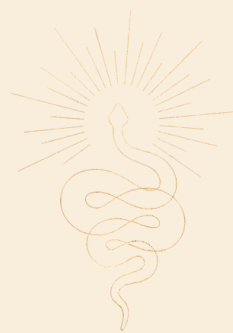


SACRED PLANT MEDICINE JOURNEY

# Before You Say Yes

A Gentle Reflection Guide for Walking  
the Plant Medicine Path with Care



Enchanted Boa  
Jiboinha encantada

# Welcome

This is not a manual.

It is not advice.

It is an invitation to pause.

Plant medicine work is powerful.

How you walk this path matters.

Take a breath.

Let yourself arrive in your body first.

Safety begins in your body.



# Relationship – The heart of the Journey

Plant medicine work is often spoken about in terms of substances, visions, or experiences.

Yet beneath all of these is something more fundamental: relationship.

The way we relate to the medicine often mirrors the way we relate to ourselves.

The way we relate to facilitators and groups often mirrors how we relate to authority and belonging.

The way we relate to uncertainty often mirrors how we relate to trust.

These patterns are not flaws. They are familiar ways of navigating the world, shaped by our histories, cultures, and lived experiences.

Ceremony does not erase these patterns – more often it reveals and amplifies them.

What is already present becomes more visible.

For some, this can feel supportive and clarifying.

For others, it can feel confusing, overwhelming, or destabilising.

**Learning to relate with awareness and care is therefore not something separate from the medicine path – it is central to it.**

# The Journey

## Four Stages of the Journey

### **The Call**

What is truly calling you?

### **Preparation**

What are you seeking and  
how do you prepare for meeting it?

### **Ceremony**

How do you co-create and navigate within the unfamiliar?

### **Integration**

How do you weave what you receive into daily life?

Many people focus on ceremony.

Some prepare with discipline.

Few integrate intentionally.

This guide invites you to pause and assess  
before stepping forward.

# Sovereignty & Discernment

## **Sovereignty**

Sovereignty is about being able to stay rooted in yourself while in connection with others.

Pause and ask:

- Do I feel steady in my body?
- Am I choosing freely?
- What would it mean to honor my own pace?

## **Discernment**

Discernment is the art of conscious choosing.

Signs of alignment may include:

- Clarity
- Honesty
- Clear boundaries
- Reciprocity

Signs of misalignment may include:

- Confusion
- Pressure
- Manipulation & control
- Judgement & blame

**Agency lives in the pause before choice.**

# Somatic Arrival

Allow yourself a moment to pause.

Take a breath and exhale slowly.

Scan your surroundings and name three things  
you see or hear.

Take another deep breath.

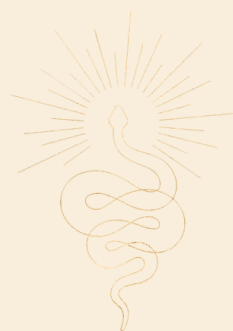
Feel your feet on the surface below you.

Name one sensation you feel.

Place your hands on your body.

Whisper inward to yourself: “I am here.”

Notice how your body responds.



# Reflection Questions

What is truly calling me right now?

Is this curiosity, urgency, or readiness?

What helps me feel safe and supported?

How does my body feel when something is a yes? A no?

What would integration look like in my daily life?

# Slow & Steady

This journey is not about fixing yourself.

It is about learning to relate differently - to all of what you are, to the medicines, to others, to life.

Too much, too fast can overwhelm the nervous system.

Slowness builds resilience.

Pleasure (used intentionally) builds capacity.

Integration builds trust.

You are allowed to move at your own pace.

You are your own best guide.



# If This Resonates

If reading these pages feels clarifying, reassuring, supportive or inviting, you may wish to continue exploring this path in company.

The Sacred Plant Medicine Journey is an online course - offered in English and Finnish - devoted to preparation, navigating ceremony, and the integration process – grounded in discernment and sovereignty.

The space is held with trauma awareness and Indigenous-informed relational ethics, and arises from lived relationship with the medicines, the spirits of the forest, and Indigenous lineages. It is not abstract teaching – it is relational transmission.

**[Learn more about the course here](#)**

With love,

Txana Siriani (Minna)



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