



Medicine Stories Podcast

Episode 43 with Amber Magnolia Hill

A Plant Spirit Healing Story

April 17, 2019

[0:00:00]

(Intro Music: acoustic guitar folk song "Wild Eyes" by Mariee Sioux)

[0:00:05]

Amber: Hey all! It's me, Amber.

I just felt so compelled to share this experience I had yesterday, and realized that it's not really something I could just fit into an intro. And it's been awhile since I've done a full episode that's just me talking, and this is gonna be rambling, and it's not one of those stories that ties itself up into a perfect bow at the end, as we've talked about before on this show most recently with Toko-Pa.,

It's very rare that our lived stories are like the story arcs in movies and books and stuff that we're used to. But this synchronicity, synchronous, serendipitous story, it's not just one story either, of course. There's just so much to it, but it just -- I really felt like this is one to share.

And so, here I am in my work room after getting Nixie down to sleep, umm, at 9PM, and I am usually in the bath and getting ready for bed at this time. I almost never work after the kids are in bed. Sometimes I'll read a work-related book in the bed or something, but it's kinda just a sanity rule I have for myself. But this is the only chance I'm going to have to record this story for the next week so I just got to do it now.

And so the heart of this story is this experience I had yesterday afternoon that I'll get to, but there's just all this complexity around it that I have to, umm, explain before we can get to why it was meaningful.

So, many of you know that my mama died in a car accident three and a half years ago almost now, November 27, 2015, and when I started this podcast I thought I would talk a

lot more about it. And I still will, I think. I think. I've always had the vision of telling the whole story in a podcast episode so I will probably do that. Let me know if you'd like me to. It's on my blog, too, MythicMedicine.Love.

But she was my best friend. She was my favorite person, my biggest supporter. She was just the most amazing (*Amber's voice quivers*), wonderful mother a person could ask for. The most amazing wonderful **person**, like, EVERYONE loved her so much. She had SO many friends, so many friends.

Umm, she just radiated goodness and love. She was love.

I was so lucky.

So there's that piece to this story.

And if you listen to the [most recent episode with Asia Suler](#) or to the first time I interviewed Asia back in [Episode 4](#), umm, I had this really incredible experience doing a guided meditation that Asia offers through her online course: [Intuitive Plant Medicine](#). And she offered this very meditation to my Patreon supporters for this podcast. So, if you would like to access it, you can check out Patreon.com/MedicineStories; two bucks a month and you can do this same meditation that I did.

[0:04:03]

So even though I already told this story in Episode 4, I'll recount it briefly.

The meditation is called "Finding your Plant Ally" or "Finding a Plant Ally." And when I laid down to do it in Spring 2017, two years ago, I thought, for some reason I thought I would connect with Hawthorn - I would reconnect with Hawthorn; this plant that I love, and that I've had a deep connection with when I was first studying herbalism. Maybe because it was May, and that plant was in flower at that time. I love those white blossoms.

So I'm going along and doing the meditation, and there's this moment where your plant appears or something like that, and all of a sudden Angelica just truly, like, **exploded**, like, fireworks into my innervisionary field. It was SO unexpected, so out of nowhere, so powerful and beautiful. And I just immediately understood that it was connected to my mom. This plant, and this plant coming to me in that way was connected to my mom.

And I was just **sobbing**. Oh my God, like huuuuge, **HUGE** emotional release when that happened.

[0:05:34]

Umm, so that summer I was driving up to South Lake Tahoe, my hometown where I was born from my mother's womb, where she raised me and my sister, alongside our father.

And I was sitting thinking that angelica grows up there 'cause I had met this plant before in the High Sierra, but umm... closer to here where I live here in the foothills of the Sierra in Grass Valley. And let me tell that story first:

So that was during a class with Kathi Keville, who is an amazing herbalist; has a ton of books. You should check her out. I feel like not enough people know about Kathi. But we did a weekend campout in the High Sierra, and the second day we all went on this walk, just like, deep into the woods together, and Kathi had us all separate out and go find a plant to sit with. Umm, and then after awhile we reconvened, and we described the plant and talked about, like, what came to us when we were sitting with the plant.

