

Satisfy Your Soul



MOONRISE HERBS™

Quarterly Newsletter ~ Summer Solstice 2007

DRUM MEDICINE

By JOSEPH J. DOGOLI, MA

In standing with our commitment to the community to offer holistic self care, personal healing, and spiritual growth, Moonrise Herbs will soon introduce hand-built frame drums, related books, and music. The drums will also be used in "Rhythm Sessions" which will be offered by Joseph, the new operations coordinator at Moonrise. Why this style instrument and what is a "Rhythm Session"?

Frame drums have been around since the beginning of civilization and were initially used for temple worship and other ritualized and sacred activities. They are constructed by stretching animal skin over a simple wooden hoop. Past use of the frame drum with this style was primarily feminine, and persisted in much of the world for many centuries. As church oriented ideologies came into being as well as a movement toward the masculine, the powerful influence of natural, simple rhythm and its potential were considered a threat and this style of drumming was all but lost. With the current reemergence of interest in the metaphysical melding the past and the present, the frame drum and its healing potential, represent our connection to this lost art.

The frame drums Moonrise Herbs will be carrying are well made and easy to learn to play. "Rhythm Sessions" begin with a short lesson offering the basic techniques for playing and then move into the intention of the session. Led by the moderator you will learn the "Downbeat", the basis of pulse and rhythm. The "Downbeat" is the single most ancient act of creation we have, bringing intention and desire into manifestation. It is no wonder that magic and ritual have been practiced with rhythm for so long! Then, as you are moved into a comfortable calm state guided by the rhythm, you can begin to explore the Self. "Rhythm Sessions" are offered in order to move the participants through emotional or physical resistance and journey inward. Using drum rhythm, the form and shape of the music guides the participant into deeper aspects of the true



nature of self, combining both the physiological and psychological. This offers an opening to experience oneself more fully and to connect to a clearer, more open part of oneself, that which we often resist. In this way the drumming opens us to moving forward. The "Rhythm Session" is relaxing, meditative, yet invigorating at the same time.

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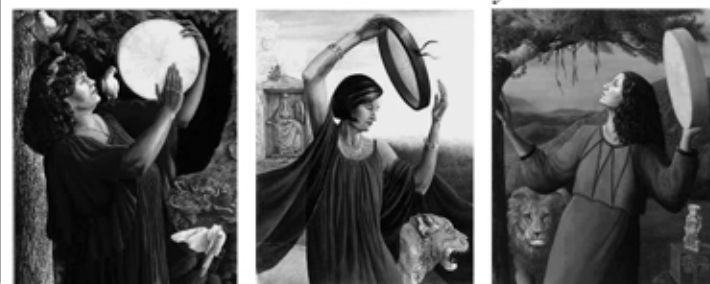
We now know through scientific data that simple rhythm played at a specific tempo, can easily induce a theta brain wave state, which is found when one is in a meditative or trance state. This rhythm therapy, in controlled study, has been found to reverse stress, improve long-term mood, increase immune system response, as well as reducing employee burn out. The rhythm process, when applied properly, also works on the neuro-physiological level. Therefore, when pulsing at a slower tempo, we naturally, even involuntarily on many levels, relax and enter a non-resistant state. Gaining access to deeper levels, healing can be experienced, as we have contact with that which is usually blocked. This ancient style of drumming with a modern understanding of its benefits is useful for those in recovery, or in recovery from abuse, depression, anxiety, sleep disorders, etc. but it is also excellent for personal growth.

Pure essential oils can also help with grounding and centering. Oshadi makes a wonderful essential oil blend for meditation combining Myrrh, Frankincense and Sandalwood which have been utilized for thousands of years as spiritual essences. This blend could be used to enhance the experience of a drumming session by helping to focus the mind and deepen the breath for peaceful, higher pursuits. The aroma is warm, woody, and slightly sweet with a hint of spice.

From the spiritual/social-psychological perspective, it's as if we as a society, have, in essence, lost touch with the natural rhythms of life in many ways. As this rhythm is a constant, we can become reconnected to this universal guide. Well proven, rhythm and pulse can be an invaluable tool for gaining inner guidance and helps us to stay on the right path, becoming clearer and much more whole and peaceful.

