

OCEANS OF EMOTIONS: ADDRESSING THE ROOTS OF IMBALANCE

Examining traditional and modern practices using Herbs, Ritual and Self Care for Spiritual, Mental, and Physical Health

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Mental Health: the psychological state of someone who is functioning at a satisfactory level of emotional and behavioral adjustment

What do you think of when you think of mental health?

Write down 5 words

what makes you happy? feel safe? feel grounded?

What doesn't?

What do you think of when you think of mental health?

Write down 5 words

Many holistic forms of medicine consider mental health to be an essential part of healing and that many physical manifestations of illness are rooted in emotional holds.

--Lessons from Ayurveda/TCM: *exorcising emotional trauma with bodywork that works with patterns and chi/prana*

--Lessons from Curanderismo: *"active listening" and the gift of smoke and spirit*

--Lessons from Indigenous North American Tribal Perspectives: *seeing our connection to the whole and our ancestors and building spiritual immunity*

--Lessons from Western Holistic Medicine-Greek: *forms of hygiene practices*

--Lessons from Modern Reductionist thinking: *examining all the angles and pieces*

Practitioner Preparation for Clients: Addressing power dynamics, cultural, and generational differences in health care. Be flexible and let things move through you like the ocean. The ocean still has boundaries. Create your own containers and know your limits. Check your language. Find resources in your community to understand where someone who is different from you is coming from and be able to empathize without sympathizing. Be careful how you present yourself and where your own mental health is when working with others.

"YOUR ISSUES CAN BECOME STUCK IN YOUR TISSUES"

FROM THE PRACTICING HERBALIST

Cleansing and ceremonial practices (smudging, water cleanses, eggs, crystals, sweats)

Setting the space for yourself and your client is important. How do you clear yourself and the space before a client arrives? How do you help your client to be ready and open for advice? Setting intention through ritual, and ceremony helps keep you and your client focused and open. What do you wear? Do you clean the space before and after a consultation?

Story Medicine

Learning to listen and be present. One of the most common things I hear from my clients is that they do not feel heard. Both the clinician and the client needs to feel heard for successful *Pláticas*. Give your clients time to unload their day and trip to your office before launching into their health problems.

Working with Nature and Earth-Based Treatments

Technology free walking
Crystals and Stones
Water

Bodywork

Therapeutic touch
Hand and Foot treatments
Self-Massage

Divination

These are fun ways to gain insight into one's self and how they connect to others.
Tarot, I Ching, Pendulums, Tea Leaves

Ceremony and Ritual

The United States has lapsed into such brevity and casualness that creating ceremony and ritual are a practice in being consistent and present.
Ceremony sets us up for being more self aware

Sessions that involve some of these practices can help clients see and feel what wellness is

WHAT DOES INHERITED TRAUMA LOOK LIKE? IS THERE AN HERB FOR THAT?

Herbs for the Spirit

The following list refers to some of my favorite whole plant tinctures, that may be used in drop dosage for emotional/spiritual shifts. I generally add 1 drop to a tincture to round it

out. Please note that these plants are known sedatives and or calming nervines. Upon exploration you may find many more(*any herb can be used to affect the spirit and mental health*):

Mimosa Flower *Albizia*

Pasque Flower *Anemone*

Aralia Berry: *Aralia californica*:

Lemon Balm *Melissa officinalis*

Angelica *Angelica archangelica*

Vervain *Verbena spp*

Chasteberry *Vitex agnus-castus*

Wood Betony *Stachys spp*

Rose *Rosa spp*

Pairings of Avena:

Avena with Scutellaria:

Avena with Passiflora:

Avena with Melissa:

Avena with Verbena:

Avena with Agrimonia:

Avena with Rosa:

Commonly Used Triplets:

Anxiety: Passiflora/Scutellaria/Avena

Depression:Melissa/Stachys/Avena

Grief from longterm trauma: Melissa/Borago/Albizia

Reproductive Based Rage: Asparagus/Taraxacum/Vitex

Anger from past Trauma: Prunus/Rosa/Hypericum

Medication considerations:

Aromatherapy for the Spirit

General Considerations:

Vetiver

Lavender

Mint
Cedarwood
Orange
Rose

Flower Essences for the Spirit

General Considerations:

Yarrow Essence
Datura Essence
White Rose Essence

Flower Baths

Environmental Essences

http://www.fesflowers.com/FES_Quintessentials1.htm

http://www.fesflowers.com/healing_herbs1.htm

http://www.fesflowers.com/pdf/Choosing_Flower_Essences.pdf

Flower Essence Test <http://spiritteaching.com/flower%20essences%20common%20uses.html>

Assessing the correct remedy

Muscle Testing

Drop Pulse Testing

Sitting with the plant

Other Forms of Reading the Body: Marma, Hara, and Cranial Sacral

My thoughts on Energy Work

Know your audience, read your audience. Offering “energy work” can be a turn off or exciting. Make sure your comments and offerings are appropriate and the person is open to them.

Protecting yourself as a clinician

Drugs: When to Say When and Scope of Practice