So I found this very tall, beautiful plant with these (*Amber laughs*) white flowers sticking up out of the top of it in like a big circle. Of course, this was Angelica. I didn't know that at the time, but if you haven't seen angelica, and you want to see what I'm talking about, you can Google it, just Google "Angelica archangelica" now. That's not the species that grows in the Sierra, but it's the umm, the usual species that used in medicine, and you can use any of them, any of the species. You can just, you know, they all look the same, more or less they all have the same form.

And I was just so struck by this plant, like, how can this even be real? And I sat underneath it and had this sense of like divine mother and protection.

[0:07:43]

And when we went back and described our plants, and you know talked about what we had experienced, another woman had also been sitting underneath angelica, and she basically had the exact same feelings and vision or sense of the plant that I did. And after listening to us, Cathy was like, "Yeah, that's... that's angelica." You know? like, "That is what Angelica is."

So I always remember that experience, but for some reason in the ensuing years didn't have many connections, interactions with angelica until that vision doing Asia's meditation.

And so then cut again to me driving up to Tahoe with my husband and two daughters and I was like, "Yeah angelica must grow here 'cause we're in the High Sierra, right?"

And then as we're like approaching, approaching my hometown, I'm like, "OH MY GOSH THERE IT IS!" and seeing it growing on the side of highways there, approaching Echo Summit and was so happy.

And then the next day I was driving Nixie to sleep when she was a teenie tiny baby and not wanting to nap in a strange place a strange home. And so I always go back to the neighborhood I grew up in when I'm in Tahoe, always drive around a little bit, and if it's

summertime usually we'll walk around. Umm, and I think I've mentioned before that I dream about my childhood home all the time and just that whole neighborhood when things were different, back in the eighties, when you could just roam and ride your bike all around, like, far away from your house.

So I kind of know this whole hillside that I grew up on very well. And I was driving a few roads up from my street, and this particularly hillside was just covered in angelica -- "YES *this!* I'm gonna come back later and spend some time with this plant," and so I did. And I was walking along that hillside and was really drawn to one plant, laid underneath it.

So I was laying on my back with the top of my head up against the bottom of the stem of this particular plant and looking up it to the bottom of the flower. And I just started talking out loud to my mom.

Umm, just kind of, you know, updating her on my life and her granddaughters and umm you know, my little one, my oldest was nine when she died, and my little one was conceived three weeks after she died, and it's still the craziest thing to me that they'll never meet each other. Umm so I was just telling her, you know, all about Nixie and all about Mycelia, and what her granddaughters are doing with their lives, and how things are going with me and Owen and everything, and telling her how much I miss her and how hard it is not having her anymore. And just trying to explain... I don't know. Just, what grief is like, what it looks like for me.

[0:11:13]

And it was really sweet. It was really, really sweet experience. And I went back later that fall and harvested some of the roots, and since that time have become very enamored of umm, using the roots as a smoke medicine; lighting the root, dried root, on fire and using that as my smoke medicine, you know, as some people would use white sage, of course, there's all the issues around that. Umm, I've been using mugwort for many years. You can use all sorts of plants, really any fragrant plant that's dried can be used. But I **LOOOOVE** using angelica. It is a whole other level of scent, and for me, of like, causing a shift in consciousness that's really special, and that I've really come to associate with the ancestral realm since I've been using it that way.

Umm. So. Yeah. (*Amber laughs*)

What I want to do is go back to that same hillside and make a flower essence when the plant is in bloom. When I was there when it was blooming that first time, when I laid beneath it and had the conversation with my mom, and just you know, I felt her there, felt so connected, felt her listening to me. It just didn't feel right to harvest the plant in any way at that moment. And of course, when I went back a few months later and harvested

the roots I did so very respectfully to not take very many of them, so the plants could continue to propagate and spread and live and umm.. be themselves.

[0:13:05]

So the flower essence is something that actually Asia makes (*Amber laughs*). It's so interesting how all these threads weave themselves into, in a way that you just don't know how they're going to end up. Yeah, that's something else that I want to be talking about in this episode right now is -- ummm-- we'll get back to that with Mariee Sioux.

