

Self-help/Mind/Body

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# Gifts from the Rainforest



## Medicine for Healing the Modern Mind

Inspired by the Ayahuasca tradition of the Amazon, the forty-nine Intuitive Learning Circles from Gifts from the Rainforest are healing and divination tools for anyone who wants to accelerate their spiritual growth and intuitive abilities.

### **Nurture Your Intuitive Instincts**

- ◆ Connect with your Higher Self
- ◆ Receive messages from plant, animal & nature spirits
- ◆ Call on the wisdom of nature for spiritual guidance & protection.

### **Indigenous Medicine that Goes to the Core of Negative Behavior**

- ◆ Deal with repetitive habits & attitudes that keep you stuck
- ◆ Develop common sense
- ◆ Learn to trust your gut instincts.

### **A Guide for the Journey Within**

- ◆ Listen to the truth that comes from your heart
- ◆ Bring harmony into your life and
- ◆ Clarity to your thinking process.



Explore the medicines of the  
Amazon Jungle  
and the Vine of the Soul -  
**Ayahuasca**



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Soul Resources  
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### Contents

The Journey .....	5
Common Sense from the Jungle .....	7
How to Use the Intuitive Learning Circles .....	8
Selecting the Intuitive Learning Circle that is Right for You .....	8
Frequently Asked Questions about the Circles .....	9
<b>The Gifts:</b>	
Animal Doctors, Plant Medicines and Nature Remedies .....	11
The Question .....	110
<b>Communicating with Rainforest Spirits</b>	
Making Friends with the Helpers of Physical Manifestation .....	111
<b>Practical Prescriptions</b>	
The Rainforest Peace Prayer - Alignment with Peace .....	115
Calming Down an Overwhelmed Mind .....	116
Courage - Taking Back Your Personal Power .....	116
<b>The Repertory of Circles</b>	
Emotional and Behavioral Symptoms to Use as a Guide for Selecting a Circle .....	117
Index of Circles - Alphabetical .....	119
About the Author .....	120

## Common Sense from the Jungle

What might life be like if civilized culture opened itself up to the natural wisdom of the rainforest and its indigenous people? Is it possible that we could live in harmony with our surroundings and each other? As a primarily Anglo-Saxon society, we often hold the unconscious belief that the old ways of living simply mean we would have to sacrifice the many benefits of modern living. We believe that doing so would, in effect, send us back to the Stone Age.

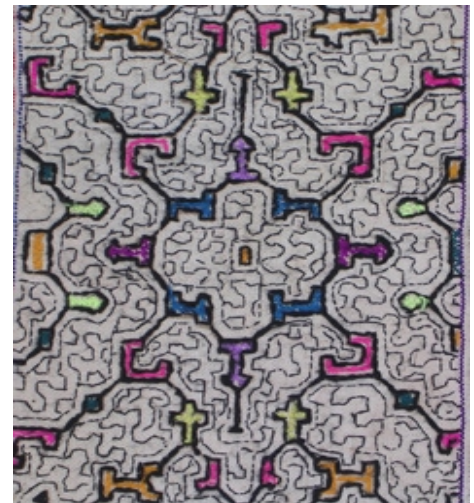
The purpose of Gifts from the Rainforest is to reaffirm the ancient value of natural living and to look upon all things as “medicine.” The Intuitive Learning Circles in this volume aim to bring the wisdom of nature into our every day urban and suburban lives in a manner that serves everyone.

The seeds for this book were planted in my consciousness during a spiritual pilgrimage to Peru in the spring of 2001. During that journey a small band of fellow travelers, including my husband and myself, had the great honor to work with several amazing shamans in the Amazon jungle and the mountains around Machu Picchu. It would be impossible for me to relate all that I learned in a regular format so Spirit has provided the circles and their messages to help me share what I learned from the animals and plants.

The Intuitive Learning Circles are based on Design Therapy, which I experienced from the Shipibo shamans. During their healing ceremonies, the shamans telepathically communicate with a sacred hummingbird and other jungle spirits through their songs of joy and healing, called *icaros*.

