

# SACRED PLANT MEDICINE APPRENTICESHIP

PUTNEY/WESTMINSTER, VT

YEAR ONE ~ 2017

*Group 1*

## Syllabus & Booklist

**Class will be held at 172 Pine Banks Rd. in Putney, VT at Sage's home. We will be gathering one weekend a month, from 11:00am until about 6:00pm both Saturday and Sunday.**

All classes will be divided up into lecture and either field or hands-on study. We will be learning directly from the plants as often as possible! There will be a break for lunch at around 2:30 pm, which will last for 30-40 minutes. Please bring snacks for yourself, or to share with the group if you are inspired. Lunch preparation for the group will be potluck style. Tea, herbs, supplies, and occasional snacks will be provided in class.

\*\*\* Bring warm clothes during the colder months or incase of rain. All class announcements as far as location changes and syllabus changes will be relayed through e-mail. Please let us know if you need to be called instead of emailed about changes.

### COURSE SCHEDULE:

#### **Weekend #1 – APRIL 1<sup>ST</sup> & 2<sup>ND</sup>**

Saturday, April 1<sup>ST</sup> - 1. FIRST CLASS, NOURISHING HERBS

- \* Welcome circle, opening meditation.
- \* Opening talking circle and gifts.
- \* Overview of apprenticeship, syllabus, booklist, journals, and optional assignments.
- \* Overview of healing traditions and The Wise Wo/man Tradition (Tradition of the Elders).
- \* Plant allies and nourishing medicinal herbs.

Sunday, April 2<sup>ND</sup> - 2. SACRED SPACE & BLESSING HERBS

- \* Creating sacred space with the spirits.
- \* Grounding, centering, and cleansing the body/mind/spirit.
- \* Blessings herbs: Sage, Cedar, Sweetgrass, Copal, and others.
- \* Cleansing & clearing herbs

#### **Weekend #2 – APRIL 22<sup>ND</sup> & APRIL 23<sup>RD</sup>**

Saturday, April 22<sup>ND</sup> - 3. CONSCIOUSNESS SHIFTING & DREAM PLANTS

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

Sunday, April 23<sup>RD</sup> - 4. PLANT SPIRIT MEDICINE & PLANT ALLIES

- \* Communicating and journeying with plant allies.
- \* Guided meditation with plant spirits.
- \* Plant Spirit Medicine practice.
- \* Magical herbalism and plant lore.

### **Weekend #3 – MAY 20<sup>TH</sup> & 21<sup>ST</sup>**

Saturday, May 20<sup>TH</sup> - 5. HERBAL PREPARATIONS & WILD FOODS

- \* 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.
- \* Wild foods & wildcrafting.

Sunday, May 21<sup>ST</sup> - 6. TREE MEDICINE & LORE

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

### **Weekend #4 – JUNE 17<sup>TH</sup> & 18<sup>TH</sup>**

Saturday, June 17<sup>TH</sup> - 7. THE ROOT CHAKRA & IMMUNE SYSTEM

- \* The Root Chakra overview & Plants for the root.
- \* The Immune system, protection and boundaries.
- \* Herbs for healing and strengthening the immune system.
- \* Adaptogens, Deep-immune tonics, Immune stimulating herbs.

Sunday, June 18<sup>TH</sup> - 8. PLANT WALK & WILDCRAFTING

- \* Plant ID & mother plant identification.
- \* Sacred, ethical, wildcrafting techniques.
- \* Herbal juices and wild foods.
- \* Plant walk & Harvesting.

### **Weekend #5 – JULY 15<sup>TH</sup> & 16<sup>TH</sup>**

Saturday, July 15<sup>TH</sup> - 9. HERBS FOR THE REPRODUCTIVE SYSTEM & SACRAL CHAKRA.

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

Sunday, July 16<sup>TH</sup> - 10. FLOWER ESSENCES

- \* Healing with flower essences.
- \* Flower walk and essence making.
- \* Meditations with essences & flower spirits.
- \* Communication with flowers.

### **Weekend #6 – AUGUST 19<sup>TH</sup> & 20<sup>TH</sup> \*\*\* CAMPING WEEKEND AT GROUT POND, VT Green Mountain National Forest in Vermont**

Saturday, August 19<sup>TH</sup> – 11. WOODLAND PLANTS OF NEW ENGLAND \*\*\* CAMPING

- \* Plant walk & Harvesting woodland plants
- \* Hiking, Fire Circles, Swimming
- \* Camping fun!

