

Satisfy Your Soul



MOONRISE HERBS™

Quarterly Newsletter ~ Autumn Equinox 2006



Partnering with Plant Spirits for Health and Well-Being

by Michal Mugrage

What are Plant Spirits?

When we partner with plant spirits and invoke their energy, whether through asking them to empower herbal teas, tinctures, essences or essential oils, or simply working with them directly, we are consciously stepping into relationship with a being that can help us to transform perceptions and emotions that are the root of disease and disharmony. Plants and their subtle energy can stimulate our mind-body complex into reconnecting with its original blueprint of integrated wholeness that is both our highest potential and our true nature.

In the way that I have been taught to work with the spirits of nature, we start with the understanding

that everything is made of energy. Everything is composed of and responds to energy vibration, and everything has a spirit or consciousness that can be communicated with at some level. Another cornerstone understanding of this way of working with plant spirits is that when two or more energy fields come together they synchronize with the stronger, more coherent field. Plants are wise, generous beings that are profoundly and consciously connected to all of nature. They vibrate with a coherent energy that promotes integration with all aspects of life. When we connect with the spirit and energy of plants in a conscious way they help us access the vibrational harmony and well-being that is our natural state, our true nature. *(continued on page 2)*

(Partnering with Plant Spirits continued...)

Each plant has spiritual power that can be effectively applied to work on the emotional, mental and spiritual levels that are the root of physical disharmony and health challenges. Herbs are used medicinally throughout the world, but when plant spirits are invoked into the herbal medicine the positive effect of the treatment can be enhanced. Infusion of the physical herbal matter with the vibrational power of the plant spirit creates a potent medicine that is uniquely tailored to our personal needs to assist us in healing at the source of disease. In order to achieve this added level of help we have to know the plant spirit, have a relationship with it and consciously ask for its help.

Connecting With The Spirit of a Plant

Each of us has the capacity to communicate with nature and with all of life. There are numerous methods for achieving this. When I teach people to connect with plant spirits, I usually explain the simplest method I know of as follows.

Many traditions recommend working with wild plants and stress the necessity of going out into nature to meet with a plant spirit. It can be helpful to meditate on the plant and talk to it, ask for its help prior to setting out. As you head out to look for the plant, quieting the mind and focusing on the five senses is important for attaining the deeper perception needed to connect with plant spirits.

Once the plant is found take time to really observe it in all of its details. Breathe deeply and slowly, alternating your attention between the plant and your heart. Feel the connection between the two. As the meditation deepens through slow, steady breathing, focus on the heart connection with the plant and notice any feelings or impressions that may come to you

without attaching to them.

As you continue to breathe and appreciate the beauty and uniqueness of the plant, let those feelings fill your heart and radiate out to the plant. Surround the plant with your heart energy, continuing to focus on your feelings. As you breathe and connect with the plant, you will feel the moment when your energy entrains and synchronizes with that of the plant. I read somewhere that George Washington Carver once said, "Anything will give up its secrets if you love it enough." Love the plant into sharing its secrets.

When you feel yourself synchronize with the plant's energy speak aloud to the plant, introduce yourself and tell it clearly what you need. In some traditions an offering of something you value is placed near the base of the plant in exchange for the help or teaching you are requesting.

Continue the slow, deep breathing, maintaining the heart energy field, and pay attention to what comes to you from this point on. Images or what seem like stray thoughts or phrases may come to you. You may even experience distinct sensations in your body. These are all the plant spirit communicating. Pay attention. When you feel you have received all that you can, or all that will be offered at this time, thank the plant, and withdraw your energy field.

From this point on you have an energetic connection with the plant, a relationship. Like any relationship, it grows stronger when it is tended. You can go back to that same plant in that same place again and again, connecting with it and learning to understand its power.

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The Northwest School for Botanical Studies

Classes with Christa Sinadinos



Herbal Materia Medica 1 Class
September 28th to November 16th, 2006
Eight Thursday evenings from 7-9 pm
Tuition is \$250




This class will cover numerous medicinal herbs with an emphasis on local abundant plants. This program provides an in depth exploration of each plant discussed including: the medicinal use of the plant based on clinical observation; contraindications; optimum extraction methods and doses; Latin and common names.