So Asia makes an angelica flower essence and I had gotten some from her a couple years ago when I was formulating our medicine [Rainbow Heart Beams](#), which is just all about opening the heart center both physically and energetically and umm, you know, it's all tinctures combination of tinctures and honey, but then I wanted to have an angelica flower essence in there, too. And, so I love that that's in there because part of that medicine, too, is about grief, you know and connection with (*Amber exhales*) the wider world and those who have passed on and the ancestors.

But I really did not want to formulate a grief medicine what was, like, to shutdown your grief, to get you over it so you'll feel better. You know? So I really just formulated it so that it just softens the heart area, so that you can feel the sadness and the grief, and the happiness and the love and the joy more.

And putting that angelica flower essence in that medicine was definitely inspired by the vision I had of angelica during that meditation.

[0:14:55]

It's just such a cool plant. Like, of course all plants have (*Amber laughs*) roots, stems, leaves, flowers, seeds, some have other parts, and umm, there can be medicine in all of them. Some only have medicine in one part, some in two, three, you know, it's all different. But for me I just see such an interesting balance between the flowers and the root of angelica.

The stems tend to be pretty long. It can grow to be a really quite tall plant. And the stem is hollow which Asia talks about in Episode 4. And this is part of the mythology of this plant and why people all over the world wherever it grows have always associated this plant with communication between the earth realm and the spirit realm, or the realm of the ancestors, whatever it means to you. Part of that is because of this hollow stem (*Amber whistles then laughs*) this communication can go from down below to up above unimpeded.

So the flower is this beautiful white umble. So joyful. so beautiful. Umm, I'll put a photo that I took there in Pahoe on the post for this episode at mythicmedicine.love/podcast. Umm, and you know, the the lore around the flowers is this like, communication with the

spirit realm, basically. And just sort of like, loving joyful, almost always put in feminine terms. And I have been really aware of not gendering plants in the last couple of years, but I absolutely cannot divorce angelica from a sense of the feminine. I mean, even the name! (*Amber laughs*) It's a name we give females in our culture. And it just so strongly feels like that to everyone who encounters it, or most people, at least. I can't speak for everyone.

[0:17:11]

So there's this beautiful aboveground part. Truly joyful. I mean, these little white flowers are just reaching out to the sun, reaching out to any human who they're going to fall in the visionary line of. And you go down that hollow stem, and then there's the roots that's in the earth, and it's this beautiful brown, pungent, potent root. Like, the medicine of this root is so special. And you can taste it, or if you're burning it, you can smell it **RIGHT** away, like there's nothing like it.

(*Amber laughs*)

Except for actually osha is really, really similar to it. So, there's nothing like them.

And as Asia and I talked they're both considered Bear Medicine. When bears emerge from springtime they seek out these roots. Such strong medicine, and so invigorating, so life giving is how I feel when I put these roots in my mouth

[0:18:18]

So when Sajah Popham was on the podcast, I think that was [Episode 17](#), I shared a story about osha root and having that in my mouth and this huge grief, like waterfall that that root opened up in me one day.

Umm, so yeah, it's kinda funny that I just said there's nothing like angelica when actually osha is SO similar to it. And I love that. I love that these plants have this incredible medicine, and you know, the flowers of osha look similar to the flowers of angelica. They're in the same family, they often grow near each other. And I would like, I would use them interchangeably.

Except I think I'm hearing now, or reading about angelica root being really specific for women's reproductive stuff, and I don't ever remember reading that about osha, but, something to always keep in mind with plants and plant medicine is that these beings are so multidimensional. They have so many levels of medicine to offer us, and it's different from person to person, too. Not everyone is going to have -- actually no one is going to have the same experience-- as someone else. If you're really engaging with a plant, a whole plant as medicine you're going to have a unique experience.

[0:19:50]

And that's why I think it's so important we share these experiences. It's part of why I feel compelled to sit down here right now and speak this story out. Because no one has had the same experience I've had with angelica, and yet, many people will resonate with it and feel drawn to it and have their own experience with it, and hopefully share it and yes, yes, yes, yes, yes, yes.