Stop by Moonrise Herbs and experience these drums for yourself, or set up a session with Joseph. While you are here check out our newest music titles, books and other tools to help you sustain the essence, and rhythm of the earth through meditative acts. Moonrise, in part, exists to help you satisfy your soul. Come let us try. ☺

Joseph holds an MA in Clinical and Transpersonal Psychology from the University of West Georgia, and a BS in Sociology from the Florida State University.



paintings copyright Sandra M. Stanton

Herb Blurbs: California Poppy

by Mary-Susan Pabst, Certified Herbalist

California Poppy (*Eschscholzia californica*) is a powerful favorite in my, Mary-Susan's apothecary cabinet. Her medicine is strong, yet gentle, cooling, and always comforting. Our dear "safety orange" colored state flower contains sedative alkaloids (most concentrated in the fresh root) comparable to Opium Poppy. However they are not considered addictive and are safe enough for use with children.

California Poppy quiets muscle and nerve pain, eases anxiety, and promotes sleep. I have also found this beautiful bright orange flowering plant to assist in overly emotional states. For example: you have been moving into your new home while fighting a cold. You're stressed, tired, and your body aches. Nothing feels settled and you really need to calm down and sleep. Goodness gracious, how?! Take 30-40 drops of California Poppy tincture in a little water. Or make a California Poppy tea with a bit of peppermint. Feel the cooling, grounding energy bring you back to your center, ahhh! Useful for all aches (head, back, tooth, menstrual, emotional). Herbalist Ed Smith also suggests using California Poppy for bedwetting where there is a nervous emotional component.

Spiritually, California Poppy assists the soul in knowing the true light that resides in each of our hearts. Those who try and seek spirituality from outside of themselves using false sources (especially drugs) will benefit from this plant. One will be able to banish the outside, and often trendy influences that may have stunned their soul with a kind of false light while on the search for their own heart's light. To quote authors Patricia Kaminski and Richard Katz from their work *Flower Essence Repertory*: "California Poppy stabilizes the golden light of the heart, encouraging more self responsibility and quiet inner development. In this way the soul finds the true treasure it seeks - the radiant Sun force of the awakened human heart." ☺

Field ID • Herbal First Aid • Medicine Making • Formulation

Beginning With Herbs

with Jane Bothwell

September 19 - November 7, 2007

8 Wed. eves at Moonrise Herbs, Arcata • 7:00-9:30 pm
Includes 2 herb walks, September 30 & October 28

Visit our New Website for a virtual herb walk,
travel adventures and class schedules.

Register online or Call (707) 442-8157

janeb@arcatanet.com • www.dandelionherb.com

PO Box 4440, Arcata, CA 95518



Irene's Cauldron



The Northern California Women's Herbal Symposium, held for 2 consecutive weekends at the end of May, marks the beginning of summer for me. Each year, over 400 women and children gather in the celebration of herbal and matriarchal traditions. We set up camp or sleep in a tee pee, and are served fantastic foods between workshops, sharing, dancing, singing, and ritual.

This gathering is inspirational to both my heart and soul. Sleeping outside, lets me know that warm days are here. I have alternated between attending as a teacher, and attending as a patron, for the past 13 years. My daughter Iris, now 15, first attended at the age of 4. I truly feel she has been very blessed to have been raised up with this incredible tribe of deliciously green women. The Symposium has expanded to include a 3rd weekend in the fall. This weekend also focuses on sustainable living techniques. If you want more information, check out their web site www.womensherbalsymposium.org.

Another conference that happens in the summer welcomes both men and women. This conference is wonderful to attend for more in-depth studies on herbal protocol and is relatively new. I went last year for my first time. I will be going again this July 20th to July 22nd. The N.W. Herbfest is held on Wise Acre Farms near Eugene Oregon. I guarantee it is well worth the trip. For more information go to www.herbaltransitions.com

Summer in Arcata is always fun especially on the weekends. Our Plaza hosts several events including the Saturday farmers market. As announced in our Spring newsletter, we are now setting up our red tent each weekend, and we have been very delighted to have been so well received! You will find our delicious Maca Bliss balls, Energy balls, homemade soups and teas in the center court. Come by and enjoy the music, the farmers, family, friends, and good food! As the season unfolds we are able to help support the local farmers. Moonrise delights in using their vibrant organic produce in our soup recipes and on our salad bar within the store.