Preregistration and a \$75 nonrefundable deposit are required. Classes fill quickly. To register for class call Christa @ (707)-826-7762 or email to herbaleducation@cox.net

Dandelion Herbal Center

with Jane Bothwell


**Trinity Alps
Wilderness Trip**

Oct. 12-15, 2006
Call Now!

To Register
Call 707-442-8157
janeb@arcatanet.com

**Beginning with Herbs
Medicine Making in the
21st Century**

Sept. 19 - Nov. 14
Tues eves. 7-9:30 pm
at Moonrise Herbs
2 herb walks, Oct. 1 & Nov. 5

10-Month Herbal Studies Program

February - November 2007
1 weekend a month
3 weekend field trips

For more information go to www.dandelionherb.com
4803 Greenwood Heights Drive, Kneeland, CA 95549



Irene's Cauldron

The other day when my husband was in the woods cutting poles to build a shed, a ground hive of yellow jackets swarmed him. He came running by me, yelling, wildly waving his arms, and doing the bee jig. When the activity settled down I went to find fresh plantain and self heal leaves to make a poultice for his multiple stings. I was only able to find a few green leaves however, most of them had dried and gone to seed. So, instead, we went down to the river and jumped in. The chilled water eased his pain. The temperature had dropped since the previous weekend. The nights have become cooler. The first signs of fall were making themselves known to us.

A sign of autumn for us here at Moonrise Herbs, is our annual Fall Sale. Come join us Friday, September 8th through Sunday, September 10th. Everything in the entire store will be discounted 10% or more. This includes all jewelry, books, Dr. Hauschka products, and more. Stock up on your favorite herbs and teas with savings of 21% (This is our 21st year in business!) Plus, we'll give away plenty of free samples, a basket of delightful goods will be raffled off, and our always popular sidewalk table will have incredible prices of up to 75% off retail.

As we enter into the season of autumn we get closer to the celebration of Samhain. This is a time when the veil between the worlds is very thin. Communication with the other side is much easier. Because of this, I asked our Shamanic practitioner Michal Mugrage, to write for our newsletter about plant spirits. I hope you enjoy reading this and find the time to practice this communication. I know the plants will appreciate hearing from you.

Our new bookroom is beautiful! I am so grateful for all the positive feedback and suggestions. New titles are arriving weekly and our new perma-culture section is starting to really fill out. Hold onto your hats, because even more changes are afoot. Moonrise Herbs will soon be rearranging our furniture to make room for more fun and tasty teas, yoga and meditation supplies, plus new Fair Trade clothing and gifts.

We are happy to report that Michelle (our Office Manager) birthed a beautiful baby boy. Vito was born July 25th, at 8:17 p.m. he weighed 9lbs 8oz and was 20 inches long. Big Boy! We can't wait for Michelle to come back to work and bring Vito with her, so we can all shower him with love.

We also bid a very fond farewell this summer to Nora. Nora's partner Jeremy was accepted to the Naturopathic School up in Portland Oregon. Jeremy and Nora have worked really hard at manifesting this and we are really happy for them. Nora has been a phenomenal buyer and manager with Moonrise Herbs for 5 years. She is an amazing woman who has a keen listening ear and always knows the right thing to say to help her co-workers in their time of need. We will miss her in so many ways.

Blessed we are though, as Nocona has accepted the position as buyer and Sunday manager. I know she is going to do an awesome job. She started with us a year ago as an assistant in our operations department and has well exceeded the expectations we had for her. I have already seen the same will be true as she is eagerly diving into all of her new duties.

Well, I hope you get to eat oodles of blackberry pies this fall season and delight in the bright starry nights. Just watch out for those ground hives.

