

MARCH 18 – 20, 2022

Plant Spirit

HERBALISM SUMMIT

EVENT GUIDE



Plant Spirit

HERBALISM SUMMIT

**PURCHASE
LIFETIME ACCESS**

ALL ACCESS PASS

WWW.PLANTSPIRITHERBALISMSUMMIT.COM

Lifetime access includes
limitless replays on all sessions and
wisdom of the plants from incredible
herbalists, authors, teachers, plant expert speakers,
and plant lovers.



Hello Dear Plant Loves!



I'm super excited that you're here for the Plant Spirit Herbalism Summit: on the Healing Wisdom of Herbs and Plant Consciousness!

This free online event has been curated to guide you in expanding your connection and love of plants through exploring the multilayered healing gifts of herbs and plant consciousness.

Over the next three days, from March 18th - 20th, we'll receive wisdom from 30+ incredible Herbalists, Authors, Teachers, and Plant Expert Speakers from diverse backgrounds as they share many paths towards connecting with the healing power of herbs, and the profound impact on your life these plants can offer.

Welcome to the Plant Spirit Herbalism Summit! Enjoy this nourishing experience of deep herbal wisdom. With Plant Love.

Your Host,
SARA ARTEMISIA

With Gratitude to our Generous Sponsors & Community Partners





Plant Spirit Herbalism SUMMIT Agenda

DAY ONE

Friday, March 18th at 10:00 am PDT/1:00 pm EDT

SPEAKER

Rosemary Gladstar
Olatokunboh Obasi
Kate Clearlight
Natasha Mann
Kat Maier
Vivian Mac
Rochana Felde
Kristen Caissie
Monica Rose Kelly
Khetnu Nefer
Ruth Toledo Altschuler
Shane Mendonsa
Elsie Lopez

SESSION TOPIC

Plant Allies that Help us Weather the Storm
The Well of Plant Wisdom
The Garden of the Senses
Plant Power - Nature's Wisdom & Sustainable Self-care
A Portal to the Living World - Energetic Herbalism
Dreams and Herbs as Spiritual Practice
Tune into the Wisdom of Coast Redwood
Grounding as Guidance
Amplifying the Messages of Flowers through Art
Herbs as the Cornerstones of Well-being
Olive - Encountering the Mother Tree
Co-creating Music with Nature
Plants in Place: Communion with the Natural World
through Bioregional Awareness

DAY TWO

Saturday March 19th at 10:00 am PDT/1:00 pm EDT

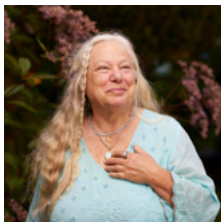
SPEAKER	SESSION TOPIC
Lupo Passero	Building Plant Spirit Relations with Your Inner & Outer Landscape
Shawn Marie Westendorf	Evolving with Plants as Planetary Healers
Jeremy Narby	Plant Teachers
Arin Fugate	Reconnecting the Human Spirit to Nature
Mary Blue	The Chemistry of Plant Spirit Medicine
Jocelyn Perez-Blanco	Ecological Herbalism: Understanding Reciprocity
Michele Sanger	Working Intuitively with Flower Essences
PaTea L. Caines	Herbal Rescue Regimen in Times of Stress & Anxiety
Kathleen Aspenns	The Timeless Wisdom of the Magnolia Family
Heather Radke	Working with Flower Essences for Healing
Deborah Frances	Pine: Medicine for These Times
Isaias Hernandez	Sustainably Loving Ourselves & Nature in Multidimensional Spaces
Jade Wimberley	Integrating Plants into Daily Life
Kennae Miller	Reconnecting to Our Embodied Relationship with Nature

DAY THREE

Sunday March 20th at 10:00 am PDT/1:00 pm EDT

SPEAKER	SESSION TOPIC
Margi Flint	The Plants Will Have Their Way with You
Matthew Wood	The Wisdom of Nature
Madame Flora	The Healing Gifts of Flowers
Seed SistAs	Crossing the River; Herbs and the Journey towards Death
Carole Guyett	Sacred Plant Initiations: Remembering who we truly are
Sara Artemisia	For the Love of the Plants

