

# Becoming Ceremony

2024



a sacred offering  
from our friends at  
The Creature School



# Welcome Human!

(a brief note on healing ourselves as we heal the planet)

What if the ones who will save us from climate catastrophe aren't humanity's smartest engineers or most passionate activists, but instead our earth's humble bees? Our elephants? Our blue whales?

The Creature School believes in you, dear human! We know that deep down, you are still a creature like the rest of us and you bear the genius gift of masterful imitation.

In the following pages, we have provided you with some creature-ful guidance & exercises to help you prepare for & integrate your ceremonial experience with our plant & fungal friends.

But before you dive in, we would like to provide you with some context for the wisdom herein!

Read on...



# SOVEREIGNTY & ANIMISM

All creatures on this planet are expressions of Mother Earth and so it is, that we all bear the responsibility for carrying our part of this relationship we have with all other earthbeings.

We believe every creature is sovereign and each has a world view that is worthy of our interest & curiosity. We recognize both ourselves (i.e. Mother Earth) and the Great Mystery reflected back to us when we behold another. Kinship & awe in one.

It is in the spirit of this respect, openness, and play that we invite you to use your human gift for imitation to embody the world view, innate genius, and unknowable beingness of the creatures presented to you in this workbook.

We also wish you a safe & pleasant awakening into your relationship with all other idea-beings, weather-beings, and systems-beings that transit your consciousness. The world is ALIVE through you.





# APOCALYPTIC THINKING

Each generation experiences its version of an apocalypse, and the climate crisis is ours. The finality of losing our earthly rhythms & landscapes feels so very permanent. But our innate spark for life, from the same creative force that has moved all of creation from beyond the concept of time, tells a more hopeful story.

The meaning of apocalypse refers back to a cosmic revelation that rebirths the world through its collaboration with earthly creatures.

The world has ended many times before. That is their nature (that is our nature). In big & small ways, worlds end. We forget the beginnings.

As you prepare for ceremony on this warming planet that desperately seeks your participation, trust that familiarizing yourself with the end—the tomb, the underworld—isn't nihilistic or pessimistic. It is our most tender & responsible way to ready our psychic soil for the world's rebirth.







# Be like Bear

Bear carries the gift of long vision.

Trusting the rhythms of Mother Earth, Bear feasts for months before crawling into their temporary tomb in the belly of the Earth. In those dark winter months, they enter the dream of all creation to envision their new life.

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## CREATURE EXERCISE: Embodying Bear

Sit and imagine becoming Bear in early autumn. You're feasting in salmon runs, foraging for the last of summer's berries, and consuming copious amounts of bugs, mushrooms, & mosses.

Stay in this imaginary space until you feel yourself filling with the certitude of this seemingly unstoppable gluttony.

Now imagine entering into your cave for the winter. As you settle in and begin to dream of your life in spring, feel the release of all you have acquired over the previous months and give yourself over to the dream.



# Bear

Before & After  
Ceremony



## PREPARE LIKE BEAR!

Reflect on your life and find your various cycles of consumption & release. These are likely measurable in months, years, and decades!

When did you consume a lot of education? Or relationships? Or possessions? Or habitudes? How did these seasons of consumption nourish their following seasons of release?

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Now consider the overlapping seasons you're in now.

Write down what you've been consuming a lot of these past months & years. Feel into their richness. Begin to feel what's nearing its completion and note this down.



When moving through this exercise, it's essential to release any shame you may have about your appetite!



# Bear

*Before & After  
Ceremony*



## INTEGRATE LIKE BEAR!

On the other side of ceremony, write down some of the visions, sensations, and awakenings you experienced.

Sit and envision how these gifts will inform your life over the coming seasons. No need to force this if it's not immediately apparent, or if their meanings still feel too nebulous.

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Take some time to imagine your present life merging with these future seasons. What has been released or no longer needs consuming as you move forward? Notice how effortlessly you are able to let those old cravings go, trusting that you have already received all the nutrition you will gain from them.

Now begin noticing what nutrition you'll require, and imagine yourself receiving ample amounts of that nourishment.

Trust Mother Earth to provide all you need.





When you are  
where wild bears live,  
you learn to pay attention  
to the rhythm of the  
land and yourself.

LINDA JO HUNTER





# Be like Sound

Sound is the source material of all creation.

All matter hums with the life-giving energy of Sound. All energy finds expression through matter. When we listen deeply, our bodies attune, we our listening becomes audible.