The hummingbird is said to paint a healing design around the body of the patient during the ceremony. If that design can be integrated and maintained, the patient will be healed. If it is lost, blurred, distorted or replaced by an impostor design, the patient will remain ill. Scientists have conjectured that the design is potentially a picture of our DNA.

During my journeys, I had visions of many jungle animals, plants and spirits. Some came to heal and others came to challenge my beliefs about the world and who I thought I was. Later, in my dreams and meditations the spirits returned and shared stories, poems and visions of the circles. By following my intuition, I transcribed what I learned into several volumes and began to use them successfully with my clients .



*This design comes from a Shipibo shaman's ceremonial robe and is a visual representation of his icaros and the healing design he wishes to impart.*

# The Repertory

Emotional and Behavioral Symptoms to Use as a Guide for Selecting the Circles

<b>A</b>	<i>Afraid to Grow and Change</i> _____	<b>34</b>	<b>Butterfly</b>
	<i>Anger</i> _____	<b>29</b>	<b>Chigger</b>
	<i>Anxiety</i> _____	<b>22</b>	<b>Mosquito</b>
	<i>Apathy</i> _____	<b>49</b>	<b>Old Sol</b>
	<i>Avoidance</i> _____	<b>12</b>	<b>Rat</b>
	<i>Agreements</i> _____	<b>11</b>	<b>Raccoon</b>
<b>B</b>	<i>Bad Habits, Agreements Re: Poor Habits</i> _____	<b>19</b>	<b>Fly</b>
	<i>Betrayal</i> _____	<b>20</b>	<b>Dog</b>
	<i>Blocked Thoughts or Will</i> _____	<b>3</b>	<b>Alligator</b>
	<i>Broken Dreams</i> _____	<b>31</b>	<b>Dragonfly</b>
<b>C</b>	<i>Careless</i> _____	<b>8</b>	<b>Piranha</b>
	<i>Confusion</i> _____	<b>47</b>	<b>Starlight</b>
	<i>Congested</i> _____	<b>43</b>	<b>Early Morning Storm</b>
	<i>Communication Blocked</i> _____	<b>1</b>	<b>Animal Spirits</b>
	<i>Complaining, Agreements Re: Cruelty</i> _____	<b>28</b>	<b>Monkey</b>
	<i>Cynical</i> _____	<b>15</b>	<b>Spider</b>
<b>D</b>	<i>Difficulty Staying Present</i> _____	<b>46</b>	<b>Four Seasons</b>
	<i>Disappointed</i> _____	<b>5</b>	<b>Wasp</b>
	<i>Disconnected, Feeling Ungrounded</i> _____	<b>44</b>	<b>Garden</b>
	<i>Disloyal, Agreements Re: Disloyalty</i> _____	<b>20</b>	<b>Dog</b>
	<i>Distracted</i> _____	<b>38</b>	<b>Shaman's Leaves</b>
<b>E</b>	<i>Energy - Low</i> _____	<b>42</b>	<b>Rainforest Tree</b>
	<i>Embarrassment</i> _____	<b>35</b>	<b>Flamingo</b>
	<i>Emotions Blocked</i> _____	<b>39</b>	<b>Yarrow</b>
	<i>Emotionally Starved</i> _____	<b>34</b>	<b>Butterfly</b>
	<i>Emotional Protection</i> _____	<b>13</b>	<b>Stingray</b>
<b>F</b>	<i>False Assumptions</i> _____	<b>11</b>	<b>Raccoon</b>
	<i>Fear, Agreements Re: Courage</i> _____	<b>17</b>	<b>Jaguar</b>
	<i>Fighting, Agreements Re: Control</i> _____	<b>10</b>	<b>Ant</b>
	<i>Frustration</i> _____	<b>29</b>	<b>Chigger</b>
<b>G</b>	<i>Gullible</i> _____	<b>8</b>	<b>Piranha</b>
<b>H</b>	<i>Hopelessness</i> _____	<b>45</b>	<b>Rainbow</b>
<b>I</b>	<i>Indecision</i> _____	<b>33</b>	<b>Llama</b>
	<i>Impatient, Lacking a Clear Intention</i> _____	<b>23</b>	<b>Sloth</b>
	<i>Irresponsible</i> _____	<b>40</b>	<b>Mapacho</b>
	<i>Irritation</i> _____	<b>22</b>	<b>Mosquito</b>
<b>J</b>	<i>Judgemental</i> _____	<b>28</b>	<b>Monkey</b>