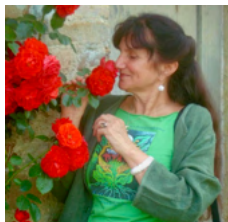
SPEAKERS



MARGI FLINT

EarthSong Herbs

Margi Flint owns and operates EarthSong Herbs, a family practice and clinic in Marblehead. Her wisdom includes over 20 years of labor coaching, Polarity Therapy, Reiki, and showing her etchings nationally and internationally. @flintmargi



ROSEMARY GLADSTAR

Science & Art of Herbalism

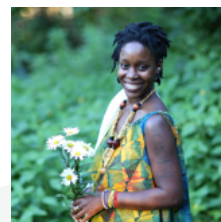
Rosemary Gladstar is considered a star figure in the modern herbal movement & often referred to as the Godmother of American Herbalism. Rosemary is the author of 12 books and Founding President of United Plant Savers. @rosemarygladstar



KAT MAIER

Sacred Plant Traditions

Kat Maier is the founder and director of and award winning author of Energetic Herbalism. Kat has served as the president of United Plant Savers and teaches internationally at universities, conferences, and herbal schools. @katmaier7



OLATOKUNBOH OBASI

Omaroti Salud y Bienestar

Olatokunboh Obasi MSc, RH (AHG), CNS is an educator and the founder of Omaroti Well of Indigenous Wisdom school for herbal medicine and African cosmology. She's also the Puerto Rico Coordinator for Herbalists without Borders. @omarotiwel ofindigenouswisdom



CAROLE GUYETT

Derrynagittah

Carole Guyett of Derrynagittah is a herbalist and medicine woman from Ireland. A practitioner of sacred plant medicine & author of Sacred Plant Initiations, her work incorporates herbal medicine, flower essences, plant spirit healing, and sacred ceremony. @derrynagittah



KHETNU NEFER

A Soulful Touch Wellness

Khetnu Nefer (she/her) is a Certified Holistic Health Practitioner, Massage Therapist, Herbalist, Author, & African Dance Professor. She is also the Founder of the Gullah Geechee Herbal Gathering, a herbal conference for Black and Indigenous herbalists and community. @asoulfultouchwellness



SARA ARTEMISIA

Plant Spirit Herbalism Host

Sara Artemisia, MS, CMC (she/her) is a Plant Spirit and Flower Essence Practitioner, Multi-dimensional Abundance Coach, and Akashic Records Reader. And she is the host of the Plant Spirit Herbalism Summit. @multidimensional.nature



KAZZ GOODWEATHER AND FIONA HECKELS

Seed SistAs

Kazz and Fiona (they/them) have over 25 years of clinical practice as herbalists. They are prolific speakers, eco-activists, authors of the Sensory Herbal Handbook, and they run a community interest company, Sensory Solutions Herbal Evolution CIC. @seed_sistas

**MARY BLUE***Farmacy Herbs*

Mary Blue is an Herbalist and Founder of Farmacy Herbs. Mary started developing her Herbal Foundations Program and has taught over 1000 students. Her programs focus on herbal medicine, health justice, and nutritional healing.

[@maryblueherbalist](#)**NATASHA MANN***Educator, Energy Healer*

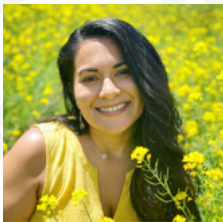
Natasha Mann is a London based healer, educator, and trauma informed trainer who works with plants, crystals, and practical tools to help people find their self-care sweet spot.

[@natashamannwell](#) being**LUPO PASSERO***Twin Star Herbal Education*

Lupo Passero is a community herbalist, a flower essence practitioner, and the director of Twin Star Herbal Education and Community Apothecary. Lupo brings 20+ years of knowledge and intimate relationship and understanding of the plants and essences.

[@twinstartribe](#)**MATTHEW WOOD***Matthew Wood Institute of Herbalism*

Matthew Wood is the author of ten books including *The Book of Herbal Wisdom* and *Holistic Medicine*. And he's helped tens of thousands of clients over the years with Herbal Medicine.

