

THE VITALIST HERBALIST MINI-COURSE



LESSON TWO: The Holistic Intake Roadmap Part 1: The 5 Internal States Workbook

Doing an effective intake and interview requires you to not only know what to ask your clients, but also how to effectively communicate with them. These are the kinds of qualities you'll want to generate internally to have the greatest success. Take some time to journal on each of these areas to assess where you are and which qualities are your strengths and which you can grow at.

1. POWER

Whenever you see someone, you always want to make sure you're standing in your power, meaning that you're strong and confident in yourself. This is important because if you're not confident in yourself, your client will likely sense it on some level and this will directly impact their confidence in you. You always want your client to trust in your abilities and that you will be able to help them.

Do I feel confident, strong and empowered in myself? What are 3 things I can do daily to increase my confidence and competence as an herbalist?

THE
VITALIST HERBALIST
MINI-COURSE



LESSON TWO:
The Holistic Intake Roadmap
Part 1: The 5 Internal States Workbook

2. PROTECTION

As a natural healer, you're someone who cares about people. Though this is an incredible strength and virtue, it can also mean that sometimes you take on other people's stuff. It's important to have clarity around your own personal boundaries, especially if you're empathic. You want to help people, but you don't want to walk away from the session having taken on the psychological, emotional or physiological struggles of your client. It's a critical skill for all healers to learn the balance of being open, receptive, and empathic - as well as strong, clear, and discerning with your energy.

Do I feel like I have clear boundaries without being closed down?

A FREE EDUCATIONAL SERIES

from The School of Evolutionary Herbalism



THE
VITALIST HERBALIST
MINI-COURSE



LESSON TWO:
The Holistic Intake Roadmap
Part 1: The 5 Internal States Workbook

3. PATIENCE

Everyone is at a difference stage in their healing process. Some things are acute and clear up quickly, others more deeply set chronic issues that may take time to unravel. Cultivating patience with your clients, yourself as you learn, and the plants as they heal, is a critical quality to embody.

Am I willing to meet someone where they currently are and see them all the way through their healing process?

THE VITALIST HERBALIST MINI-COURSE



LESSON TWO: The Holistic Intake Roadmap Part 1: The 5 Internal States Workbook

4. PRESENCE

If you're going to see clients and help people as a healer, you have to be fully there for them! You have to listen totally and completely. You have to really look at their skin, eyes, hair, tongue and body. You have to fully feel their pulse. You've got to bring your full energy and awareness to focus on that person as if they're the only ones in the world. The care and attention you give to them is healing unto itself and is essential to establishing trust. Your success in working with clients is completely dependent on your level of presence with each and every person.

Am I fully present and aware? Do I feel vibrantly alive?
Am I not just looking, but seeing? Not just touching, but feeling?
Not just hearing, but listening? What can I do to elevate my level of presence?

THE VITALIST HERBALIST MINI-COURSE



LESSON TWO: The Holistic Intake Roadmap Part 1: The 5 Internal States Workbook

5. PRAYER / PURPOSE

It's inevitable that there will be times when you doubt yourself. You'll question your abilities and you'll wonder why you're doing what you're doing! It's during these times that you have to remember your purpose - your "big why" - your prayer and reason for being an herbalist. From there you'll draw your strength, your courage and you'll reconnect to the vision that called you to become an herbalist and a healer.

Am I connected to my heart and the core reason I'm doing this work?
What is my "big why" for being an herbalist? What is my true calling? Why do I serve?

Make it a practice to ask yourself these questions before you see each client you serve so that you're orienting your heart, mind, and spirit in a way that will enable you to help them to your fullest capacity.

A FREE EDUCATIONAL SERIES
from *The School of Evolutionary Herbalism*