



*The School of*  
**Evolutionary Herbalism**

**LESSON 3:**  
**THE PRACTICE OF**  
**ALCHEMICAL HERBALISM**

THE HERBAL ALCHEMY TRAINING SESSIONS



## THE PRACTICE OF ALCHEMICAL HERBALISM

From the perspective of alchemy, everything within the pattern of the macrocosm is present within each expression of life within the microcosm. For our purpose as herbalists, we are primarily concerned with this pattern as it presents itself within people and plants.

As you learned under the Alchemical Herbalism Blueprint Training Session, this pattern of the macrocosm manifests through different layers: from Oneness, to the duality of Celestial Niter and Celestial Salt, down into the 5 Elements of nature, and finally into the 3 Philosophical Principles of Sulfur, Mercury, and Salt. The 7 Planets and the 12 Signs of the Zodiac are also essential components of this blueprint of nature, or pattern of the macrocosm which is present within every expression in the microcosm.

This pattern of both Cosmos and Earth is the root of the great medical, herbal, scientific, and spiritual traditions of the world. This is because ancient peoples followed the Light of Nature and were deeply connected to these principles that operate throughout the natural world. This is what was behind their vision that generated their system. In this way, alchemical philosophy is a grand synthesis of these great traditions, enabling your practice of herbalism to be fully integrated into *any model of healing*.

This pattern also lends insight into having the ability to see the patterns of relationship between the physical, energetic and spiritual properties of plants, as you can perceive this underlying energetic architecture within all aspects of a plant. From their habitat, morphology, color, and growth patterns, to their tastes, medicinal properties, organ affinities, energetics, and esoteric properties- the forces of the Planets, Elements, and Principles of Life influence all levels of plants.

Similarly, these forces of nature manifest within people in varying ratios and amounts, which is what determines your unique and individual physiological, psychological, emotional and spiritual constitution. In this way, this blueprint enables you to see the pattern of relationship between symptoms in the body, psychological and emotional dynamics, as well as the spiritual lessons your soul must learn in order to further its growth and evolution. This gives you a truly holistic model of understanding and healing people, for you can directly see the root causes of the problems by relating the person to these macrocosmic forces.

The alchemical herbalism blueprint is... well just that: a blueprint. If you think of your house, there are the aspects of it that you see and the functions that it holds- providing power and electricity, plumbing, structure, shelter, heat, etc. But *how* does it all work? You can't see through the walls to understand how the house is wired, plumbed, heated, or the underlying structure. In order to do that, you need the blueprint, which shows you what's *behind* the walls, what's *invisible* to your eye.

This map does the exact same thing. Except instead of a house, we're talking about the natural world. On the macrocosmic level this is the Earth and the Cosmos. But on a microcosmic level we're talking about people and plants. In this way, it enables you to see the influences and operative forces *behind* the plants, *behind* the person- and thus a deeper understanding of what a plant is, how and why it functions the unique way it does, why a person is sick, and how to remedy them.

Now I know that sounds like a lot and might be a little bit confusing. So let's break this down and show exactly what the *practice* of alchemical herbalism looks like so you can start to see how this is a radically different approach to herbal medicine that brings it to a whole new level of power, potency, and precision.

### *The Practice of Alchemical Herbalism*

The work of Alchemical Herbalism, is to understand how these different forces of Life manifest within the plant remedies you work with, as well as within the person you are helping. The first step in this work is to have a deep understanding of the various patterns of relationship- or correspondences- between people and plants to the 7 Planets, the 5 Elements, and the 3 Principles. This includes their physical manifestations, energetic qualities, and evolutionary functions (spiritual properties).

So when you study a plant, or are working with a person, the question you ask yourself is: "What is their unique Energetic Architecture? What are the underlying Planets, Elements and Principles that are *most strongly influencing* this person or plant?"

This gives you insight into starting to see the relationship between someone's imbalanced organs, systems and tissues- i.e their physical symptoms/imbbalances/diseases- and then translate that into their psychological and emotional dynamics. From there you are able to see what forces of life are trying to teach them on the level of the Soul. In Alchemy, a symptom is a

language, a message of the soul, trying to show us how to live our lives so we are in balance with nature externally and internally to our own true nature.

Imagine someone is sitting in front of you asking you for help. After speaking with them for some time, you learn that they experience frequent inflammation in their tissues, have a blood disorder, weakened adrenal glands, and issues with their immune system. Perhaps they also experience irritability, anger, and frustration emotionally, and psychologically tend to dominate and control, or take other people's power away. Or maybe they have issues with their willpower, have low energy levels, feel weak and timid, don't feel like they are strong within themselves.

