



Plant Consciousness

Conscious Alliance

By Alison Jarred

Supernal Magazine contacted Alison Jarred, the current co-ordinator of Damanhur Australia, about her role in an international project to grow spiritual eco-communities to support our collective evolution and reconnection to Life. What a fascinating story it is too!

What is Damanhur?

Damanhur is an international federation of spiritual eco-communities, which began over 45 years ago in

the foothills of the Italian Alps near the base of Mount Blanc. Damanhur is most famous for the amazing Temple of Humankind, a great work of Art, carved into the heart of a mountain. This Temple contains a series of halls built on the energetic meeting point of Synchronic Lines.

Synchronic Lines are like cosmic rivers that connect our planet

to the forces of Life permeating our Universe. The Temple acts like a sacred container of devotion and pure ideals, dedicated to awakening humanity to their inner divinity. Discover more about the temples or take a virtual tour [HERE](#)

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Damanhur actively supports human spiritual evolution, a practical work of spiritual unity that reconnects humans with the other intelligences of this world, including plants, animals, minerals and nature spirits. It also connects to intelligences of other worlds and to divine forces at all levels.

In recent years, the inspiration of Damanhur’s vision has spread across the world, currently giving rise to 18 international communities. The ethos of Damanhur is ‘Diversity in Unity’ and each community is tasked with uniquely expressing the Damanhur experience though connection to their own land and people.

In Australia, **Damanhur** has community centres in both Perth and Adelaide, with members spread across our vast country. Together they

study a path of sacred wisdom and initiation to more deeply understand the esoteric philosophy that underpins human evolution. They also give practical action to these ideals, through a rhythm of rituals held at solstices and equinoxes and embedded in their everyday actions to grow awareness and connection to the world around us.

Alison began her personal journey with Damanhur in 2016. After meeting Damanhur Ambassadors visiting Australia, she commenced a study pathway with their School of Philosophy and eventually went to Italy, living with the Damanhur community for a month to appreciate the depth and complexity more deeply of what they had created.

The Temples were an incredible experience and Alison was also impressed with

the many practical actions Damanhurians bring towards achieving reconnection with the diverse ecosystem of life and the tangible richness this has brought to their collective experience. She deeply resonated with their ideals and was inspired by their practical vision for growing communities dedicated to actively supporting our collective spiritual evolution. Following this experience and in collaboration with 16 other people, the Damanhur Australia project commenced.

Connecting with Plant Consciousness

Building a relationship of alliance and sentient interchange with the plant kingdom is given importance within Damanhurian philosophy. They characterise the living consciousness of our planet as a trinity

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of 'Motherworlds', which interchange and support each other for collective growth. Humans and animals are within one Motherworld, sharing the same cycle of breath, transforming oxygen to carbon dioxide, while the plant kingdom is another Motherworld, in symbiotic exchange, transforming carbon dioxide to oxygen, with humans and animals. The third Motherworld is that of Nature Spirits or the ecosystem of non-physical energetic intelligence. If we accept that the pathway towards evolution comes through unifying and integrating fields of collective consciousness, then reconnecting humanity into conscious alliance with the Motherworlds is an important objective.

The plant world not only supports us physically, it can also support the growth of our consciousness. Scientific investigation continues to uncover evidence of the diverse intelligence of plants and their ability to collaborate and communicate. Plants demonstrate a sophisticated level of cooperation that is indicative of group consciousness. In comparison,



over millennia, humankind has experienced a fall in consciousness evidenced by the high degree of separation, conflict and competition that characterises our interactions. However, as a collective, we are now beginning to reawaken to our true nature, responding to an urge for unity to heal the fractures within ourselves that are reflected in our experience of the outer world. Plants can support us as we reclaim our capacity to consciously align, exchange and co-create within the larger web of life.

Damanhur have researched the sentience of plants and experimented with ways to facilitate communication with them for over 40 years. This research led them to developing a device, Music of the Plants, which makes it possible for plants to produce musical notes through modifying the electrical conductivity of the leaves and roots. Through an infinite number of trials, they have discovered that plants are not only responding to stimuli from

the environment, they show an ability to modify the music they produce. Plants respond to human voices and instruments. They are able to 'remember' previous music arrangements and show an ability to interact with the music device in increasingly sophisticated and precise ways.

Plants who are experienced players of the music device, have also shown they are capable of teaching other plants, significantly reducing the time it takes for the new plants to produce music. The Music of the Plants device helps to make the sentience of plants audible and more perceivable by humans, building a bridge of awareness to reconnect our worlds.

So how can we connect more deeply with plants?

Many of us suffer from 'plant blindness', we simply don't notice the plants that share our world. We take them for granted and unconsciously act in ways that destroy their ecosystems. So, we need to begin by growing



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our awareness of them as conscious beings that are worthy of our respect and develop feelings of gratitude for how they support our life.

Start with the plants within your life. Give more attention and time to the plotted plants in your home, those growing in your garden or select a tree that you can visit regularly.

Open your senses to increase your perception and amplify the energy exchange between you:

- Look at the plant carefully noticing its structure and colouration
- Feel the textures on the plant
- Smell the leaves, flowers or the bark of the trees
- Taste a part of the plant by touching the tip of your tongue to it
- Listen by placing your ear against the trunk of a tree

- when you can hear your own heartbeat, your level of internal quietness will assist your connection

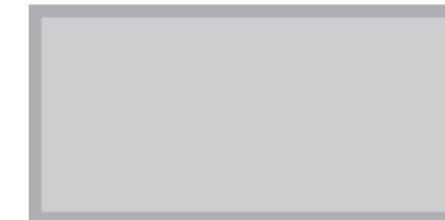
- Spend at least 20 minutes sitting with your back against a tree, as it takes trees longer to sense your presence and exchange with you
- Stay aware to what feelings and thoughts come to you. Maybe keep a diary to notice patterns and research your own journey of discovery

As with any relationship, when we offer loving kindness, respect and gratitude, the exchange of energy becomes stronger. The more we engage from this state of heart coherence, the more we experience deeper feelings of interconnection with plants and indeed all forms of life.

If you are seeking further inspiration or information, there are many books recording

people's experiences and their research with plant consciousness. One of my favourites is *The Secret Life of Plants* by Peter Tompkins and Christopher Bird (1973). This includes stories of experiments carried out by Cleve Backster with the use of a lie detector connected to plants, clearly showing their reaction to human thought and also their ability for memory. Another highly recommended book is *Thus Spoke the Plant*, by Monica Gagliano PhD (2018), which documents her remarkable scientific discoveries and personal encounters with plants.

By spending more time connecting into Plant Consciousness our Conscious Alliance will grow!



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