[@matthewwoodherbalist](#)**JOCELYN PEREZ-BLANCO***Herban Garden*

Jocelyn Perez-Blanco (she/they), founder of Herban Garden, is an herbalist, houseplant consultant, environmental educator, and urban naturalist based in NYC. Jocelyn serves as Assistant Director for Herbalists Without Borders, and is on the Board of Directors of the American Herbalists Guild.

[@herbangarden.eco](#)**KATE CLEARLIGHT***Plantfolk Apothecary*

Kate Clearlight (she/her) is a plant lover, folk herbalist, garden tender, formulator, and a devoted believer in the cosmic healing powers of our wild allies. Kate is the founder of Plantfolk Apothecary and the soul tender of Flower Medicine Gardens.

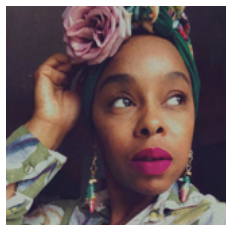
[@plantfolk](#)**ELSIE LOPEZ***Gold Water Alchemy*

Elsie Lopez (she/they) is the founder of Gold Water Alchemy and Gold Water Education Center. She is the creator of Herbascope Florascopes, and projects through which she shares her knowledge of plant spirit wisdom and medicine. Her work focuses on language/word/sound medicine & creating holistic spaces.

[@goldwateralchemy](#)**VIVIAN MAC***Willow's Touch*

Vivian Mac (she/her) is a Spiritual Herbalist and the founder of Willow's Touch, which offers dream-inspired herbal remedies. She works with Chinese medicine, dreamwork, meditation, reiki, and astrology, and she shares herbal remedies that inspire inner and outer transformation.

[@willows_touch](#)

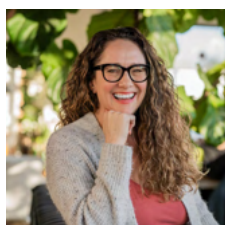


MADAME FLORA

Haus of Madame Flora

Madame Flora (she/her) is a floral alchemist and "flower whisperer." She is the founder of Haus of Madame Flora, an Albuquerque-based Floral Lifestyle & Self-Care brand known for its unique floral design style & aesthetics.

@hausofmadameflora



ARIN FUGATE

Jasmine & Juniper

Arin Fugate (she/her) is a Speaker, Wellness Educator, and Success Coach for Visionary Leaders. She loves sharing her passion for essential oils, natural wellness, & entrepreneurship, and she's the host of the Vision Led Leadership podcast. @jasmineandjuniper living

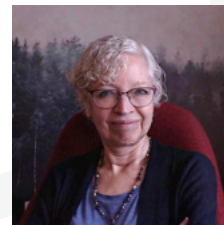


SHANE MENDONSA

Plant Music Composer

Shane Mendonsa (he/him) is a music composer and sound healer who creates plant music, which allows him to explore his relationship with Nature. He also practices sound healing with tuning forks.

@shanemendonsa



RUTH TOLEDO ALTSCHULER

Essence Mentoring

Ruth Toledo Altschuler is a Certified Flower Essence Practitioner and Creator of Essence Mentoring and Essence Circles. She mentors individuals through deep emotional healing, integration and empowerment. @ruthtoledoaltschuler



KATHLEEN ASPENNS

Flora of Asia Flower Essences

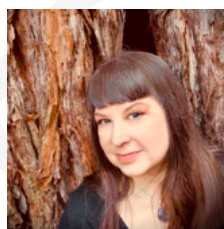
Kathleen Aspenns (she/her) is a Nature Intuitive, Certified Flower Essence Practitioner, Host of The Flower Essence Podcast & The Flower Essence Conference, & Founder of Flora of Asia Flower Essences. @kathleen_aspenns



PATEA L. CAINES

EthniciTea Herbals

PaTea L.Caines MPA, HHC, CKYT200 "The Bush Queen" (she/her) is a Holistic Herbalist, Health Coach Yogini, and Founder of EthniciTea Herbals NYC. She enjoys sharing and helping others get on their holistic path to health. @thebushqueen



ROCHANA FELDE

Wiseflower Wellness

Rochana Felde (she/her) is an Integrative Flower Essence Practitioner, Plant Spirit Medicine Maker, & Flower Essence Educator. She makes custom formulated essence blends and is Co-Host of The Flower Essence Podcast and The Flower Essence Conference.