The students are gone now, and our town has

become quiet. Moonrise Herbs is taking this opportunity to revamp our website. Soon you will be able to not only view our store information online, but you will be able to purchase products, ask herbal questions, receive special coupons, read our newsletter and discover the latest information for upcoming classes online.

Moonrise is excited to have some really wonderful teachers comming our way this summer. Check out our class listings in this newsletter for details. Plus, I will once again be teaching my Herbal Summer Camp for Kids 8-13 years old July 23rd through 26th from 10 -2pm. Camp is held in Freshwater and costs \$65.

You might want to keep Friday nights open in Autumn because Moonrise Herbs will once again be graced with several well known herbalists. Jane Bothwell of Dandelion Herbal Center has organized another visiting herbalist series for this coming fall. The teachers Jane has organized to come to our area are very willing to do introductory talks here at the store. Plan on attending 2 hour workshops starting in October, with noted herbalists; Rosemary Gladstar, David Hoffman, Karyn Sanders, Ryan Drum, Matthew Wood, Cascade Anderson Geller and Kathi Keville.

Moonrise Herbs is sure to have the herbal remedies needed for summertime events like hiking, biking, and fun in the sun. Also, our buyer's have just hand picked some incredibly beautiful jewelry from Berynd Flory. This vendor arrives once a year after traveling abroad. These gorgeous pieces will certainly complement any summertime wear. Pendants, rings, and earrings galore are radiant and enticing. Stop by and see if they whisper your name as you pass by the case. They certainly did mine.

This summer I hope that the warm nights lull you into sweet dreams and the river songs sooth your soul, you find playtime with your family and your lover, and you have many opportunities to gaze up at the wondrous night sky. ☾

With warm regards,

Irene

Certified Herbalist and Proprietor of Moonrise Herbs

SCHEDULE OF UPCOMING CLASSES

A SEASONAL JOURNEY WITH THE ELEMENTS

with Malaya L. Rider

Thursday, June 28th - 7-9pm, cost is \$10.

Awaken to the wisdom and the beauty of the seasonal journey. This talk will introduce you to the elemental nature of the seasons. It will help you to tune into the natural rhythms of life and to utilize the different energies that are available through the seasonal cycle to improve your health, effectively plan your year and deepen your connection to the earth, your body and your essential self.

HERBAL SUMMER CAMP with Irene LewisThorne

Monday, July 23rd thru Thursday, July 26th

10am-2pm, cost is \$65.

Four fun filled days of botanically creative activities. Learn to create lotion, lip balm, cough syrup, and more. Make and eat some Lemon Verbena ice cream and go on an herb walk. Classes are held in Freshwater.

LOVE YOUR LIVER ('cuz it loves you!) with Karen Uphoff

Wednesday, September 5th - 7-8:30pm, cost is \$15.

Learn to care for your liver like it's your best friend (it is!). Find out what your liver does for you, and how to cleanse and strengthen it using herbs and natural healing techniques.

INTRODUCTION TO SHAMANISM

with Michal Mugrage

Wednesday, September 12th - 7-9pm, FREE of charge.

Shamanism is one of the oldest systems in the world for acquiring knowledge and accessing healing. In this elder tradition of perceiving reality, it is known that everyone has the ability to communicate with the spirits of Nature, their Ancestors and the Source of Life. Today, the shamanic journey still offers a dependable method for accessing wisdom, guidance and the power to effect change. Come to this evening talk and learn more about how this time-tested methodology can be a valuable resource on your spiritual path.

BASIC SUBSTANCE TESTING with Joyce MacCallum

Monday, September 17th - 7-8:30pm, cost is \$15.

Using energy testing we can show whether a substance promotes a state of balance in the body's energies, a state of imbalance or does not effect the energies. In this workshop we will learn how to test substance to see how they affect the body. Bring in a questionable food or substance and we can test the energy effect it has on your body.

BEGINNING WITH HERBS with Jane Bothwell

Wednesdays: Sept. 19th through Nov. 7th, cost is \$285.

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.

ADVANCED SUBSTANCE TESTING

with Joyce MacCallum

Monday, September 24th - 7-8:30pm, cost is \$15.

