



Deepening into intuitive herbcraft

Over the year I run a series of three day courses (dates below are for the Wednesday eve) for those familiar with working with herbs in an experiential and intuitive way to

help deepen their relationship with plants. Most of those who come have done either one of my introductory classes or the year class, but anyone is welcome if they have at least started to develop the appropriate skills for the work, these being the ability to dream into another being and the ability to reflect on one's own process without getting caught up in excessive projection (equanimity).

Deep winter (1st February)

At the end of January, the deepest part of winter where spring and summer seem like fairy tales of distant lands, we meet to reconnect with the warmth and light stored in the herbs we have harvested. Herbs are selected based on the needs of the group, meaning this is a chance to both reconnect with the plants as well as nourish yourself. A fine time for dreaming into the year to come.

Spring (18th April)

Spring brings a fiery quality of new growth, quick expansion, new possibilities, new hope and a clearing out of the old. It is a chance for any winter stodge (both physical and etheric) to be cleared away and for our bodies to take in the rising energy of the year. The Spring session can often be a deeply challenging one since it touches on the liver, the will forces and our ability to live clearly and confidently in ourselves. Psychic and physical detox is entirely possible, but a deeper clarity is the bound to emerge as a consequence!

Mid Summer (18th July)

Summer takes us outside as much as possible, lying in the grass and dreaming into the flowers and the bees! With so much to choose from the challenge is often to stay focused on the plants that have chosen to introduce themselves to us. I fully expect the session to be filled with colour and varied experience, in keeping with the season.

Late Summer (September)

September is a rich transitional time for catching the last of the summer harvest. This is a time of abundance but with the mellowness revealed once the peak of summer has passed.

Autumn (3rd October)

I find autumn such a beautiful time, with the fullness of fruiting and the intensity of the summer dying away. The season starts to draw us inwards and we find ourselves starting to harvest fruits and roots. We work with a feeling of consolidation and earthing, of returning deeply to our centre and learning about those herbs who support us in this process.

Winter (12th December)

As we approach Solstice, the deep inwardness of nature creates a new space - a powerful space of dreaming. It is in this time that visions can come and evolve, that the journeys we've been on through the year really consolidate into understanding and wisdom. We work with the dreaming herbs and the smoking resins, exploring the different spaces each herb can take us to and the gifts it brings.

Once you realise what a lifetime's fascinating work herbcraft is there is no going back. These courses are intended as an ongoing work for those wanting to go deeper - it is my vision to facilitate a interconnected web of people working in this way, exploring the plants around us, sharing insights and sharing our teachings.