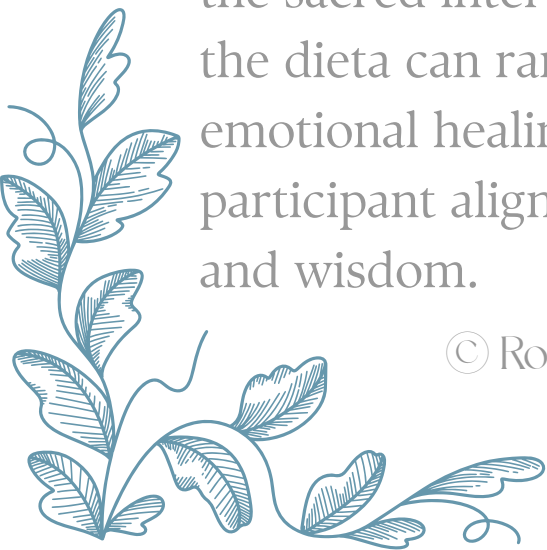




Plant diets & attunements

What is a plant dieta?

A plant dieta is a deeply sacred and transformative process in which you enter into a relationship with a specific plant spirit under the guidance of a shaman or spiritual healer. During the dieta, you consume the plant in various forms, such as tea, while following strict dietary and behavioral guidelines to purify the body and mind. This process allows the plant's healing energies to connect with you on a spiritual, emotional, and physical level, facilitating profound insights, personal growth, and healing. The dieta involves periods of meditation, time in nature, and reflection, creating space for the plant spirit to teach, guide, and offer wisdom and healing. This practice is a way to develop a deeper understanding of oneself, nature, and the sacred interconnectedness of all life. The effects of the dieta can range from enhanced intuition to emotional healing and even spiritual awakening, as the participant aligns more closely with the plant's energy and wisdom.



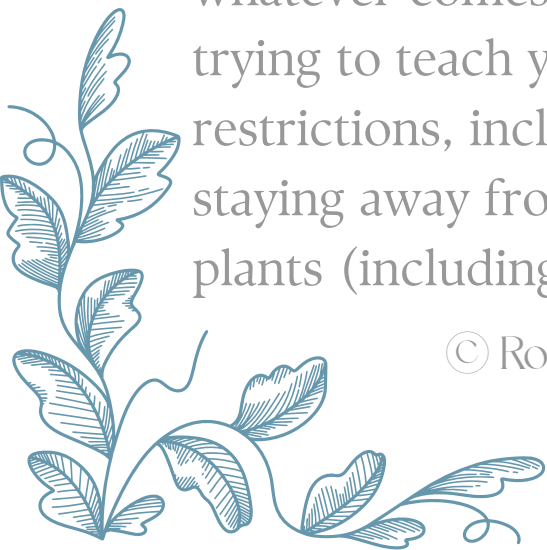


Plant dietas & attunements

What is an Atunement?

An attunement is much the same as a dieta, except the Spirit we attune to is not necessarily a plant. You can attune to what many call Gods, Goddesses, Spiritual Masters, the Elements, Planets, Zodiac, and more. Choosing who or what you are attuning to is a deeply intuitive process. Forming relationships with these Spirits and energies is the goal of an attunement.

What is the process?



Most dietas last 2-3 weeks, honoring your intuition and how the dieta is going. During this time, the focus is on spending time in nature, meditating, sitting with the plant in various forms (tea, spray, oil, etc), and focusing on the Spirit of the plant. During this container of time, whatever comes up in your life is what the plant is trying to teach you or help you heal. There are restrictions, including dietary, decreasing social media, staying away from dark media (ie movies, news), other plants (including psychedelics), and sex.

Plant dietas & attunements

Dietary Restrictions

The dietary restrictions include no red meat (beef or pork), no or very little salt intake, no processed foods, caffeine, herbs and spices, artificial ingredients (sweeteners, colors, etc), onion and garlic, soybean/canola/vegetable oils. You should also minimize dairy, gluten, and sugar (even honey and other natural sweeteners). No alcohol or drugs. Eat more vegetables, fruits, legumes, whole grains, nuts, seeds, eggs, chicken, wild caught fish, and natural oils.

Ceremony to Support your Process

To support your process and help you move through the highs and lows of your healing process, ceremony and ritual will be an option. To begin, we use a fire ceremony to begin the process. Next we'll move into water as the emotions begin to flow. Then we'll "come up for air" with an Air ceremony. After the dieta is closed, we taste a few grains of salt on our tongue to start the integration process with Earth.

Plant dietas & attunements



My Part in the Process

During the attunement, you will receive four 1-2 hour calls, which will include discussion and guidance on what you're going through, as well as text support through your preferred app (Discord, Signal, Telegram, etc). I will also be sitting in meditation each day to clear your energy field and make sure the dieta is not crossed, and if it is, clear the energy out and realign you with the plant's Spirit.

Opening & Closing Ceremony

To begin the dieta, we will schedule a time for each of us to go into meditation. During this time, I will be weaving the Spirit into your energy field while you sit in meditation to receive. During this time, you will be sitting with your plant in your choice of form - tea, oil, spray, etc. Closing the ceremony works in much in the same way, except that I remove the plant Spirit from your energy field.



Plant diets & attunements



Daily Practice

Each day you will sit with your plant Spirit in meditation, parking in the plant in your form of choice. Listening to the Wisdom of the plant is the aim of this process.

Plants & Spirits I Can Attune you To

Currently I am able to offer two plants in dieta: Rose and Mugwort. I can also attune you to various other energies, including goddess, ascended Masters, and planetary and elemental (Earth, Air, Fire, Water) energies. These include: Athena, Hekate, Artemis, Aphrodite, Persephone, Hermes; Frigga, Frejya, Hela, Loki, Odinn, Thor; Kali (including her form of the Durga), Lakshmi, Ganesh; Sehkmet; Christ, Sophia, Lao Tzu, the Buddha, Mary Magdalene. Check my website for an updated list of offerings.



Plant dietas & attunements



Need more information or have questions?

You can contact me (Rose Artemesia) at sistersinshadow@gmail.com with questions, to schedule a 20 minute informational session, or to set up your attunement!

Current price

Attunements currently cost \$750 for daily energetic support and healing and four guidance and healing calls. You can also purchase herbs or attunement items (for goddesses & ascended Masters) from me. I also offer payment plans. Don't let price prevent you from receiving the healing you need; reach out for other financial options.