@wiseflowerwellness



JEREMY NARBY

Nouvelle Planète

Jeremy Narby, PhD is the Amazonian projects director for Nouvelle Planète, a nonprofit that promotes the economic & cultural empowerment of indigenous people. He is also an Anthropologist and the author of several books, including The Cosmic Serpent and Plant Teachers.



**JADE
WIMBERLY**

Lux Wellness Center

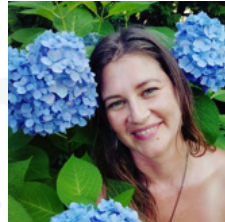
Dr. Jade Wimberley is a Naturopathic Physician specializing in integrative oncology, & she has twenty years of naturopathic experience, combining a deep understanding of the healing process with conventional care standards.
@luxwellnesscenter



**DEBORAH
FRANCES**

Dancing Crow

Deborah Frances N.D. has extensive experience in a wide range of health fields. Also known as Dancing Crow, Deborah utilizes natural therapies such as herbal medicine, hydrotherapy, physical medicine, nutrition and hands on energy therapies.



**SHAWN
MARIE
WESTENDORF**

Honest Owl Herbal

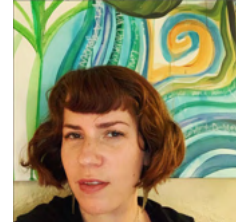
Shawn Marie Westendorf (she/her) is a Flower Essence Practitioner, Community Herbalist, and Founder of Honest Owl Herbal. She is devoted to the study of flowers and vibrational medicine.
@honestowlherbal



**KENNAE
MILLER**

*Transformation
Yoga*

Kennae Miller (she/her) is a Change Invoker, Innerwork Instigator, and Community Builder. She encourages the transformative process by inviting others to reconnect with their bodies and the Earth, and is the owner of Transformation Yoga.
@kennae.miller



**MONICA ROSE
KELLY**

*Monica Kelly
Studio & Flora
Arcana*

Monica Rose Kelly is a Multimedia Artist & Flower Essence Practitioner. She also offers mutual aid plant medicine via Flora Arcana and community mural projects via the nonprofit People for Public Art.
@monicakellystudio



**HEATHER
RADKE**

*Heather Radke
Holistics*

Heather Radke (she/her) is a Flower Essence Alchemist who helps people rediscover the truth of who they are with flower essences as a catalyst for growth. She also works breathwork, meditation, and vibrational sounds to bring a sense of balance and peace to her clients.
@heatherradkeholistics



**ISAIAS
HERNANDEZ**

QueerBrownVegan

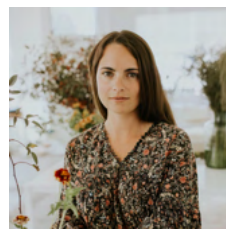
Isaias Hernandez (he/they) is an environmental justice educator + activist from Los Angeles, CA. He's the founder of QueerBrownVegan, which is an environmental education platform centered on environmental justice with a lens of localization and social justice.
@queerbrownvegan



**MICHELE
SANGER**

*Living Earth Herbs
Apothecary*

Michele Sanger (she/her) is an Herbalist, Flower Essence Practitioner, and Owner of Living Earth Herbs Apothecary. She offers Herbal and Flower Essence Consultations, where she finds joy and purpose in helping others along their healing journey.