These would all be patterns associated with the planet Mars, who rules heat and inflammation, the blood, adrenals, immunity, and correlates to psychological/emotional dynamics like anger and frustration when in excess, and weakness, timidity, low energy, and a lack of willpower and personal strength when in deficiency. You can see that this person is in a state of disharmony with this celestial force, which has gotten to such a degree that it is manifesting not just in the Soul, but in the Spirit (mind/heart) and Body.

From an alchemical perspective, you would see that this person is receiving a message from this celestial force we call Mars, trying to show and teach them how to come into a greater state of harmony with its influence. You can see that the symptom is a language, it is a message, telling them how they need to adjust how they live so they can come into balance with this force of life. Mars is attempting to initiate them into the cultivating of right use of power, which is one of its evolutionary functions. And if the lesson is not learned, the message only gets louder and louder.

Your goal as an alchemical herbalist, is to utilize remedies that will help to support this person, not just through taking their symptoms or emotional problems away, but by learning how to harness the quality of Mars and *transmute* it into something positive, something good, something healthy. Through working with plants that also contain this power of Mars, they will learn how to come into balance with its influence, and in the process develop an aspect of the Soul that has been overlooked, ignored, or used inappropriately.

Thus you are able to not just give them plants, but lend support through guidance on thoughts, actions, feelings, to the foods they eat, beverages they drink, *how they live each and every day* that will help to transform this celestial force into a positive influence rather than a negative one.

By seeing what forces are at play within a person, you then turn to your remedies. At the foundation of the plant side of alchemical herbalism is learning how to determine the Energetic Architecture of the plants, which is again, seeing the strongest Planet, Element and Principle that operates through the plant.

Once you do this, you are able to harvest and prepare it in a way that is magnifying these energetic properties through the art of spagyrics. Remember, in herbalism you are harvesting plants, but with Alchemy, you are also harvesting planets. Thus, you prepare the medicine in a way that embodies that particular energetic force and will therefore target that corresponding part in the person. Because it is these forces that operate *behind* the organs, systems and tissues in the body, the forces *behind* the thoughts you think and feelings you feel, you are getting to root causes of the problem.

Let's say that you choose a plant with a strong affinity with Mars- say Nettles, Echinacea, or Devil's Club, prepare it under the celestial influence of Mars, and give it to this person who has these various imbalances associated with this planet. And while that medicine will certainly work within their body on the physical side, it will also incorporate the force of Mars on a deeper level- into the very architecture of their being. In this way it influences the mind, the heart and catalyzes the evolution of the Soul in the way that is unique to Mars.

This is because according to the alchemical tradition, the plants are seen as messengers of the stars, a physical way you are able to incorporate a celestial force into a person for healing. In Alchemy, the Doctrine of Sympathetic Medicine states that every planet will cure its own disease. Thus you are using Mars to treat Mars.

If you were to picture their astrological chart, it's as if wherever their Mars is placed on their birth chart is being fed, nourished, becoming *activated*- along with all of the healing and lessons that it needs to learn in order to find a healthy expression. I like to think of it as incorporating a healthy version of the same force that is causing you problems, and in that way, the plants literally teach your internal planets how to express in a healthier way.

Their symptoms subside. Their mind and heart feel more clear, calm and confident. But this is only the surface of what is *really* going on, which is that their internal Mars is finding a healthier way to express itself- and through that process, they develop that particular aspect of the soul. Perhaps it clears past traumas and abuses, old karma, past life issues, or the expression of the epigenetic structure. Regardless of how it happens, the end result is that they have not only healed, but evolved.

This is the heart and soul of alchemical herbalism- using plants in a way that facilitates rejuvenative healing for the body, clarity for the mind, openness and fullness of the heart, and evolution for the soul. Consciously assisted evolution. In the lab you consciously assist the evolution of the plants, then you take that medicine and the plants consciously assist you. Through this way you can work with people, giving them these very special forms of medicine, and consciously assist in their evolution and personal development.

In this way, alchemical herbalism ripples out into the world, spreading the healing and evolutionary power of the plants to heal people, culture and planet.

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Thank you so much for joining me in the Herbal Alchemy Training Sessions!

If you resonated with these teachings and feel called to go deeper, I would love to extend an invitation to you to join me on my plant path and be a part of the Alchemical Herbalism Program.

This is an opportunity for you to take your studies of alchemy and herbalism to highly sophisticated level, where you can support in the healing of the human body, spirit and soul through working with the wholeness of plants.

This is a deep-dive study that teaches you how to develop your connection to nature and the plants you work with, the Elements, traditional western herbalism, Ayurveda, the chakra system, the 7 Planets, the 12 Signs, Alchemy, Spagyrics, and a whole lot more!

The Herbal Alchemy Training Sessions are barely even scratching the surface of what is truly possible with a practice of Alchemical Herbalism.

Registration is only open for a short period of time! So be sure to check your inbox with a link for all of the program details.

It would be an honor to have you.  
-Sajah