[0:20:19]

So now I'm feeling drawn to talk about my recent interview with Mariee Sioux, which will be coming out in a few episodes from now. Mariee's music is what opens the podcast. It's what completely sets the tone and creates the container for what for what I'm trying to do with the show, and so much of what I'm trying to do is weave these stories, create circumstances where, like, synchronicities and serendipities can happen, and people can recognize their own stories and their own selves from what their hearing from other people.

So Mariee shared a couple of stories of what happened to her while listening to this podcast. And then, very interestingly, what happened a few days and the few days following my interview with Mariee was something really similar. Like, the things Mariee and I talked about all of sudden before me in my life.

So I'll talk about some of those specifics, but first I want to share something Mariee talked about, and again you can hear more about this soon, in a month or two you'll hear this interview.

She heard about a plant on this podcast, and immediately just, like, barrelled her way into her life, not even in physical form, but in spirit form. And something that we talked about was sometimes when you're receiving the medicine of the plant, it is just in the imaginal realm. It doesn't necessarily have to be the physical medicine of a plant that is healing you, that is bringing insight into your life.

[0:22:16]

So (*Amber clear throats*), Mariee also talked about, umm, her... about... an experience she had on ayahuasca, where she was just, like, ripped open with grief and couldn't stop crying in public. And that was ancestral grief, and the grief of the spirits of the land she was on, this beautiful story, I can't wait for you to hear it.

And so the next day (*Amber laughs*), I had one hour. ONE hour. And I really wanted to get the next podcast intro interview recorded during that hour, so I could get that interview out. And it's not going to come out this week as I wanted it to, because what happened instead was I spent 58 minutes of my one available hour on hold with the IRS dealing with tax shit.

And there is almost nothing I HATE more in this world than stupid, bureaucratic bullshit that takes up my time. Like, I find it **so** overwhelmingly frustrating and awful. And I was just in tears by the end of this, this hour. Just like, so overwhelmed by how hard it is to like, eek out the time to ever get this podcast out. And how much I fucking **hate taxes!**

And then it was time for me to go to a Feldenkrais class. Feldenkrais is something I recently started getting bodywork sessions around and going to these classes a very old man in my community who offers these. And I'm trying to get my pain under control, and bring more awareness into how I'm holding and moving my body. So I went to this class right after that, and I walk in, and the class is ALL older women. Mostly women in their sixties and seventies and probably at least one in her eighties. And I walk in, and they're just all -- it was just three of them when I got there -- talking to each other and having a great time. It was like, the last couple times I've gone no one really acknowledged me, or noticed me, or talked to me, and I'm like, "Hey! You guys seem so awesome, let's be friends! You know, I would just love to get to know you."

But they all know each other, and so they just kept talking. And then suddenly I was just like, **so** sad that I wasn't being seen, and that I don't have an older woman guiding me in my life anymore, like I had with my mom, and so, you know, this kind of like, I don't know ego-feeling of (*Amber does high pitched whiny voice*) "No one's paying attention to me!" just turned into this huge grief over not having my mom anymore.

And I spent the whole class crying, like, **HARD**, but silently (*Amber laughs*), because I didn't want to interrupt what was going on, and -- but not totally silently -- and it's just that these people are old and not hearing as well (*Amber laughs*) as they were when they were younger and so no one noticed. And I both did and did not want to be noticed. I really didn't want to disrupt anything. I would've felt super awkward if everything had to stop because I had a super hard time with my taxes and I miss my mom, but I would've just loved for someone to hug me and care about what was going on (*Amber cries*).

[0:26:20]

And umm, it just really brought up, how like, my mom was just my biggest supporter....like... (*Amber speaking through tears*) you know, as much as I have people in my life who really love me a lot and care about me, no one will **ever** understand me or support me the way she did (*Amber sniffles*). So even if I did connect with, like, this older female figure who I'm craving, it would never be like that.

(*Amber sighs*)

So it was like what Mariee shared (*Amber laughs*); I had, like, this huge grief release. And when we were talking about the day before, too, I was thinking like, wow, you know, I haven't had one of those in a long time. I've had some, for sure, but I haven't had something like that in a long time, and then boom. It happened the next day.

And so I think now what this is bringing me to is what happened yesterday, what I experienced yesterday.