Bright green blessings to you all,

Irene

Certified Herbalist and Owner of Moonrise Herbs

New to the Healing Room

Moonrise Herbs is excited to be servicing the health needs within the community in a unique way by offering Ayurvedic Consultations. Ayurveda is the five-thousand year old traditional healing system of India. Ayurveda offers an ancient healing view of life and how to live it in order to maximize health and happiness. Ayurveda says that through living in harmony with the cycles of nature, health is maintained and restored. Ayurvedic diagnostics consist of tongue/pulse diagnosis, palpation, inspection, and questioning. Traditional Ayurvedic treatment consists of individualized treatment including the five sense therapies. Ayurvedic sense therapies include: taste (herbs/diet), touch (traditional massage/oil therapies Pancha Karma/Rasayana), sound (mantra), sight (color therapy), and smell (aroma therapy). In addition, Ayurveda recommends seasonal detoxification and rejuvenation therapies called: Pancha Karma and Rasayana. Ayurvedic Consultations are currently being offered at Moonrise Herbs by Traci Webb (CAS, PKS). Traci Webb has been studying Ayurveda for over a decade and has been in practice for the past eight years. She is a Clinical Ayurvedic Specialist and graduate of The California College of Ayurveda and the American Institute of Vedic Studies. Traci is a graduate of the School of Ayurveda and Pancha Karma in Kerala, India. Traci specializes in Detoxifying Pancha Karma and Healing Rasayana Rejuvenation therapies. She recently relocated to Humboldt County and is offering Ayurvedic services out of Moonrise Herbs in Arcata. To set-up your appointment please call: (707) 227-8373. For more info: www.ayurvedicliving.com

SCHEDULE OF CLASSES AND EVENTS

Annual Autumn Sidewalk Sale!

21% off all bulk herbs & teas!
10% off Everything in the store!
up to 75% off Items on our Sidewalk Table!

Friday thru Sunday!
September 8th - 10th

What to Feed the Children? with *Lezley Troxell, Cert. N. E. & Herbalist*
 Monday, September 11th 7-8:30pm Free of Charge.

Picky kids, growing kids, kids with allergies, kids with learning differences, what do we feed them? What's wrong with the dietary trends of today, and how are those trends harming our children and how can we keep them healthy.

Shamanism as a Modern Spiritual Practice with *Michal Mugrage*

Monday, September 18th 7-8:30 pm \$15 fee.

Shamanism is one of the oldest systems in the world for acquiring knowledge and accessing healing. Come to this evening talk and learn more about how this time-tested methodology can be a valuable resource on your spiritual path.

Beginning with Herbs with *Jane Bothwell*

Eight Tuesdays, Sept. 19th - Nov. 14th 7-9:30 pm

\$275 includes samples of products made.

An excellent introduction to the world of healing plants for the beginner as well as those with more experience. Includes field identification, herbal first-aid, demonstration and use of medicinal preparations (salves, tinctures, syrups, pills, etc.), formula making and more, with lots of "hands-on" activities including 2 herb walks. This class is a prerequisite of the 10 month Herbal Studies Program at the Dandelion Herbal Center.

Herbs 101 with *Irene LewisThorne*

Wednesday September 20th 7:30-8:30 Free of charge.

Have you wondered just what the difference is between a tea and a tincture? Can herbs be taken every day? How should they be stored? Join us for a walk through the store, learn the basics on using herbs and have your herbal questions answered.

Astrology - Basic Concepts and Charts with *Tricia Riel*

Six Thursdays, Sept. 28th - Nov. 2nd 7-8:30pm

\$75 fee includes your chart.

Learn fundamental astrological principals as you interpret your own chart. Tricia will discuss the traditional astrological meanings of the planets, signs of the horoscope and how they inter-relate. We will also discuss the significance of astrological principles as they apply in personal relationships.

Circle of Light

Monday, October 2nd 6:45-8:45 pm \$10

This is a forum that meets on the first Monday of every month to provide participants the opportunity to hear practitioners speak. Each meeting will have two speakers give 30 minute presentations. Anyone is welcome to attend. **October Speakers** are *Martin Stephan - Holotropic Breathwork: Using the Breath for Self-Discovery* & *Kate McCaffrey, D.O. - Osteopathic Medicine: An Integrative Approach*

Tinctures and Elixirs with *Irene LewisThorne*

Wednesday, October 4th 7-9:00 pm \$20 incl. recipes & samples.

Ever wondered how to make tinctures and elixirs? Join us for this hands-on class. We will discuss the different methods of making herbal extracts, and we will each make a tincture or an elixir during the class. (You will pick your tincture up two weeks later when it is ready.)

Food and Mood, Depression and Nutrition with *Lezley Troxell*

Monday, October 9th 7-8:30pm Free of Charge.

Depression is more typically thought of as strictly emotional or biochemical. Few people are aware of the connection between nutrition and depression. Nutrition, however, can play a key role, both in the onset, severity, and duration of depression, including daily mood swings.

