

# Healing the Healer: When Plants and Animals Speak

Almost everybody talks to their pets, but it takes a special person to hear what their pets say in return.



Animal  
Communicator  
Maiccu Kostiainen

Maiccu Kostiainen lives in Finland and is an animal communicator and medium. That means that she intuitively communicates with animals, living and past, by understanding their thoughts, emotions, and energy. Maiccu's unique gifts allow her to reach beyond the veil of human awareness, into the realm of animal consciousness. It's a dimension of presence, love, and acceptance, one that, according to Maiccu, animals enjoy on a nearly-constant constant basis.

As an animal communicator, Maiccu helps bridge the gap of understanding between animals and humans and help people to understand the needs of their pets as well as hear the messages that the animals have to say.

Maiccu is also a best-selling author and lecturer who teaches



along with her partner and fellow healer, Ingela Nicklas. Ingela is a Reiki Grand Master, someone who channels energy into clients to activate the body's natural healing abilities. Together, Maiccu and Ingela use energy healing and animal communication to heal animals and the people related to them.

In an interview with me, Maiccu describes how she discovered her own intuitive gifts, the life-changing events that her gifts have opened up for her, and how discovering sacred plant medicine helped her to hone her talents as a healer and heal the healer within her.

## **Animal Communicator**

Throughout most of her adult life, Maiccu was very satisfied in her high-paying career as an airplane mechanic for Finnish National Airline. But a peculiar and undeniable experience changed her life's focus from mechanical to spiritual.

In the year 2000, Maiccu's dog passed, incidentally on his 5th birthday, and almost simultaneously she began to unexplainably sense his thoughts and feelings. This had never happened before, and the phenomenon both touched and surprised her and she began to read voraciously about animal communication and mediumship. Maiccu soon realized that she had a gift for animal communication and the more she learned and practiced, the more her talents grew.

Eventually, Maiccu began receiving messages from her beloved

and long-since deceased horse, Leyla. Over time, the messages from Leyla became more and more clear and one day Leyla informed Maiccu, "We are going to write a book together." Leyla's message surprised Maiccu but was soon confirmed by at least three other mediums, none of whom had prior knowledge of Maiccu's conversation with Leyla. And so, despite its unorthodoxy, Maiccu began to co-write a book with the spirit of her deceased horse.

## Maiccu and Leyla Write a Book



Maiccu and her horse Leyla

Maiccu said that Leyla's words found a voice through her fingers as she typed their book. Titled, *The Power of Silent Wisdom*, the book is Leyla's advice to humans about love, sorrow, fear, and giving up control to a higher purpose. In the book, Leyla also explains that animals are in a constant state of presence, usually in a state of oneness, and that this state is programmed into in their DNA.

Leyla's most important message to humans is to simply do less and learn to just *be*. Leyla pointed out that often, when humans experience difficult emotions or encounter something they don't understand, they create a name or disorder for it

and try to remedy it with a pill. Leyla, counseled humans to stop feeling as if something is wrong all the time.

*The Power of Silent Wisdom* was published in 2011 and became the highest selling spiritual book in Finland in 2012. With the success of her book, it became clear to Maiccu that her calling in life was



to share her gifts as an intuitive animal communicator so quit her great paying job as an airplane mechanic to devote herself full-time to this calling of animal communication.



Maiccu Kosttiainen, Ingela Nicklas, and Gerry Powell (Founder of Rythmia)

## **Discovering Sacred Plant Medicine**

As the result of her unique gifts, Maiccu has had many rare opportunities, not only to travel to teach and heal, but also to discover other pathways of healing and new modes to connect with animals. One of these discoveries was the world of sacred plant medicine. Little did she know how important sacred

plants would be to refine her talents as a healer and animal communicator.

In 2017, Maiccu and Ingela discovered a documentary called [The Reality of Truth](#), a documentary that explores the healing power of sacred plant medicine. As healers themselves, Maiccu and Ingela were fascinated by this ancient mode of healing because it seemed to provide a glimpse into a different realm, similar to the one they knew through Reiki and animal communication. Maiccu and Ingela began to research [Rythmia](#), a life-advancement center in Costa Rica which was featured in the film, and which offers sacred plant medicine ceremonies with shamans, as well as nutrition, massage, colonic hydrotherapy, and lectures for personal transformation.

Intrigued by the testimonies about the healing power of sacred plant medicine, Maiccu used her talents as a medium to ask some of the wisest people she knew, her deceased mother and horse, whether or not going to Rythmia to explore sacred plant medicine would be a good idea. The flurry of events that soon transpired over the next several months felt like a direct response to her inquiry, and soon Maiccu and Ingela found that not only were they bound for Rythmia, but they were even invited to attend as presenters to teach about their gifts of healing and animal communication.

## **Plant Medicine Opens Maiccu's Eyes as an Animal Communicator**

To date, Maiccu has attended 9 plant medicine ceremonies, each healing and profound. One of her most profound experiences during one particular ceremony helped to hone her skill as an intuitive, medium, and animal communicator. Maiccu said that after taking the sacred plant medicine, she felt herself turn

into several different animals and experienced first-hand their state of mind and their feeling of oneness with all things. She said that she felt herself morph into a panther, whale, dolphin, snake, mouse, and even a cockroach, and was able to experience for herself what it was like to be, think, and feel the way animals do. As an animal communicator, she said that this experience was the best gift that the Universe could have ever given her.

