## EARTH SPIRIT: AN INTRODUCTION TO PLANT SPIRIT HEALING & PRIMITIVE NATURE CONNECTION

**June-December 2019**

*Herbalist Lupo Passero and Primitive Skills Instructor Zach Fisher*

*And Special Guest Painted Turtle, Mohegan Tribal Council*

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| **June 26 ~ East ~ Air**  Intro to Plant Spirit and Nature Connection  Alters, Directions, Sit Spot  Sacred Ally – Tobacco  St. John’s Wort, dandelion, plantain  Communication & Thoughts | **July 17 ~ South ~ Fire**  Medicine Bags, Friction Fire  Heart as a Sensory Organ  Sacred Ally – Rue & Rose  Goldenrod, Hawthorn/Motherwort  Love, Confidence & Creativity |
| **August 28 ~ West ~ Water**  Healing with Water, Water Purification, Spiritual Bathing  Sacred Ally – Mugwort  Black Cohosh, Elder, Willow, Cattail  Connection, Cleansing & Balance | **September 25 ~ North ~ Earth**  Stone Medicine, Tracking  Grounding  Sacred Ally – Cedar  Ginseng, Docks, Nettle  Material & Experiential |
| **October 23~ Above ~ Ancestors**  Building Shelters  Green Breath  Sacred Ally – Pine  Angelica, Queen Anne, Fruits, Maple  Space & Time & Protection | **November 20 ~ Below ~ Shadow**  Medicinal Oils  Intuition & Dream Work  Sacred Ally –Red Willow  Osha, Poison Ivy, Jewelweed  Movement, Shadow & Introspection |
| **December 18 ~ All Our Relations**  Closing Ceremony – Turtles Home  Smoking Herbs & Pipe Ceremony  Ceremonial Sweat Lodge & Feast | *Participants will receive a Twin Star Certificate - Awarded for 70 hours of Shamanic Herbalism Training Upon Course Completion.* |

Classes will meet at Twin Star's outdoor classroom at 265 Litchfield Road in New Milford. If there is rain/cool weather in the forecast we will instead meet at Twin Star's classroom space and apothecary, located at 65 Bank Street in downtown New Milford CT. We will send notification the day before class in regards to location.

***You are encouraged to bring drums and rattles to each class*.**

Class begins promptly at 9:30, please be on time. You are encouraged to arrive at 9:15 to settle in, say hello, grab a cup of tea and be prepared for our opening blessing. We will offer a variety of herbal teas throughout the day, please plan to bring a packed lunch and you are welcome to bring snacks if you like/need.

Please plan to bring a journal, pens, colored pencils, an item for the altar, beads or hand made objects for give-aways to the plants and a low chair for sitting on the ground outside or bring a favorite blanket if you like. We will be connecting in various ways so please bring whatever you need to be comfortable for that. Weather can be changeable and cools off quickly so please be prepared.

We do not have any required reading texts for this journey, but instead will offer a list of books to consider reading each month (see below).

**If you have any questions throughout the program please reach out us please call 860 350 0077 or email** [**twinstaroffice@gmail.com**](mailto:twinstaroffice@gmail.com)

**We recommend the following books:**

**Shamanism Books**

Seven Herbs: Plants as Teachers by Matthew Wood and

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

The Secret Teachings of Plants- Stephen Buhner

Sacred Plant Medicine- Stephen Buhner

Plant Spirit Shamanism - Ross Heaven, Howard Charing

Shaman Healer Sage- Alberto Villoldo

Shamanic Journeying: A Beginner's Guide- Sandra Ingerman

The Way of the Shaman- Michael Harner

Sastun- Rosita Arvigo

**Nature Awareness Books**

What the Robin Knows - Jon Young

Mammal Tracks and Sign of North America - Mark Elbroch

Field Guide to Nature Observation and Tracking - Tom Brown Jr

Animal-Speak - Ted Andrews

**Herbal Books**

Healing Wise- Susan Weed

Rosemary Gladstar's Medicinal Herbs: A Beginner's Guide

Book of Herbal Wisdom, Matthew Wood

Herbal Healing for Women, by Rosemary Gladstar

The Male Herbal - Health Care for Men and Boys, by James Green

The Herbal Handbook - A User's Guide to Medical Herbalism, by David Hoffman

Making Plant Medicines, Richo Cech

[The Herbal Medicine Maker's Handbook: A Home Manual](http://www.goodreads.com/book/show/168363.The_Herbal_Medicine_Maker_s_Handbook) by [James Green](http://www.goodreads.com/author/show/1571860.James_Green)

Flower Essence Repertory, by Patricia Kaminski and Richard Katz