Praying with Power: Unlock your Spiritual Strength with *Michal Mugrage*
 Monday, October 16th 7-9:00pm \$20 fee

Prayer is the common language of all spiritual practices. Learn time-tested techniques that can be employed whatever your religion or spiritual path for gaining maximum benefit from praying whether for yourself, for others, or for the planet in general. Learn how prayer can be a practical and powerful spiritual tool that can make a difference can create positive change in your own life or the lives of others.

Circle of Light

Monday, November 6th 6:45-8:45 pm \$10

(see description above)

November Speakers are *Dana Cryder - Flower Essences* and *Michal*

Mugrage - Energy Medicine for Self-Healing: E.F.T.(Emotional Freedom Technique)

Herbal Gift-Making for the Holidays with *Irene LewisThorne*

Sunday, November 12th 12-4:00pm. \$50 incl. recipes & samples.

The holidays are fast approaching, and handmade herbal gifts are easy and fun to make and are always well appreciated. You will bring home samples of everything we make as well as handouts with recipes for making your own concoctions at home.

Healthy Nutrition on a Budget with *Lezley Troxell*

Monday, November 13th 7-8:30pm Free of Charge.

\$30 for a bottle of vitamins, \$40 for the latest supplement, for a bottle of vitamin supplements, are they worth the money? What about organic versus conventional foods? Or store bought verses homemade? How to eat well; get the most nutrition from the food you buy.

Elemental Self Healing with *Michal Mugrage*

Thursday, November 16th 7-9:00pm \$20 fee.

At the foundation of all mystical paths for developing your innate spiritual potential is an experiential understanding of the five elements: Air, Fire, Water, Earth and Space. Learn to harness the power of the individual components of all creation to enhance and maintain your essential well being.

Birth Story Exploration with *Ami Brusca*

Monday, Nov. 20th 7-9:00pm \$10-\$15 sliding scale

In this circle, we will come together to explore our individual perceptions of birth. Any person could benefit from this class, mothers old and new, doctors, doulas, fathers and more. We will explore with a variety of artistic tools designed to open our hearts to the feelings within.

Circle of Light

Monday, December 4th 6:45-8:45 pm \$10

(see description above)

December Speakers are *Debbie Hartman - Alchemical Hypnotherapy* and *Sara Sunstien - Somatic Therapy: Connecting Body With Emotions*

Healthy Holidays with *Lezley Troxell*

Monday, December 11th, 7-8:30 pm Free of Charge.

During the holidays, it's tempting to forget about a balanced diet by skipping meals or eating anything while on the run. Find ways to lessen the stress and keep up your health.

(Partnering with Plant Spirits continued...)

You could ask it to come to you in dreams, or you could return to it in meditations by visualizing the real, physical plant that you connected with and recreating the heart connection, recalling the feelings and sensations. That is the equivalent of energetically dialing its phone number. Then ask it your questions, ask for help, or ask what you can do for it (a healthy relationship is a two-way street...it never hurts to find out what you can do for the plant). Pay attention to the response, to the feelings, thoughts, images and sensations that come to you.

Awakening the Plant Spirit in Herbal Medicines

Once you are able to connect directly with the spirit of plants you can ask them directly for healing assistance. Ask them to suffuse an herbal product made of that particular plant with their power for a unique and potent medicine that is particularly tuned to your health needs.

Flower essences and essential oils, as well as herbal teas and tinctures are excellent mediums for administering plant spirit medicine. Flower essences are powerful tools with the unique vibrational signature pattern of the plant imprinted into the water. Traditionally, shaking the flower essence bottle is considered a way to "wake up" the energy contained within the bottle. To invoke a plant spirit into the flower essence of a plant that you have made a connection with, shake the bottle while visualizing the plant, and reconnect with the feelings and images you received from the plant itself. By doing this you are putting out an energetic call to that plant spirit. Then tell the spirit your need, and ask the plant spirit to suffuse the liquid with its particular energy for your highest good. This will not only activate the energetic matrix within the flower essence, but it will allow the plant spirit to adjust it to fit your unique situation.

Another way to add potency to a flower essence is to take the bottle out into nature with you to the wild plant. Connect with the plant as described above, then place the bottle in the living plants energy field and ask it allow the liquid to be a bridge for you to connect with the healing energy of that particular plant.