Sunday, August 20<sup>TH</sup> - 12. THE MEDICINE WHEEL \*\*\* CAMPING

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

**Weekend #7 – SEPTEMBER 23<sup>RD</sup> & 24<sup>TH</sup>**

Saturday, September 23<sup>RD</sup> - 13. HERBAL HEALING FOR THE DIGESTIVE SYSTEM & SOLAR PLEXUS

- \* The Solar Plexus - Herbs that heal and nourish this chakra.
- \* The Digestive System – Holistic & Herbal Healing
- \* Healing digestive imbalances with plants.
- \* Sacred Plant Medicine for self-care

Sunday, September 24<sup>TH</sup> - 14. HERBAL ENERGETICS & SAFETY LEVELS

- \* Herbal energetics explored.
- \* Herb safety levels, dosages, & tastes.
- \* Doctrine of Signatures, reading the physical nature of a plant.
- \* Yin/Yang, Four Element Theory.

**Weekend #8 – OCTOBER 21<sup>ST</sup> & 22<sup>ND</sup>**

Saturday, October 21<sup>ST</sup> - 15. THE HEART CHAKRA & THE CIRCULATORY SYSTEM

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

Sunday, October 22<sup>ND</sup> - 16. HARVESTING SEEDS & BOTANY

- \* Harvesting Seeds & Seeds Saving
- \* Plant families & Botany.
- \* Continued plant harvests & medicine making.
- \* Meditations with plants and nature spirits.

**Weekend #9 – NOVEMBER 11<sup>TH</sup> & 12<sup>TH</sup>**

Saturday, November 11<sup>TH</sup> - 17. HERBS FOR THE RESPIRATORY SYSTEM & THROAT CHAKRA

- \* The Throat Chakra, imbalances and healing.
- \* Herbs for healing the respiratory system.
- \* Breath work, song, silence, and chanting.
- \* Sacred herbs for communication.

Sunday, November 12<sup>TH</sup> - 18. HARVESTING FALL ROOTS

- \* Harvesting roots & Medicine making!
- \* Eating, preserving, processing root medicine and food.
- \* Straining tinctures.

## **Weekend #10 - DECEMBER 9<sup>TH</sup> & 10<sup>TH</sup>**

Saturday, December 9<sup>TH</sup> - 19. HERBS FOR THE NERVOUS SYSTEM & THE THIRD EYE

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

Sunday, December 10<sup>TH</sup> - 20. SHAMANIC HERBALISM, JOURNEYING & CROWN CHAKRA

- \* Shamanism around the world, shamanism for the healer.
- \* Crown Chakra- Journeying, meditation, and spirit work.
- \* Working with spirit guides and ancestors.
- \* Shamanic Herbalism.

## **Weekend #11 – JANUARY 13<sup>TH</sup> & 14<sup>TH</sup>**

\*\*\* THE FINAL WEEKEND - Friends and family can join in the celebration on the 14<sup>th</sup>, you can invite them to arrive around 2pm.

Saturday, January 13<sup>TH</sup> - CIRCLING BACK & ENDING CEREMONY

- \* Presentations of final projects from each apprentice.
- \* Meditation and reflection on apprenticeship.
- \* Offerings to, and spirit journeys with, plant allies, spirit guides, and Gaia.
- \* Meditations on Gaia, Rebirth, Plants, Learning, Journeying, and Making Magic!
- \* Ending ceremony & Womb lodge.

Sunday, January 14<sup>TH</sup> - GRADUATION GIFTS & CLOSING

- \* Morning ritual, gifts, prayers, and circle.
- \* 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](http://www.jeansgreens.com). Very high quality locally harvested herbs, located in NY.

**Blessed Herbs**, [www.blessedherbs.com](http://www.blessedherbs.com). High quality organic herbs, located in MA.

**Pacific Botanicals**, [www.pacificbotanicals.com](http://www.pacificbotanicals.com). Very high quality organic herbs at a fairly good price, located on the west coast.

**Mountain Rose Herbs**, [www.mountainroseherbs.com](http://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](http://www.avenabotanicals.com). Very good high quality locally harvested tinctures, located in Maine.

## 2017 Recommended Booklist

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

\* Recommended additional texts for course.

### HERBAL HEALING:

\*\* The Gift of Healing Herbs by Robin Rose Bennett

\*\* Healing Wise, By Susan Weed

\*\* Sacred Plant Medicine, By Stephan Harrold Buhner

\*\* How to Move Like a Gardener By Deb Soule

\* Plant Spirit Medicine, By Eliot Cowan

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

\* Wisdom of the Plant Devas: Herbal Medicine for a New Earth Paperback by Thea Summer Deer

The Earthwise Herbal Series by Matthew Wood

Backyard Medicine: Harvest and Make Your Own Herbal Remedies by Julie Bruton-Seal and Matthew Seal

The Complete Herbal Tutor: A Structured Course to Achieve Professional Expertise by Anne McIntyre

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

The New Age Herbalist, By Richard Mabey

#### PLANT IDENTIFICATION BOOKS:

\*\* Newcomb's Wildflower Guide by Lawrence Newcomb

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

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 and Howard G. Charing

Wisdom of the Plant Devas: Herbal Medicine for a New Earth Paperback by Thea Summer Deer