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Plants Have Souls—and Gifts for Humans

By Keith Varnum

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Plants are intelligent forms of life who are capable of intention, preference, and a will to survive, thrive and interact. Scientific research indicates that plants communicate with insects, animals, human beings and other plants in order to keep themselves alive and safe. Evidence also reveals that plants are telling us how to achieve health and wholeness for humanity and the earth herself.

Plants Are Just Like People

In research which spans more than 100 years, scientists have been documenting botanical adaptability and the amazing similarities that plants have with animals and people. Studies indicate that what metaphysicians, psychics, shaman, tribal people and sensitives worldwide have been saying about the plant kingdom for millennia is true: plants are intelligent beings who can communicate with us, and, we can communicate with them.

Smart Strategies for Survival

In the book, "The Secret Life of Plants," authors Peter Tompkins and Christopher Bird describe how plants "talk to" people and what plants "talk" about. Staying alive and safe tops the list.

To protect themselves, plants have developed highly adaptive and strategic ways for living. According to the authors, "Plants seem to know which ants will steal their nectar, closing when these ants are about, opening only when there is enough dew on their stems to keep the ants from climbing. The more

sophisticated acacia plant actually enlists the protective services of certain ants which it rewards with nectar in return for the ants' protection against other insects and herbivorous mammals," thus serving the same function as friends and allies do in the animal and human realms. Some vegetation develop a bitter taste, some ooze gummy secretions, while others grow thorns to defend themselves.

Prickles for the Pussy

Once plants feel safe, however, they may drop their need for

defense. In one study, a scientist wanted to determine if cacti grow needles primarily for the purpose of keeping themselves from harm. Safely housed in a greenhouse, the scientist talked to numerous cacti assuring them that they were protected and that he cared about them. He encouraged the plants to feel even more secure by playing soothing music in the greenhouse. Within several months the cacti dropped all their spikes. The offspring of these bare cacti were born without needles. Defenseless within this nurturing environment, the mature and new-born cacti prospered. After a period of a year of being without their protective quills, the cacti suddenly began re-growing their bristles and new baby sprouts were born with needles again. After some investigation, it was discovered that a house cat had found its way into the greenhouse. Suspecting that the cat may be the source of the perceived threat to the cacti causing the reemergence of their means of protection, the scientist blocked the cat's way of entry. Once the cacti sensed they were once again safe, all of the cacti dropped their prickly means of defense.

You Can Hurt a Plants Feelings

Plants respond not only to insects and animals but to human emotion and intention. Plants can distinguish between people who are feel kindly towards them and people who don't, and our green friends cooperate with people they like. In one experiment a new scientist came to study some test plants. Surprisingly, these test plants which previously had been very responsive, were completely non-responsive during the new scientist's tests. Investigating the change in the plants' response, it was discovered that the new scientist incinerated his plants in his own personal research once his tests were completed. Shortly after the new scientist left, the plants again began registering

activity and cooperating.

In another study, scientists found that vegetation reacted negatively to people who found the plants unattractive, even to the extent that the plants would "faint." When over-stimulated by emotions, plants will "go unconscious" or numb and can stay "moody" for weeks. Scientific studies show that once plants attune themselves to a particular person, they are able to maintain a link with that person, no matter how far away. These plants register "knowing" not only when a person is returning to the plants, but when the person makes the decision to return. Other reports show that plants respond to people talking to them in a caring, loving manner, such as asking a tree to radically change its growth direction so that it won't have to be cut, or asking weeds not to grow excessively in a vegetable garden.

Who Says Plants Can't Move?

In order to stay alive, plants have learned to move and do so in remarkable fashion, for extraordinary purposes and with high, extra-sensory intelligence. "Plants," says Viennese biologist, Raoul France "move their bodies as freely, easily and gracefully as the most skilled animal or human, and the only reason we don't appreciate the fact is that plants do so at a much slower pace than humans. A climbing plant which needs a prop will creep toward the nearest support. Should this support be shifted, the vine, within a few hours, will change its course into a new direction." Plants will even grow towards a support that's hidden from view. France continues, "Plants are capable of intent: they can stretch toward, or seek out, what they want in ways as mysterious as the most fantastic creations of romance." As Thomkins and Bird relate, "Some parasitical plants can recognize the slightest trace of the odor of their victim and will overcome all obstacles to crawl in its direction."