Similar awakening practices can be applied to essential oils, which are the essence of tons

of physical plant matter distilled into a potent and volatile oil. You can call the plant spirit into the oil itself through shaking and connecting, or take it out to a similar plant in nature and ask the plant spirit to help you and increase the healing potential of that oil. For herbal teas and tinctures I have found it most effective to stir or shake them as I invoke the plant spirit I'm working with.

If you are interested in diving deeper into the subject of working with the subtle energies and spirits of plants, the best resource is to work with and ask the plants themselves! The next best resource would be someone who has experiential knowledge they can pass on to you. If that is not possible, some excellent books that Moonrise Herbs has available to purchase on partnering with plant spirits are *Plant Spirit Medicine* by Eliot Cowen and Pam Montgomery's book *Partner Earth*. A useful book for working with flower essences is Patricia Kaminsky's *Flowers That Heal*, and for subtle/energetic aromatherapy, *The Fragrant Heavens* by Valerie Ann Worwood.

Michal Mugrage is an initiated shamanic practitioner and an experienced awareness educator who has been providing heart-centered shamanic healing support to people internationally for nearly two decades. She has apprenticed with and been initiated by Tamang Bon shamans in Nepal, has studied with Okinawan shamans and has undergone initiation in the Japanese Shugendo mountain ascetic tradition. Michal offers shamanic sessions and classes regularly at Moonrise Herbs. She can be reached by email at soul_nurturer@hotmail.com.

The Kitchen Window

by Tim O'Leary

The crochet needle and the old hands worked in rhythm. The ball of .002 embroidery thread slowly grew smaller as the autumn afternoon waned.

She sat in the kitchen by the west facing window which was brilliantly lit up with the late afternoon sun. Now and then she turned to look out the south kitchen window toward the farm buildings, her fingers never missing a knot. It was September 1933 and she watched the young men shovel corn from the wagons into the corn cribs. The horses stood patiently, heads down, tails switching at the bothersome flies. The flower garden between the house and the barn was full of spent flower heads except for some last zinnias and ragged marigolds. A lost monarch butterfly lurched among them, finally resting on a bird ravaged sunflower head.

The needle moved up another row on the doily and the fingers moved in repetition. In the living room the clock chimed four o'clock, the only sound in the house except for the occasional wind whistling in the stovepipe. She looked out the window.

She watched a school bus dive by on the dirt road across the acres of corn stubble. It was 1948. The wagons and horses were gone now, and the men were out there with their McCormick tractor pulling a wagon alongside a two row corn picker. A pheasant flew up suddenly, crowed and glided down to the high dry grasses of the slough. The dogs following gave a playful chase and then gave up and returned to the men and machinery. Around the barn the milk cows stood patiently by the doors waiting to take their places at the stanchions and eat this year's corn while being milked. A flock of pigeons circled around and then came to rest on the roof of the barn. The windmill hummed in the autumn breeze.

She finished the doily as the clock stuck the half hour. It looked like all the rest that were folded in drawers and boxes in the closet, a spiraling circular pattern to adorn a dining room table or a nightstand. A cobweb was forming in the top corner of the grimy kitchen window and dust gathered on the sill. The old linen curtains were faded yellow and were beginning to tatter at the edges. She looked out kitchen window past where the barn once stood and watched the gigantic combine roar by, harvesting twenty rows of corn at a time, spewing out debris in its wake. Off in the distance another immense tractor plowed the recently harvested field. Gulls swarmed behind it, alighting on the dark overturned earth in search of food.

The kitchen door opened and a young woman walked in.

"Elizabeth, it's me, Mary. I've just dropped by to see how you are doing. Oh, no, you left the kettle on again. I'll turn it off. You've nearly boiled all the water out. That could be dangerous. You know you'll have to move to town soon. You can't live out here all by yourself anymore, what with winter coming on. You know there's some nice rooms at....."

She wasn't listening though she was happy for the company. She put her crochet needle and thread away. Glancing out the window again, she saw the grand flock of geese her father had raised back in 1926. The weather being cool like it was they'd surely be dressing them this weekend in time for the harvest festival at the church.

In the living room the old clock chimed five o'clock.