## Repertory Continued

<b>L</b>	<i>Lack of Trust in Self</i> _____	<b>26</b>	<b>Bat</b>
	<i>Limited Thinking</i> _____	<b>35</b>	<b>Flamingo</b>
	<i>Loneliness</i> _____	<b>30</b>	<b>Fish</b>
	<i>Lost</i> _____	<b>41</b>	<b>Vine of the Soul</b>
<b>N</b>	<i>Negative Thoughts,Agreements Re: Negativity</i>	<b>22</b>	<b>Mosquito</b>
	<i>Nightmares</i> _____	<b>9</b>	<b>Lizard</b>
<b>M</b>	<i>Martyrdom</i> _____	<b>21</b>	<b>Oyster</b>
<b>O</b>	<i>Original Wound, Collective Agreements</i> ____	<b>37</b>	<b>Seed</b>
	<i>Overactive</i> _____	<b>22</b>	<b>Mosquito</b>
	<i>Overly Serious, Agreements Re: Fun</i> _____	<b>14</b>	<b>Otter</b>
	<i>Overly Sensitive</i> _____	<b>18</b>	<b>Parrot</b>
<b>P</b>	<i>Perception Blocked or Out of Balance</i> ____	<b>48</b>	<b>River</b>
	<i>Poverty, Agreements Re: Lack</i> _____	<b>34</b>	<b>Butterfly</b>
<b>R</b>	<i>Release Agreements Based on Fear</i> _____	<b>3</b>	<b>Alligator</b>
<b>S</b>	<i>Sad</i> _____	<b>39</b>	<b>Yarrow</b>
	<i>Self-abuse, Agreements Re: Abuse</i> _____	<b>19</b>	<b>Fly</b>
	<i>Self-destructive</i> _____	<b>36</b>	<b>Plant Spirits</b>
	<i>Shock</i> _____	<b>32</b>	<b>Condor</b>
	<i>Shutdown</i> _____	<b>48</b>	<b>River</b>
	<i>Shy</i> _____	<b>30</b>	<b>Fish</b>
	<i>Soul Contract</i> _____	<b>11</b>	<b>Raccoon</b>
	<i>Stubborn</i> _____	<b>4</b>	<b>Raven</b>
	<i>Stuck in the Past</i> _____	<b>7</b>	<b>Snake</b>
	<i>Sullen, Agreements Re: Joy</i> _____	<b>27</b>	<b>Hummingbird</b>
	<i>Suppressed Thoughts and Emotions</i> _____	<b>36</b>	<b>Plant Spirits</b>
	<i>Suspicion</i> _____	<b>44</b>	<b>Garden</b>
<b>T</b>	<i>Taking Things Personally</i> _____	<b>18</b>	<b>Parrot</b>
<b>U</b>	<i>Undernourished, Agreements Re: Self-care</i> ____	<b>34</b>	<b>Butterfly</b>
	<i>Unable toCconcentrate or Focus</i> _____	<b>6</b>	<b>Praying Mantis</b>
	<i>Unforgiving</i> _____	<b>28</b>	<b>Monkey</b>
	<i>Ungrounded</i> _____	<b>24</b>	<b>Electric Eel</b>
	<i>Unmerciful</i> _____	<b>25</b>	<b>Mermaid</b>
	<i>Unsafe, Agreements Re: Isolation</i> _____	<b>16</b>	<b>Armadillo</b>
	<i>Unsure, Agreements Re: Authority</i> _____	<b>49</b>	<b>Old Sol</b>
<b>V</b>	<i>Victim, Agreements Re: Victimization</i> _____	<b>2</b>	<b>Vulture</b>
	<i>Vulnerable</i> _____	<b>18</b>	<b>Parrot</b>
<b>W</b>	<i>Warlike</i> _____	<b>10</b>	<b>Ant</b>
	<i>Wounded</i> _____	<b>5</b>	<b>Wasp</b>