The Sophisticated Musical Tastes of Plants

Through their animated responses to classical and heavy rock music, plants further divulge their preferences. In studies of plants exposed to heavy rock music, the plants not only grew away from the music source, but some grew either abnormally tall and put out excessively small leaves or remained stunted. In some cases the plants died. When classical music was played to the plants, the plants grew toward the music source with healthy growth. The same plants, marigolds, who died when listening to

rock music, flowered when listening to classical music. The authors report, "the rock-stimulated plants were using much more water than the classically entertained vegetation, but apparently enjoying it less, since examination of the roots revealed that soil root growth was sparse in the rock group, whereas in the classical group, root growth was thick, tangled and about four times as long."

In India, Dr. T. C. Singh, in his studies of music and plants, stated that he had "proven beyond any shadow of doubt that harmonic sound waves affect the growth, flowering, fruiting and seed-yield of plants." Singh also reported that girls dancing India's most ancient dance style accelerated the growth of daisies, marigolds and petunias. The dancing caused them to flower much earlier than the control group of plants, presumably because of the rhythm of the footwork transmitted through the earth.

Plant Devas Caught on Camera!

Kirlian photography is now able to verify the existence of living, changing light radiating from plants. And many "seers" and scientists have seen light emanations and moving forms coming from plants. Hindu sages refer to devas. Clairvoyants and other sensitives are able to directly see and communicate with the fairies, elves, gnomes, sylphs and other creatures which live in and among plants.

Tompkins and Bird conclude, "Evidence now supports the vision that plants are living, breathing, communicating creatures, endowed with personality and the attributes of soul."

Drawing from the wisdom of native and ancient spiritual traditions, Keith Varnum shares his 30 years of practical success as an author, personal coach, acupuncturist, filmmaker, radio host, restaurateur, vision quest guide and international seminar leader (The Dream Workshops). Keith helps people get the love, money and health they want with his FREE "Prosperity Ezine" at www.TheDream.com.

The Benefits Of House Plants

By Jena Luthovski

Whether you live in a city apartment with no space for an outdoor garden, or just want to bring some of the outdoors in, house plants can be a great addition to any home. They are beneficial for your health, can be bought in styles to fit your décor, and generally make your home more pleasant. Read on to

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learn about all that house plants can do for you.

Many people know that plants give off oxygen. Their respiration is the opposite of us humans, making for a great symbiotic relationship. When humans breathe in, they are supplying their bodies with the oxygen they need to metabolize food, using energy. When they breathe out, they give off carbon dioxide. When plants "breathe" in, they absorb carbon dioxide and give off oxygen. Research has shown though, that not only do house plants absorb carbon dioxide, they can also absorb other pollutants from the air, such as smoke and chemical fumes given off by plastics, hygiene products, and office machinery. Plus, they're much more attractive than those noisy air purification machines. One small study even showed that students pay more attention and are more eager to learn in classrooms that have house plants. Both the presence of and the act of tending to house plants appear to have calming effects on people.

Having green and other colored plants in your home or office can brighten up gray and dark winter days. If you're an avid gardener, house plants mean that you can exercise your green thumb all year long, even when the ground outside is frozen. Sometimes you can extend the life of your outdoor plants by bringing them inside during the winter. You can also get a jump start on the spring growing season by starting seeds or forcing bulbs indoors.

Which plants to choose? As you would when selecting plants for the outside, you need to take into consideration your home's unique environment. Do you have a lot of light, or not very much? Do you keep your house very cool or do you like it warmer? What about the humidity in your house? Properly assessing these conditions will help guide your selection to the best house plants for you. Some plants need more maintenance than others, so if you like the greenery, but don't really want to do much work, make sure you get a low maintenance plant.

Jena Luthowski writes about

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