

SACRED PLANT MEDICINE APPRENTICESHIP

BOSTON, 2012

SYLLABUS & BOOKLIST

Class will be held at 24 Webster Ave, in Somerville, MA from 11:00am-5:30 pm on Saturday and Sunday. Most Sunday classes will be held at the Arnold Arboretum in Boston, MA. All classes will be divided up into lecture and either field or hands-on study. We will be learning directly from the plants and earth as often as possible! There will be a break for lunch at around 2:00 pm, which will last for 30 minutes. Please bring food for yourself, or to share with the group if you are inspired. Tea, herbs, supplies, and occasional snacks will be provided in class.

Bring warm clothes during the colder months, and incase of rain. All class announcements as far as location changes and syllabus changes will be relayed through e-mail, or by phone for those of you with no internet access. Please let us know if you need to be called instead of emailed about changes.

COURSE SCHEDULE:

Weekend #1 – March 31st – April 1st

Saturday, March 31st - 1. FIRST CLASS, NOURISHING HERBS

- * Welcome Circle, opening meditation.
- * Overview of apprenticeship, syllabus, booklist, journals, and optional assignments.
- * Opening ceremony w/ talking stick and gifts.
- * Overview of healing traditions and The Wise Woman Tradition.
- * Plant allies and nourishing medicinal herbs.

Sunday, April 1st - 2. SACRED SPACE & BLESSING HERBS *** Arnold Arboretum

- * Creating sacred space.
- * Grounding, centering, and cleansing the body/mind/spirit.
- * Basic ritual, drumming, and the four directions/elements.
- * Blessings herbs: Sage, Cedar, Sweetgrass, Copal, and others.
- * Cleansing & clearing herbs.

Weekend #2 – April 28th – 29th

Saturday, April 28th - 3. HERBAL PREPARATIONS

- * Hands-on folk herbal preparations.
- * How to make tinctures, teas, infusions, and salves.
- * Preparing herbs in an ethical, respectful, sacred way.
- * Blessing & ritual of medicine making.

Sunday, April 29th - 4. HERBAL PREPARATIONS & COMMON AILMENTS

- * Herbs for common ailments (Cold/Flu, Allergies, Fever, Headaches).
- * Herbal healing for the family.
- * Herbs & Systems of the Body.
- * Herbal flash cards & herbal wheels.

Weekend #3 – May 12th -13th

Saturday, May 12th - 5. PLANT SPIRITS, ALLIES, & DREAM PLANTS

- * Spirit/dream journeying and communicating with earth spirits.
- * Meditation, Altered states of consciousness.
- * Guided journey to meet spirit guides and plant allies.
- * Third eye, nervine & dream herbs.

Sunday, May 13th - 6. TREE MEDICINE & LORE *** Arnold Arboretum

- * Communicating with tree spirits, meeting allies.
- * Medicinal uses of trees.
- * Wildcrafting and making medicine from trees.
- * Outdoor Tree Walk and ID.

Weekend #4 – May 26th – May 27th

Saturday, May 26th - 7. HERBAL ENERGETICS & TASTES

- * Herbal energetics, Ayurvedic, Chinese, & Western.
- * Herb safety levels, dosages.
- * 5 Tastes - Properties & Energetics
- * Tissue states and treatment.

Sunday, May 27th - 8. ELEMENTS & DOCTRINE OF SIGNATURES *** Garden in the Woods

- * Doctrine of Signatures.
- * Earth, Air, Fire, Water, Elements in plants.
- * Yin/Yang, Four Element Theory.
- * Herbal Actions & Constituents

Weekend #5 – June 23rd – 24th

Saturday, June 23rd - 9. THE ROOT CHAKRA & IMMUNE SYSTEM

- * Root Chakra- herbs for healing our root.
- * The Immune system, protection of the body.
- * Herbs for healing and stimulating the immune system.
- * Magical herbs for protection, grounding, and earth energy.

Sunday, June 24th - 10. IMMUNE SYSTEM CONTINUED

- * Root Chakra- herbs for healing our root.
- * The Immune system, protection of the body.
- * Herbs for healing and stimulating the immune system.
- * Magical herbs for protection, grounding, and earth energy.

Weekend #6 – July 21st – 22nd

Saturday, July 21st - 11. HERBS FOR THE REPRODUCTIVE SYSTEM & SACRAL CHAKRA.

- * Plant allies for the reproductive system.
- * The Second Chakra
- * Herbs for menstruation, motherhood, pregnancy, and menopause.
- * Herbal healing for men, prostate health and fertility.
- * Herbal Aphrodisiacs.

Sunday, July 22nd - 12. WILDCRAFTING & PLANT ID *** Arnold Arboretum

- * Plant identification & mother plant identification.
- * Ethical wildcrafting techniques.
- * Speaking with plants spirits, meeting plant devas and elemental spirits.
- * Pressing, drawing, and photographing plants.

*** CAMPING TRIP - Green Mountain National Forest in Vermont

Weekend #7 – August 18th – 19th

Saturday, August 18th - 13. THE MEDICINE WHEEL

- * How to use the Medicine Wheel in healing and magic.
- * The four elements and four directions.
- * Plants, Stones, and Animals of the four elements and directions.
- * Journeying within the Wheel, opening doors, meeting allies.

Sunday, August 19th - 14. COMMUNICATING WITH PLANT & NATURE SPIRITS

- *** Garden in the Woods
- * Communicating with allies.
- * Guided meditation with plant spirits.
- * Plant Spirit Medicine practice.
- * Plant ID walk.

Weekend #8 – September 15th – 16th

Saturday, September 15th - 15. HERBAL HEALING FOR THE DIGESTIVE SYSTEM & SOLAR PLEXUS

- * The Digestive System.
- * Healing common digestive ailments with plants.
- * The Solar Plexus, imbalances and healing.
- * Herbs to heal and nourish this chakra.