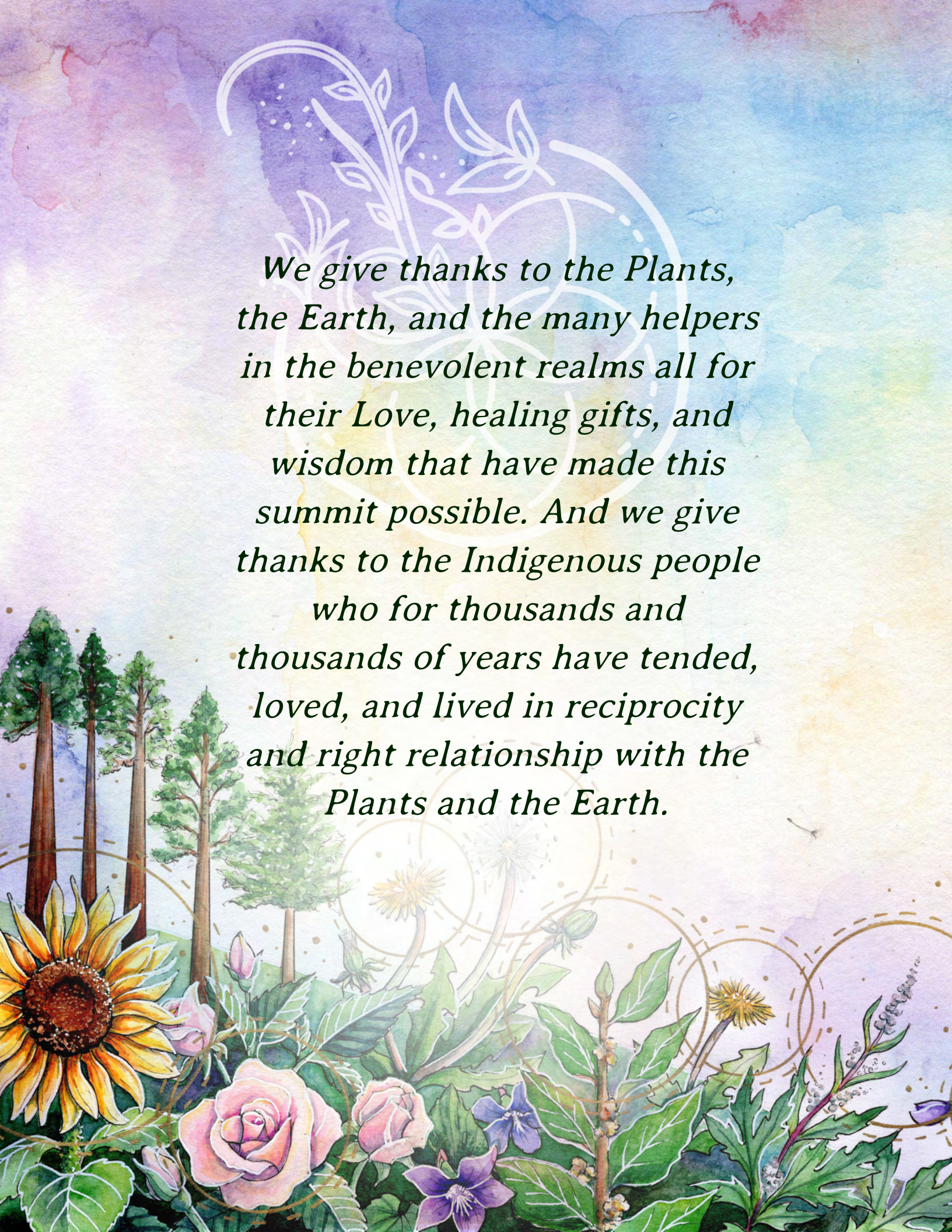
**KRISTEN
CAISSIE**

*Moon Canyon -
Earth Centered
Healing*

Kristen Caissie (she/her) is a clinical herbalist, entrepreneur and author. She incorporates herbal medicine, somatic and embodiment tools, plant spirit medicine, and eco therapies into her practice.
@mooncanyon

Notes

Notes



*We give thanks to the Plants,
the Earth, and the many helpers
in the benevolent realms all for
their Love, healing gifts, and
wisdom that have made this
summit possible. And we give
thanks to the Indigenous people
who for thousands and
thousands of years have tended,
loved, and lived in reciprocity
and right relationship with the
Plants and the Earth.*