So overall last week, I'm recording this Sunday evening, it was just TERRIBLE! It was just the worst week!

Like, I don't even believe in bad days, 'cause you know, you have your hard part of the day but then there's always a good part, or there's something to be grateful for, or there's some connection you can have with someone somewhere. But I had some truly awful days, and was super stressed and overwhelmed and my pain pattern was **super** activated because on Monday, Nixie and I ran around downtown Grass Valley together, I had a super, this super, heavy bag (like you do when you're a mom) over my shoulder with snacks and a change of clothes and her water, and then we ended up walking to the library, so I had some books weighing me down, and I'm trying to keep her from running into traffic, running out the cafe door when I'm not even done eating my food.

And at the end of the day, I'm like, OH MY GOD, my pain pattern is so activated right now. And this is where I'm trying to bring some awareness to this pattern, because I didn't even notice when it happened, but I'm pretty sure at some point during the three hours we were in town.

And it was fun! I had such a good time when I was with her.

[0:28:47]

But my pain got really activated, and I was really out and just really in pain all week. And then, again, trying so hard to get the next podcast interview out, and everytime I had a moment to do it, it was like, "I have to take care of these taxes. Oh, here's an email from the school with something else you have to do." You know? Just life, kids and running a business, and like, life. We all experience this, feeling like, I'm just clawing my way into getting anything done that is meaningful to me, meaningful to other people, past all the bullshit.

And umm, and then this huge grief thing coming up with my mom, and then that same day, my husband's father had this small stroke. We adore him, he's amazing and wonderful, and it brought up all this stuff from my husband. It was just really sad.

So that's the kind of week I'm coming off of on Saturday.

Then I get a message from a friend on Instagram who lives in Washington state -- *Hi jasmine!* -- and is like, "Hey! Don't you live in Nevada City? We're coming through there today." And I was like, "Oh my God! Yes, I would **LOVE** to see you!"

We met on Instagram when we were pregnant two, three years ago I guess now, when we were pregnant. Our girls were just born a couple weeks apart. She now has a baby girl too, and just, like, have always loved watching her family on Instagram, and her oldest daughter is two and a half like Nixie, and we just thought they would always be such buddies.

And so they were going to come over, and I was like, YES. This is going to be awesome. But the house was such a mess! And this is another thing that really adds to my stress, like I don't need a perfectly clean house, I really, really don't. I don't even feel comfortable in perfectly clean houses, honestly. But sometimes the amount of clutter and messiness, living with a two year old, and also just never feeling like I never have enough time to do anything. There are just so many times during the week, where I'm like, okay, so I could clean this, and organize my paperwork, OR I could get a podcast episode out (*Amber aughs*), or do an instagram post, or go swimming at the gym or take my oldest out for ice cream. You know? There's just there's a million other things I would rather do also need to do just as much as the cleaning needs to be done.

[0:31:31]

But like yesterday morning I was just like, PANICKED by the state of the house. And then all of a sudden, you know, people who have never been over, coming over was like the **perfect** motivation I needed to just really really, really start cleaning.

But I was in so much pain also (*Amber laughs*).

That I was just like, UGH. I'm gonna hurt even worse doing this because it's just like bending forward that just makes it so much worse when my pain pattern is activated.

And then I was like, well, you know what? Smoking weed actually almost always helps me clean. It's like, I **LOVE** cleaning when I smoke weed, which I almost never do by the way. Umm, I smoked like a month ago, my husband and I did, and I couldn't even remember the last time I did at that point. But I was just like, "This is the perfect time to smoke a little weed."

So Owen rolled a joint and I had -- it's so funny now to talk about this in public (*Amber laughs*). Like, it's totally legal here in California, and I can admit in public that (*whispers*) I smoked a JOINT -- Umm, I had one hit because I know if I have anymore than that, I'll be paranoid and weird.

I had one hit. He was strolling Nixie around the neighborhood while she had her nap, and it was perfect, because I was motivated to really clean, and enjoying the cleaning process with making my little spaces and stuff. And as I was walking around the house, I was just really thinking about -- like, alone, which I'm like NEVER alone in my house ever. This is

just like freedom-- just thinking about my mom, and how us having our house is so tied into her death because of money I inherited, because we sold her house when she died, and my sister and I split what we got, and I was able to put a down payment down. I never ever thought I'd be a homeowner. I still can't believe it.

