

# NETTLES | *journaling*

*How are you being touched now?*

*How do you wish to be touched? Where? When? How?*

*How can you begin to make you wish come true?*

# NETTLES | *resources*

*Explore the links below for an even deeper relationship with Nettles.*

Whispers Plant Spirit Medicine Podcast  
Episode 18: Nettles, Inner Resources & Saying No

---

Making a Nourishing Nettle Infusion  
*from my friend, teacher & colleague, Ashley Litecky Elenbaas*

---

Famous Herbalists Teach How and Why to Use Nettles  
*from A Magical Life*

---

Nettle Monograph  
*from Herb Rally*