



# Plant and Fungus Totems: Connect with Spirits of Field, Forest, and Garden

*Christopher Penczak, Lupa*

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Open up to a new realm of spiritual practice. *Plant and Fungus Totems* provides techniques for creating respectful partnerships with totems, archetypal spirits that embody the qualities of their respective species. Working with just plants and fungus—or in conjunction with their animal counterparts—you will discover the wisdom these spirit beings impart to those of us who listen.

Exploring three different models of totemism, Lupa invites you to be of service to the planet's ecology by developing relationships with these often-overlooked sources of insight. Providing meditations and suggestions for journaling and experimentation, *Plant and Fungus Totems* shows how to receive guidance and helps you connect more deeply with the totemic ecosystem. Also included are hands-on exercises for incorporating physical plants and fungi into your totemic work, as well as tips for working with herbs, gardens, urban wild plants, and more.

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