There are times we need (physically and emotionally) substance that creates a state of imbalance in one area or system of the body because of the desired effect in another. It is possible to use energy testing to determine which area might be prone to side effects and then use Energy Medicine techniques to help lessen or eliminate, these side effects. Bring in a substance to be tested. Basic substance testing recommended as a prerequisite.

HERBS 101 with Irene LewisThorne

Tuesday, September 25th - 7-8:30, 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.

TINCTURES AND ELIXIRS with Irene LewisThorne

Tuesday, October 2nd - 7-9pm, cost is \$20.

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.)

HERBAL SPA DAY with Irene LewisThorne

Sunday, October 14th - 12-4pm, cost is \$35.

In this fun and creative class you will learn how to make herbal lotions & lip balms and indulge in an herbal facial & footbath. Come let the essence of the plants relax and refresh you. Limited to 10 participants.

REDUCING STRESS FOR THE HOLIDAY SEASON

with Joyce MacCallum

Monday, November 5 - 7-8:30pm, cost is \$15.

Learn through a fun filled evening how to reduce stress this holiday season. I will present simple energy techniques to release built up stress, boost your vitality and stamina, and strengthen the immune system.

HOLIDAY GIFTMAKING with Irene LewisThorne

Sunday, November 18th - 12-4 pm, cost is \$50.

Handmade herbal gifts are easy and fun to make and are always well appreciated. In this hands-on class we will make lip balms, lotions, aftershave, bath salts, spritzers and much more.



Good Vibrations

Powerful Help for Summer fun

By Julie Ryan

Rappily summer is just around the corner but of course that means an increase in exposure to sun, elements and mishaps too. In addition to having the usual first aid helpers on hand for sunburn, allergies, insect bites, rashes, bruises and sprains, there are some new friends you can include in your first aid kit which can help you heal faster and even help prevent some irritations.

Flower Essences and Homeopathies are "vibrational" and contain no plant materials. They are archetypes in a bottle which begin working at the finer molecular levels first, acting like a tuning fork "retuning" and restoring mind, emotions and body back to a healthier vibrational balance of wellbeing.

For example Saint John's Wort is an excellent flower essence for those who are sunlight and heat sensitive, fair skinned and easily burned. This essence works with the fire element by helping to reduce sun burning by balancing the light within the body through increasing light metabolization. It has been proven that DNA and cells actually absorb, utilize and emit light. Usual flower essence dose is 2-3 drops 4 times per day for each essence.

Saint John's Wort is also very good for S.A.D. and people who are afraid to go to sleep alone or without a nightlight and who have frequent nightmares, night sweats and bed wetting.

Yarrow flower essence is also excellent for helping to ground light into the body and into the planet. It greatly helps sensitive individuals who "react" to negative emotional states and geopathic stresses by knitting together overly porous auric fields. It offers increased protection which can help to substantially reduce allergies and allergic reactions.

Yarrow Environmental Solution is a combination tincture of flower essences and plant tinctures fixed in a sea salt base which helps to negate over exposure to radiation from sun, computers, geopathic stresses, and other mechanical and environmental pollutants.

Impatiens is a flower essence which helps with inflammation from injury, surgery, sprains, teething, diaper rash, rashes and allergic reactions. It is also good for helping soothe any irritating emotion such as anger.

The Five Flower Formula is an emergency flower essence combination formula created by Dr. Bach for calming, soothing and rebalancing energies after shock and trauma.

Dandelion Oil is excellent for breaking through and relieving muscle soreness and chronic tensions. Combine with heat for deeper effect.

Arnica and Arnica Cream are both homeopathies and excellent for helping to stop cell damage, which helps the body repair itself more quickly. Use immediately with ice on bruises, taking 2-3 pellets for children and 3-5 pellets for adults every hour for first 4 hours, then returning to normal dose of 4 times a day, using entire bottle if bruising and damage is severe.

Cuprum Metallicum/Copper is an excellent homeopathy for cramping in the legs and feet, especially after heavy exertion and perspiration.

Ledum Palustre/wild rosemary is an excellent homeopathy for puncture type insect bites and small animal bites; bite not hot to touch. Areas soothed by cold, but made worse by heat and motion.

Apis Mellifica/honey bee is also an excellent homeopathy for local site fever/inflammation, burning, stinging pains, rashes, reactions with edema and swelling. Affected areas are soothed by cold water, but made worse by heat, touch, warm room.