And just so many way this house feel like a gift from her, as I spoke about in the [interview with Atava](#), and she had a similar experience with her father's death. Like, I lost my person, but I gained so many blessings as a result of her death it's... I don't know... I still can't make sense of it. I think about it all the time, but I still can't make sense of it.

[0:34:12]

Walking around the house, I was just like, letting go of all of the anxiety and tension I feel when it's messy, and instead just feeling so grateful, SO GRATEFUL. I fucking own a home that I **love** living in on an incredible acre of land where we can grow amazing medicine, and it just like, supports me. See? See, here's that support that I was so feeling like I was lacking.

So walking around the house, cleaning, cleaning, and like, at peak "stoned-ness," I sat down on the couch, and I felt this like **WHOOSH**. I don't know. I just felt this feeling come over me, and I started talking out loud to my mom. As I was doing that, I had this vision, this sense of white light coming out of the top of my head and connecting upward, and I was talking to her, and like sensing, seeing, feeling, this white light coming out of me, and it suddenly hit me. Oh angelica! This is the spirit of angelica, here with us, being a bridge of communication, a bridge between me and her, and this is always available to me!

Umm, and like, I don't utilize it when I'm so stressed out, and I'm caught up in this story of all this shit I have to do, and what's not working, and I'm in pain. Oh, it was just like one of those moments. It's like a revelation that hits the heart, and like, *tears* you open in the sweetest way.

[0:35:53]

And I hadn't - You know, you just heard me talk about angelica. It might sound like it's constantly on my mind or in my life, but it -- I hadn't thought about it in awhile, or hadn't been using the medicine or engaging with the spirit of the plant in awhile, and (*Amber laughs*) it was like a sweet moment when you see a good friend again. You know?

Umm, when I made the connection, that like, that angelica was holding me, holding my space around me and creating a container where this communication can happen, and it made me feel so **happy** that I can still remember to talk to her (*Amber cries*). You know? I don't know if I can remember having done it since the time I was laying under the angelica plant that day.

and she really gave me a lot of love, and, umm... it was Katya? I didn't know her at the time, but we connected later on Instagram; Katya from Nurturing Nova. She has a LOT of instagram followers, and she has a podcast, too, so I'm sure some of you know her.

[0:41:14]

But it was so sweet and so nice to just be seen, and held, and witnessed by someone there. Thank you, Katya. But I couldn't stop it. It wouldn't stop. You know? This, like, the faucet had been opened, and I was just going, and going, and crying, and crying, and sobbing and sobbing, and so fucking sad. So sad.

...(Speaking through tears) That my mom was gone, and that it happened the way it did. You know? A car accident, like, the suddenness, and the shock and, like, that she got hurt, you know? It's not really hurt, because she died, instantly, but I just hate that she was hurt

(Amber pauses to cry)

Yeah, it's just kinda like, I can't go here all the time, you know? I can't go here all the time, or I wouldn't be able to live my life.

So the ceremony was ending, and I was just still crying so hard, and I walked out of that room, and actually, two previous podcast guests saw me, and came to me, and held me, and loved me, and that was Milla, and Yaya, and my friend, Tysa, as well, and it was lovely, but I still couldn't stop. You know? Even though the energy of the whole place and the gathering had changed because the ceremony was over, and people were breaking up, and going back to their tents, or leaving or whatever, like, I was still just totally lost in this grief and couldn't stop crying, and finally I was like, I, like this isn't GOOD anymore. This doesn't feel good.

And I'm a big believer in letting yourself cry and letting your grief out, and going back to formulating the heart medicine, I didn't want to just make something was like "This will shut your grief down," but at this point I was like an hour and a half into this, and just don't think I ever experienced an outpour like that in the first few weeks or months my mom died. One that was that sustained or overwhelming.

[0:43:41]

So finally, I went into the wellness center where they have all these herbal remedies, I was just like "Please, give me something!!" *(Amber laughs)*. I just explained, "It's too much! I can't keep crying!" And I think they just gave me some nervines, like chamomile, lemon balm. They knew I was an herbalist so they gave me some options, and I chose what sounded good, and it helped. It did help.

