



*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.*

1. 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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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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LESSON 1: REFLECTIONS ON YOUR PLANT PATH

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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