

Sensory Herb Practice

Cultivating change and connecting the health of our communities, land and water with the health of us all.

The Sensory Herb Apprenticeship Foundation year introduces the core elements of Sensory Herb Practice. Whilst following the seasonal wheel of the year, guided by the plants themselves, you will have explored the guiding principles of Sensory Herbalism; *observation, intuition and interpretation*.

Applying these principles to both plants and people will have taught you how to link your innate sensory perceptions with practical understanding of herbs and their uses, e.g. when you see rich colours, you know that this denotes flavonoids in a plant, or what you taste can tell you various plant compounds that relate to the plants gifts for the body and soul.

The Foundation Year guides you to deeply connect and build relationships with a selection of useful plants and to teach you how to turn these plants into medicines to treat your friends and family.

The preparations you make are specifically for symptomatic relief and encouraging wellness as a form of preventative medicine (such as food as medicine).

During your Foundation year, you will begin using the Elemental Consultation to gain insight into the subtle energy body of people; where disease arises from. As you continue your training as a Sensory Herb Practitioner these consultation skills are built upon.

Sensory Herb Practice is very different from medicalised herbalism. It is a system that takes both you and the client on a journey, focused on the emotional root causes or shock and emotional trauma that have gone on to set up patterns of chronic disease or malaise in your clients' lives.

During the Practitioner Training, a set of holistic healing tools are explored. You gain a deep understanding of psycho-emotional models of health and organ energetics.

The nervous system and guts are integral to good health. When these become strained, they can become the source of ill health. We teach you tools of relaxation, breath work, and meditative practices to support each individual alongside nutritional ideas.

As part of your client consultations, you will use dowsing as a diagnostic tool and work with chakra theory to gain insight into the energetic imbalances your client may be experiencing.



Then of course, you have herbs to use as healing guides too. The practitioner training will teach you to make and use a specific set of 11 herb remedies from 35 herbs, which will form your *Materia medica*. The recipes for these drops have been developed over our years of practice and tried and tested on thousands of people with great results. You will have the time and space to develop your own relationship with each of the herbs and be able to connect your clients to the spirit and stories of these plants to facilitate their healing journey.

During the course, you will be growing some of these herbs in your own community herb gardens. You will be truly observing and connecting with the living energy of these plants and you will be able to share this with your clients.

Your Sensory Herb Drops are used in 'sensory doses'. These are small doses as low as 3 drops once a lunar cycle to a maximum of 3 drops 3 times a day. Using herbs in this much more precise and focused way than the larger doses of medical herbalism promotes an immunological response, gently guiding the body. Small doses act more energetically, they stimulate innate physiological, neurological and hormonal responses, and affect the subtle energy patterns of the body, mind, and spirit.

You will be working on an energetic level with both the energy of the plants and the energetic body of your client. When the remedy is the right fit for the individual, this is very powerful medicine. There is a big focus during your training on the diagnostic skills you need to evaluate and determine which remedy is the most appropriate for each case.

During the course, you will co-create your own set of Sensory Drops with your fellow students, giving you the opportunity to explore the diversity of plants growing all over these lands.

We have a strong focus on case history taking, setting up in practice, the therapeutic relationship, as well as confidentiality and current regulations.

Throughout the course, there is deeply personal work to help you to understand your own health and emotional responses to plants and the elements to become a grounded and competent guide for your clients. Using ritual and affirmations, you will be guided on your own healing journey, picking up valuable tools along the way that you can use to support your future clients.