You know, so not... not wanting to go **there** I think is why (and I'm sure so many other people) kind of shut ourselves off from the simple act of talking to our beloved dead,

talking to our ancestors, if it is an ancestor of your lineage who is your beloved dead, umm, or you know, keeping the line of communication open in whatever way feels, feels right for you. But something I have found is so powerful is just talking.

I started using this hashtag years ago before my mom died: #talktoyourancestors. Just that simple. It's something that I teach when I'm talking about ancestral connection is just speak out loud to them. Speak the names of the ones you know. Just talk about what's going on with you. Talk about the relationship you had with them, if it was someone you know, your memories of them, what you're grateful for. Talk to your ancestors, and here I am not talking to my mother.

[0:45:35]

And sitting there on the couch with the angelica surrounding me, and reminding me umm, I just felt so grateful that that is always there. I can always just talk to her to reclaim our relationship. It's going to be different now. She's not embodied. She's not in physical form, but the relationship is still there. The relationship still remains. The love remains.

(Amber laughs)

And I just need to keep talking to her, and I'm excited now. I'm excited to see, like, what comes of it: how I change, how I shift, how my grief shifts. And to me it's a huge reminder that I am supported still. I'm supported by her, wherever she is, whatever form she is in now, supported by angelica and my other plant allies. And I know I'm supported in real life, by real people, too. Umm, and it was just such a sweet reminder of that.

[0:46:56]

And so, as that, like, vision is kind of winding down, I'm like, "Oh, I gotta find my angelica flower essence, or what angelica medicine do I have in the house?" And then I remembered what Mariee talked about, and how we can just work with a plant spirit. We don't **always** have to work with the physical medicine of it. And so I was like, yeah, it feels like that's all I need right now. You know? It's just this -- the presence of this plant that I have cultivated a relationship and had meaningful relationship with in the past, right here with me.

And so then I got up and continued cleaning, and it was funny, too, though, when I was thinking about, like, "Okay, where's my angelica flower essence from Asia?" and "I know I have more angelica medicine in the house," I had this sense, like, there's something I'm forgetting. And as I'm walking in the kitchen. Boom. Right there on the counter, in the kitchen is a basket full of angelica roots that had been there for a few weeks that was from angelica plants that my husband, Owen, grew last year, that he had grown for me. You know? It's funny, and I didn't even know this until he did an Instagram post about it, but he said he planted angelica in our garden, so I would see that and be happy every time I walked into the garden. I love you, Owen. Thank you for supporting me, too, being

my main support now that my mom is gone. And so, there they were. (*Amber laughs*). I was like, "OH MY GOD! Right here! Boom!"

[0:48:50]

I had this vision with this white light, very similar to the flowering upper parts of the plants, and then I walk into my kitchen, and then there in the dark corner is the roots of the plant. And so, even though I had just had this like, realization that I don't have to work with the physical medicine of the plant, as soon as I saw I was like, "Oh yes, angelica root, you are going into my mouth." So I just picked off a little dried piece of the root, put it in my mouth, and oh my gosh, it's familiar to me, from eating osha over the years.

Immediately, *immediately*, I felt it, like, reset my body and the pain pattern, and I'm not saying that I was immediately healed and felt better everywhere, 'cause that wasn't it, but what I did feel it like truly move was my tailbone and my pelvic floor, my root, the root of my body. Which my pain is mostly in my head, neck shoulder, on the right side, but, of course, everything is connected. And I was vaguely aware of this super stressful week of my tailbone and sacrum and everything feeling off, but as soon as I ate that angelica root it was like *WHOOSH*. Boom. Goes down to my root, makes me more aware of it, and helps me to feel how I can balance it, umm, like stand differently, hold myself differently when I'm standing and when I'm walking.

So I kinda just did a few laps around the house, noticing how I was walking, noticing, like, the tension I hold in that area of my body -- I'm sure we all do, especially women-- and just feeling like this full, like, I was having this full medicine experience, right? The flowers, the spirit, my spirit self, my emotional self, and then *boom* with the root into my physical body in such a strong way,.