Sunday, September 16th - 16. FLOWER ESSENCES *** Arnold Arboretum

- * Healing with flower essences.
- * Flower walk and essence making.
- * Chakras & Flowers

Weekend #9 – October 13th – 14th

Saturday, October 13th - 17. THE HEART CHAKRA & THE CIRCULATORY SYSTEM

- * The Heart Chakra
- * Heart & Circulatory system illnesses.
- * Herbal healing for the heart and circulatory system.
- * Herbs for love and compassion.

Sunday, October 14th - 18. HERBS FOR THE RESPIRATORY SYSTEM & THROAT CHAKRA

- * Herbs for the respiratory system.
- * The Throat Chakra, imbalances and healing.
- * Releasing grief held in the lungs.
- * Opening the throat, herbs for communication.

Weekend #10 – November 3rd – 4th

Saturday, November 3rd - 19. HERBS FOR THE NERVOUS SYSTEM & THE THIRD EYE

- * Third eye chakra, healing & imbalances.
- * Holistic healing for depression and anxiety.
- * Herbs and stones for stress, nourishing the nervous system.
- * Herbs, stones, flower essences, and magic for healing depression.
- * Herbal pain relief & muscle relaxants.

Sunday, November 4th - 20. SHAMANIC HERBALISM, SPIRIT/DREAM JOURNEYING & CROWN CHAKRA

- * Shamanism around the world, shamanism for the witch/healer.
- * Crown Chakra- Journeying, meditation, and spirit work.
- * Working with spirit guides and ancestors.
- * Gathering information, using the tools of the shaman.

Weekend #11 -

*** THE FINAL WEEKEND – December 1st – 2nd. We will have an early dinner together on the 1st. The ending ceremony will take place after dinner, starting around 6pm. Friends and family can join in the celebration on the 2nd, you can invite them to arrive around 2pm.

December 1st - 24. CIRCLING BACK

- * Presentations of final projects from each apprentice.
- * Meditation and reflection on apprenticeship.
- * Offerings to, and spirit journeys with, plant allies, spirit guides, and Gaia.
- * Magical herbs for change and transformation.

Evening of the 1st: DINNER & ENDING CEREMONY.

- * Dinner
- * Meditations on Gaia, Rebirth, Plants, Learning, Journeying, and Making Magic!
- * Ending ceremony & Womb lodge.

December 2nd - GRADUATION GIFTS & CLOSING

- * Morning ritual, gifts, prayers, and massages.
- * Family/friends arrive at 2:00pm for graduation ceremony to begin at 2:30pm
- * Offerings, certificates, gifts.
- * Celebration & Potluck

Blessings on your journey!

SUPPLIERS OF * Organic * HERBS:

Jean's Greens, www.jeansgreens.com. Very high quality locally harvested herbs, located in NY.

Blessed Herbs, www.blessedherbs.com. High quality organic herbs, located in MA.

Pacific Botanicals, www.pacificbotanicals.com. Very high quality organic herbs at a fairly good price, located on the west coast.

Mountain Rose Herbs, www.mountainroseherbs.com. Generally quality (though sometimes unpredictable) organic herbs at a good price. Located on the west coast. Ask for the 10% discount as an herbal student. 40 % off for group orders!

www.herbalcom.com, Very cheap organic herbs, generally low quality with some exceptions. Best place to get resins and blessing herbs.

Avena Botanicals, www.avenabotanicals.com. Very good high quality locally harvested tinctures, located in Maine.

2012 Recommended Booklist

** = Assigned readings. The first four books listed are highly recommended for this course.

* Recommended additional texts for course.

HERBAL HEALING:

** Plant Spirit Medicine, By Eliot Cowan

** Healing Wise, By Susan Weed

** Sacred Plant Medicine, By Stephan Harrod Buhner

** Herbal Rituals, By Judith Berger

* The Complete Floral Healer by Anne McIntyre

* Opening Our Wild Hearts to the Healing Herbs, By Gail Faith Edwards

The Essential Book of Herbal Medicine, By Simon Mills

Witch's Heal, By Billie Potts

A Modern Herbal, By Mrs. M. Grieve

The Yoga of Herbs, By Dr. David Frawley

Planetary Herbology, By Michael Tierra

The Energetics of Western Herbs (Vol. 1 & 2), By Peter Holmes

Herbal Antibiotics By Stephen Harrod Buhner

The New Holistic Herbal, By David Hoffman

The Book of Herbal Wisdom, By Mathew Wood

A Woman's Book of Herbs, By Deb Soule

Partner Earth: A Spiritual Ecology, By Pam Montgomery

The Herbal Medicine-Maker's Handbook, By James Green

A City Herbal, By Maida Silverman

Indian Herbology of North America, By Alma R. Hutchens

PLANT IDENTIFICATION BOOKS:

** Newcomb's Wildflower Guide by Lawrence Newcomb

* Peterson Field Guide to Medicinal Plants and Herbs, By Steven Foster & James Duke.

The New Age Herbalist, By Richard Mabey

National Audubon Society: Field Guide to Wildflowers

PLANT SPIRIT MEDICINE BOOKS:

* Plant Spirit Healing: A Guide to Working with Plant Consciousness by Pam Montgomery

The Secret Teachings of Plants: The Intelligence of the Heart in the Direct Perception of Nature by Stephen Harrod Buhner

The Lost Language of Plants: The Ecological Importance of Plant Medicines for Life on Earth by Stephen Harrod Buhner

Plant Spirit Shamanism: Traditional Techniques for Healing the Soul by Ross Heaven, Howard G. Charing, and Pablo Amaringo