

Gaia Sanskrit Explores the Relationship Between Plant Medicine and Sacred Sound

Gaia discusses the inspiration behind Plant Medicine Mantras, the connection between sacred sound and nature, and the contemplative atmosphere of the album.

Q. What inspired you to create a plant medicine album?

A. As part of the *Sanskrit Pilgrimage* series, we interviewed the former chief Druid Philip Carr-Gomm at his home. He recommended that we meet Nick Gent, the producer of the *Plant Medicine Mantras* album — an amazing musician and sound healer who works deeply with mantra and nature.

After that meeting, I wrote down the idea of making an album together. For years I kept returning to it, and eventually last year I felt strongly that it was time to do it. I contacted Nick, and we arranged to record in Devon.



During the recordings I stayed in a little shepherd's hut beside a stream and an oak tree, surrounded by nature and silence. All the vocals were recorded in a tiny cottage in the Devon countryside.

Journeying with plants feels like something deeply connected to humanity. In Patanjali's *Yoga Sutras* there is the word *aushadha*, referring to herbal medicines and the wisdom of plants. It felt like an honour to spend time with the plants, trees and herbs in this way. I would love one day to create a second volume inspired by plants from different countries and traditions.

Q. How did you choose the plants and the songs?

A. Before recording, Nick and I had a Zoom call where we discussed the plants we might work with and the overall shape of the album. Nick has special equipment that records the vibrations of plants and transforms them into music through MIDI technology.

Once we arrived in Devon, the process became very intuitive. The order of the album more or less followed the order of the plants we spent time with. Dandelion, for example, was not originally planned, but after seeing beautiful dandelions growing beside the oak tree, I knew they had to be included.

While Nick recorded the sounds of each plant, I would sit quietly and listen inwardly, trying to feel the essence of the plant. The album emerged from that process. It felt as though the plants guided the music, and the mantras somehow chose the plants themselves. Many of the mantras are Vedic and connected to nature, trees and the living world.

Working with Nick was deeply inspiring.

Q. Do you feel there are healing qualities within the music?

A. Because we spent time sitting with the plants in silence, it felt to me as though each plant revealed something of its own energy and spirit. While recording, I often had the feeling that the plants themselves were guiding the music and the mantras. Hopefully that presence can be felt in the songs.

When I sat with the dandelion, I felt something radiant, almost like seeing the whole universe within it. Wild garlic felt powerful and vibrant; hawthorn carried a strong creative energy; and rose felt completely open-hearted and full of love. For me, this connection is the healing.

Q. Which songs on the album are closest to your heart?

A. Every time I listen to the album, a different favourite appears. At first it was *Garlic* for its flow; then *Willow* for its groove; then *Sage* for its peacefulness; then *Rosemary* for its feeling of wisdom.

But perhaps the song closest to my heart is *Rose*. It includes a passage from the *Chandogya Upanishad* that speaks about the small space within the heart. To me, that space is love — and somehow I feel that spirit reflected in the rose itself.

Q. Is there a connection between this album and songs such as “Medicine Song” or “Linden Tree”?

A. Yes, definitely. Although those songs are not part of the *Plant Medicine Mantras* album, they come from the same love of nature and the same admiration for people who live and work closely with the natural world.

Nature, gardens and trees have always felt deeply healing to me. There is that beautiful saying: “*You’re nearer God’s heart in a garden than anywhere else on earth.*”

In many ways these songs are simply expressions of gratitude — both to nature itself and to music, which feels like my own calling.

Q. There seems to be a shared atmosphere throughout the album — a sense of stillness and spaciousness. Was that intentional?

A. Yes, I feel that too when I listen back to the album. There is a quietness running through it, a feeling of rest and stillness.

Even though some of the musical elements are quite psychedelic, the overall feeling is calming and grounding. I think it could work beautifully for meditation, yoga nidra, or simply helping people relax and sleep.

Album Link

[Plant Medicine Mantras on Spotify](#)