Urtica Urens/Stinging Nettle is an excellent homeopathy for food sensitive allergies to shellfish, also for burns, minor scalds, prickly heat, bee stings, which produce hives which sting, itch and burn, and are made worse by cold water, touch and heat.

Hope you enjoy the good vibrations of summer! ☺

The Northwest School for Botanical Studies

Classes with Christa Sinadinou

Check out the look of our new website at:
www.herbaleducation.net

Foundations of Herbalism Class

Meets for nine classes

Times: Wednesday evenings from 7-9 p.m.

Dates: September 26th - November 14th, 2007

The tuition is \$250 which includes numerous samples, recipes, and handouts

Herbal Materia Medica I Class

Meets for eight classes

Times: Thursday evenings from 7-9 p.m.

Dates: October 4th - November 15th, 2007

The tuition is \$200

300 hour Professional Herbalist Training Program 2008

Currently accepting applications

Class descriptions and applications available on our website

Contact Christa at herbaleducation@gmail.com

Or by voicemail at (707) 826-7762

Duchess of Strawberries

by Jim O'Leary

The party line came on the local radio station every morning at 9 a.m., and during the month of June you would hear my mom's voice say, "Yes, this is the O'Leary's, we have strawberries. Drive five miles north of town until you see strawberry signs and you'll find our place. Here's the number you can call to place your order....." As soon as she hung up the phone the calls would start pouring in. Mom would write down the name of each caller and how many quarts of berries they ordered, telling them that they could pick up their berries after 3:00 that afternoon. Then it was up to me and my brother and sisters and anyone else who was staying at our house, as we always had visitors to help out with the picking, to fill the orders that were scribbled on the sheet of paper.

My mom, Mary Ellen O'Leary, would have already fed everyone and she'd be on her second pot of weak coffee while she prepared to bake cookies. She figured if she was going to be hanging out in the kitchen by the phone she might as well be baking something. The rest of us haphazardly milled about the house, eventually going outside to the garage where piles of empty quart boxes waited to be filled with berries. We would finally make our way across the dew-laden lawn to the acre of strawberries, get down on our hands and knees, and start picking. Everyone had to keep track of how many quarts they picked and at the end of the day they would multiply that number by 50 cents. This ritual went on for nearly twenty years, and my mom was the Duchess of Strawberries. At least that's the title I gave her.

I rarely saw Mom actually pick strawberries. Every once in awhile she'd come out to the patch, but not that often. She was too busy doing all the PR work and feeding everyone - whether it would be all of us kids and our friends or the customers that came to pick up their orders. "Oh, would you like a cup of coffee and a piece of cake?" She would ask to friends or strangers alike. "Sit down for a spell," and she'd gesture to one of the lawn chairs that surrounded the long strawberry-laden table that we'd set up under the Norway pines at the edge of the lawn overlooking the berry patch. Most people took her up on her invitation and then she would hold court discussing the matters of the world at large or just the mundane rituals of day-to-day life. While we labored out in the berry patch we could hear her laugh and carry on with whomever she was talking to. To let us know if we were behind in stock, she'd yell out across the field, "We need ten more quarts for the Peterson's." Or, "The Packowski's are here to get their twenty quarts and we're three short." Or, best of all, "Who wants a root beer float?"

At the end of what seemed like an endless day in the patch, the shadows of the trees began stretching across the barnyard. Pheasants could be heard crowing in the pasture north of the barn, and the cows would call for their calves while mom tallied up the money and dispersed it accordingly. It wasn't unusual to make fifty dollars a day and that was a lot when you were just a kid. We'd go outside in the gathering twilight and get a game of "Starlight Moonlight" together or go out to the gravel pit and run and jump off the cliff into the sand. Standing in the dark yard looking into the brightly lit kitchen window we could see my mom finishing up the dishes and putting things away, getting ready for the next day. Then she'd come to the door and yell out, "Who wants popcorn? You need to take showers first down in the basement."

The Duchess of Strawberries raised eleven kids and fed countless visitors. She was buried this past May on a beautiful spring day next her husband of fifty years and her oldest daughter Geraldine. Whenever I see strawberries I think of her and of the June days of my youth. ☼