Maiccu was given another rare opportunity to view the world through the through the eyes of an animal when Rythmia's mascot, the owner's gentle dog named Kayla, moved through the ceremony and acted as a guide to Maiccu by showing her the world from a dog's point of view. From Kayla's perspective, Maiccu saw



how everything in the world is connected. Kayla told Maiccu that as a dog, she always sees the world with such connectedness, a state that humans are struggling to arrive at. Maiccu said that as she morphed into a dog, she could smell the world and see its colors, just like a dog does. This rare experience directly influenced her ability to sense into animals' thoughts, needs, and desires.

One of the ways Maiccu says that ceremonial plant medicine helps people become hyper-present like animals is that it helps them to learn to give up control and put themselves into the hands of a sacred and healing spirit. She says that often, the ego which is anathema to this healing spirit, tries to stay in control. The struggle between the ego and the healing spirit causes dissonance. Further, she proffers that the healing qualities from the medicine only come when people yield and allow themselves to be healed by it, even if that means traveling through a momentary darkness in order to heal those wounded parts to arrive at the places lasting of inner-light.

Learning to yield to the plant medicine ultimately gave Maiccu

the gift of communing with and morphing into animals, and has massively improved her already honed sensitivity as an intuitive, healer, and animal communicator. Much to her surprise, plant medicine has also improved her mediumship with humans. As someone who always heals others, Maiccu was awestruck that thanks to these medicinal gifts, she would be the one healed

## **The Healer Receives Healing through Plant Medicine**

In addition to giving her a profound connection with animals, Maiccu says that the sacred plant medicine also healed her of some chronic problems, including a life-long scourge of crippling anxiety and an addiction to beer.

Before using sacred plant medicine, Maiccu used beer to cope with her anxiety and stress. Drinking beer was also her most common way to unwind at the end of a long day. And, like many people in Finland, Maiccu loves to sauna and beer is often a part of that cultural ritual. For all these reasons, Maiccu had developed a strong dependence on beer. Yet, there's a saying in Finland that says, "Problems swim in alcohol," and Maiccu certainly understood how her addiction to beer contributed to her anxiety. Plus, Maiccu felt that her regular use of beer was dulling her senses as an animal communicator.

A common phrase at Rythmia is, "You must purge before you merge with the Divine." And certainly Maiccu needed to purge old ways of relating to the world that were causing static in her transmissions as an animal communicator.

Maiccu wasn't sure what to expect as she went into her very first ceremony at Rythmia and she was hoping that her nervousness about the unknown wouldn't escalate into a panic

attack. Yet, to her dismay the first three hours of her journey with sacred plant medicine sent her reeling into a severe panic attack, causing her to sweat profusely, racking her with worry, and leaving her solar plexus aching for days.

But after 3 hours of one of the most severe panic attacks she's ever experienced, Maiccu said that something magical happened. She said that the plant medicine taught her to open up, taught her to breathe again, and ultimately taught her to let go of control and yield something higher. At the very moment she handed her will over to the medicine, her anxiety vanished and she was left with a profound and enduring peace. Since that moment, her lifetime of anxiety has been practically eradicated. She couldn't believe how the plant medicine had purged her of anxiety in the moment and how it seemed to be healed for good. With her panic attacks gone, Maiccu she says that she can now focus much better and is more effective as an animal communicator. She feels as though the medicine purposefully led her through this severe panic attack so she could heal from it permanently.

Unlike medicating with beer, plant medicine isn't addictive and seems to have a very different effect on problems. In fact, Bill Wilson, the founder of Alcoholics Anonymous, became sober and started his world-famous organization after having a spiritual experience as the result of plant medicine. Maiccu says that sacred plant medicine is different than other drugs because it tends facilitate healing by offering astounding clarity and understanding of their divine worth rather than dulling the mind or distracting them from their problems.

Since experiencing plant medicine ceremonies, Maiccu says that she no longer feels the imperative to drink. She says that whatever she was trying to medicate with alcohol seems to have been made whole. Now, she only occasionally drinks socially, perhaps one or two times a month and never to excess. Maiccu says that she now enjoys greater clarity and and connection in her work because she's no longer remedying her anxiety with



alcohol. She says she's more receptive to the animal world with this added clarity.

## Discovery

Maiccu Kostiainen has led an unpredictable and fascinating life as she has discovered and followed her gifts as an animal communicator, intuitive, and medium. Her gifts have led her to meet new people, connect to the spirits of animals, and have given her the chance to offer an important spiritual message to the world. Her intuition and gifts also led her to explore sacred plant medicine which healed the healer in her enabled her to offer her gifts with greater clarity and focus.



Maiccu's enduring message to the world is to spend time with animals and allow them to teach you to be present. She also says that for anyone who is interested in using sacred plant medicine, to spend the time to prepare for it with clean eating, meditation, and of course spending time with animals.

To date, Maiccu and Ingela have now been to Rythmia twice to present and participate in ceremony and will return in March of 2019. You can visit Maiccu's [website here](#).



Scott Moore is a senior teacher of yoga and mindfulness and lives in Southern France. When he's not teaching or conducting retreats, he writes for Conscious Life News, Elephant Journal, Mantra Magazine, Medium, and his own [blog](#) at [scottmooreyoga.com](#). Scott also loves to run, play the saxophone, and travel with his wife and son. Check out his [yoga retreats to places like Hawaii and Amalfi Coast](#) , his [online Yoga Nidra Course](#) and his [Yoga Teacher Mentor Program](#)