Umm, and (*Amber laughs*), and yeah, I also, you know, feel the need to, like, mention cannabis here for being this incredible -- it's another bridge plant. Ummm, I mean, yeah. It's not a plant I ever talk much about, or use much these days, like I said. And it's nothing I've ever really abused either. A lot of people really abuse cannabis, as I'm sure you know, but I've always sensed it's power for me, and used it in a way when I can go deep within.

[0:51:59]

In college I used to (*Amber laughs*), in the dark, pitch black, I wouldn't even light a candle in my room, I would get stoned, get on my yoga mat, and listen to Bjork's album *Medulla*, which is like (*Amber laughs*) a super *go deep* album. I don't like smoking weed with people at all. I just really like being alone, maybe with my husband because we can just like snuggle up and have fun.

And not using it very often, it means that when I do use it I have some, like, very meaningful insight like I did with this angelica, you know? Like, connections get made. Connections get made. Stress falls away. My body relaxes, and then all these new

connections can be made. Threads can find their way to one another and be like, “OHHH yes! This makes sense. Oh this is what we’ve been trying to work out, but couldn’t, like, get the busy mind out of the way.” A lot of creative insight. So, yeah, just wanted to acknowledge that, too. Thank you, cannabis. Thank you, angelica. Thank you, Mariee. Thank you, Asia. Thank you, Owen.

Thank you, Mom. Thank you so much, Mom. I’m so grateful.

[0:53:39]

I’m grateful for myself, for the me that you made me; for the bloodline that you passed down to me; for the love that you gave me; for the love that you gave me that allows me to give my own daughters that same love, and to hopefully be a bridge to other humans in the world.

(Amber exhales)

Of love, a bridge of love -- that’s not making much sense to me but -- a bridge between this universe, love that you channeled, that I feel Angelica channels through me, through that, to the world, to the podcast listeners to everyone I come in contact with in my daily life, to my family, like, what else is there? Like, what else is there but love? Again, going back to the conversation with Atava and other people that we’ve had and yeah, thank you.

Thank you so much for listening. It is now almost 10PM which is absolutely when I need to be asleep. You guys are the best.

(Exit Music: acoustic guitar folk song "Wild Eyes" by Mariee Sioux)

Thank. I love you.

[0:55:05]

(Music continues)

Amber: Thank you for taking these Medicine Stories in. I hope they inspire you to keep walking the mythic path of your own unfolding self. I love sharing information and will always put any relevant link in the show notes. You can find my blog, handmade herbal medicines, past podcast episodes and a lot more at MythicMedicine.love.

While you’re there, I invite you to click the purple banner to take my quiz “[Which Healing Herb is your Plant Familiar?](#)” It’s a fun and lighthearted quiz, but the results are really in depth and designed to bring you into closer alignment with the medicine you are in need of.

If you love this show, please consider supporting my work at Patreon.com/MedicineStories. There's some killer rewards there: exclusive content, access to online courses, free beautiful downloadable e-books, coupon codes, giveaways, and just amazing gifts provided by past guests of the podcasts. All of that stuff is at the two dollar a month level.

For a little more, you can access my herbal e-book or my small online course, and that's all there as a thank you, a HUGE thank you from me and from my guests for listening, for supporting this work. I love figuring out what I can gift to people on Patreon. It's so fun. And I love that Patreon makes it so that you can contribute for such a small amount each month.

I'm a crazy busy and overwhelmed mom and adding this project into my life has been a questionable move for sure, but I love doing it, and I love the feedback I get from you all. And I pray that Patreon continues to allow me the financial wiggle room to keep on doing it while giving back to everyone who is listening.

If you're unable to do that, or if you'd like to support further, I would love it if you would subscribe on iTunes or wherever you get your podcasts. And if you would review the podcasts on iTunes, too, it really helps get it into other ears. It means so much to me when I read those reviews. It's, like, the highlight of my week when I check them and see new ones.

People are amazing. You guys are wonderful. Thank you so much.

The music that opens and closes the show is mariee sioux. It's from her song Wild Eyes. It's one of my favorite songs of all time.

Thank you so much and I look forward to next time!