

Choose a plant to sit with / let the plant choose you  
Introduce yourself (polite new friend) / thank the plant (gift aware)

Inhale the visual signature of the plant  
Exhale the pressures of time  
Inhale the aroma of the plant  
Exhale expectations  
Inhale the essence of the plant  
Exhale the need to rationally explain

Ask a simple question that needs guidance  
(if your question is complex, retract it to how it got there and to how it got there and to  
how it got there until you reach a root—the root holds the question)  
Sit in sensory communion, open like flowering petals in your chest, listening for guidance  
Listen for guidance in dancing shapeforms, distant murmurs, the threading of disparate points  
Thank the plant (tender gift) and take it with you in your memory