deeply.

d e e p e c o l o g y

~ all action must arise from deep love and connection