

# Amulet

A field guide for living wise

OUR  
GIFT  
TO YOU



## Wild Harvest

JOURNAL QUESTIONS  
SUMMER 2013

# WILD HARVEST

## assignment

This can be anything from the birdsong or the floating cloud, the cedar bough or the flower that is growing through a crack. Did you know you can wild harvest and make a remedy out of a seashell? Just put the seashell in water, bless it, allow it to sit for a bit, then drain the water. Take your shell remedy. Same with the song of a bird- capture it in a small bowl of spirit or water. For the flowers or plants, take a photo of it and carry it with you. Or find out what that plant is, spend time with it, harvest it, and read about how it can be made into a remedy.



1. What is it that your soul body is seeking?

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---



2. What is the wisdom that has run through your grandmothers' blood that you seek to know yourself?

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---



3. How are you harvesting the remedy/medicine for that?

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---



Step outside your comfort zone for a moment and walk outside, and listen. Ask for a remedy to reveal itself to you.

State what it is. Now harvest it.

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---



How will you use it?

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---



What will you ask it to do for you?

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---