

*The School of*  
Evolutionary  
Herbalism

LESSON I:  
REFLECTIONS ON  
YOUR PLANT PATH

THE HERBAL ALCHEMY TRAINING SESSIONS





# REFLECTIONS ON YOUR PLANT PATH

*One of the best ways to advance yourself as an herbalist is to simply sit down and get clarity on what you need to focus on, what you want to learn about, and how you want to work with plants and people. This shines light on your next steps on your unique path. The questions below are guidelines for self-reflection to help you get clarity on your plant path, your healing journey, what plants are closest to you, and what the best next steps will be to further your development as an herbalist.*

I. How has your life positively changed since you first were interested in herbalism and plants? How have you healed, grown as a person, or changed? What types of values do you hold highest and how do you want to contribute to make this world a better place?

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## LESSON 1: REFLECTIONS ON YOUR PLANT PATH

2. Are there any particular plants that have magically or synchronistically come into your life? Or are there any herbs that you have felt a deep resonance with or calling to work with? Did you find that they were particularly suitable for your own healing work? If so, how? If you can't answer "yes" to any of these questions, consider, are there any plants that you're simply attracted to? Love? Appreciate? Keep noticing or finding yourself interested in? These are the "signposts" that are pointing you in the direction of the plants you are meant to deepen in your connection and work with.

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3. Are there any particular traditions of healing that you have studied or are called to study? Why? What is it about that model that resonates with you? How do you plan on taking your studies of that tradition to the next level?

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4. Where do you feel like your practice of herbalism is lacking? What do you feel like you need to understand more in order to work with plants more effectively?

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LESSON 1: REFLECTIONS ON YOUR PLANT PATH

5. What is your vision of how you work with plants? Do you want to grow them? Harvest them in the wild? Prepare medicines? Just use them for yourself, family and friends? Or do you want to reach out and spread their healing power to your greater community?

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6. If you feel called to work with others, do you want to address physical health complaints? Or psycho-spiritual dynamics? Or do you want to have an integrated model that equally addresses both aspects of people? How do you plan on doing that? What are the specific skills, strategies, tools, and practices do you need to learn in order to achieve this goal?

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