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## CREATURE EXERCISE: Becoming Sound

Sit quietly and listen to the world around you. Notice how your mind creates stories of the sounds you hear. Can you release the stories?

Feel how the frequencies vibrate your body. Notice what it feels like in your belly, your hands, your chest, your jaw, your temples. Can you feel your entire body resonating with these different frequencies all at once?

Now imagine you are Sound itself (because you are!). Where do you begin & end? Is there anywhere on earth you cannot touch?



# Sound

## Before & After Ceremony



### PREPARE LIKE SOUND!

Fourteen days before your ceremony, find 12 minutes a day to sit and listen to the world exactly as it is. Release your mind's attachment to the stories of the sounds around you and drop in using the embodiment practice on the previous page:

Release the story → Feel the frequencies throughout your body → Lose your edge → Follow the sonic spectrum around the planet, circling back into your body.

When your 12 minutes are up, write down what you felt in your body, what roused in your field of awareness, and any intuitive messages that may have arrived.



Before moving through this exercise, be sure to anchor yourself in the reality you want to return to!





# Sound

## Before & After Ceremony



### INTEGRATE LIKE SOUND!

Upon returning from ceremony, continue with your daily listening practice for fourteen days. As you do, imbue your sonic awareness with loving awareness.

The Sound that makes the world arrives in your body, attunes to your loving vibration, and continues onward in its journey of creation.

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When you feel ready, invite your voice & body to express themselves sonically. This could be through singing, beatboxing, playing the belly drum, or breathing rhythmically. The idea here is to begin contributing your audible listening to the sonic landscape of the world using the mind that exists before word or story.

Heaven is paying attention, not needing to know.



The knower of the  
mystery of sound knows  
the mystery of the  
whole universe.

HAZRAT INAYAT KHAN





# Be like **Jaguar**

Jaguar carries the gift of crystal clear integrity.

When Jaguar stalks their prey, there is no room for attachments, false courage, or incoherence. Every nerve is primed for action and in perfect flow with the Earth.

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## CREATURE EXERCISE: *Becoming Jaguar*

Sit and imagine becoming Jaguar, moving through the jungle. What sounds, smells, and sights fill your senses? Call on your sound body from the exercises in the previous section. What sound does Jaguar make when Jaguar is listening deeply?

Begin to move your body with the smoothness of Jaguar. Where does your body move freely? Where is there stiffness, rigidity, or numbness?

Rather than focusing on where you struggle to imitate Jaguar, bring your attention to the shape Jaguar makes, and fill that shape with your body.





# Jaguar

*Before & After  
Ceremony*



## PREPARE LIKE JAGUAR!

Take some time to sit and consider where in your life fear is keeping you imprisoned in a shape or form that does not flow with the reality you want.

Give the fear a name, and write down what you're afraid will happen (or not happen) if this fear is realized. Take this new realization and again, write down what you're afraid will happen (or not happen) if that fear is realized. Keep descending into these depths until you've arrived at what feels like the actual fear that is driving your imprisonment.

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Now imagine your body is filled with perfect courage, allowing you complete focus on the form your body needs to take in order to flow with all creation.



*Be kind to yourself for  
having fears. Think of this  
exercise as an experiment,  
not as a punishment!*



# Jaguar

*Before & After  
Ceremony*



## INTEGRATE LIKE JAGUAR!

When you've returned from ceremony, take some time to write down any truths about yourself, your life, or the world that came to you during ceremony.

Take note of where your current way of living is in dissonance with these new truths and decide which truths you want to adopt.

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Practice being honest with yourself first. Without being punitive, write or speak clearly what lifeways or mindsets are necessary for living in a more perfect integrity. When you feel ready, share these new ideas of yourself & the world with a trusted human. And once that feels rooted in your body, speak out publicly on these truths when the moment arises for you to do so. Be like Jaguar, pounce when it is time to pounce.

We are the right place & the right time.



Sacred Jaguar  
teach me to live up to  
the integrity of my  
human potential.

JAMIE SAMS





# Wanna go deeper?

Treat yourself to some sensitive, somatic, & strategic **TRICKSTER MAGIC** for these desperately serious times.

Book a free, 20-minute Plant Medicine Integration intro call with **heather love**

Deeply animist & apocalyptic, heather love's Plant Medicine Integration sessions are designed to prepare you for ceremony and to support you throughout your integration process in ways that honor you, your community, & your relationship to Mother Earth.

[BOOK YOUR INTRO CALL](#)



# Happy Ceremony's Becoming!

We'll see you again when the  
quantum heart starts  
to sing.

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