

Awakening and Connecting to the World of Energetic Herbalism

A presentation by

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Healing Beyond Borders 2023 Energy Healing Conference

- <https://pubmed.ncbi.nlm.nih.gov/25848315/> by [James L Oschman](#)¹, [Gaétan Chevalier](#)², [Richard Brown](#)³ The effects of grounding (earthing) on inflammation, the immune response, wound healing, and prevention and treatment of chronic inflammatory and autoimmune diseases.
 - <https://www.verywellmind.com/what-is-earthing-5220089> [Mindfulness and Meditation](#) Earthing—A Technique to Help Ground Your Body
By [Odochi Ibe](#) Updated on May 04, 2023
 - <https://www.apa.org/monitor/2020/04/nurtured-nature> Nurtured by nature
Psychological research is advancing our understanding of how time in nature can improve our mental health and sharpen our cognition. By [Kirsten Weir](#)
Date created: April 1, 2020 , Vol. 51, No. 3
 - <https://www.nature.org/en-us/what-we-do/our-priorities/build-healthy-cities/cities-stories/benefits-of-trees-forests/> 6 Ways Trees Benefit All of Us:
From a city park to a vast forest, trees deliver for us when we help them thrive.
 - Braiding Sweetgrass, Robin Wall Kimmerer pg 156
milkweed.org/book/braiding-sweetgrass
 - Journal of Medicinal Plant Conservation: United Plant Savers 2019
<https://unitedplantsavers.org>
 - Herbalism: A History – How Herbalists Of The Past Paved The Way For Today Posted By [Heather Saba](#)
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- [Flowers respond to pollinator sound within minutes by increasing nectar sugar concentration](#): L Hadany M Veits, I Khait, U Obolski, E Zinger, A Boonman, A Goldshtein, K Saban, R Seltzer, U Ben-Dor, P Estlein, A Kabat, D Peretz, I Ratzersdorfer, S Krylov, D Chamovitz, Y Sapir, Y Yovel , Publication date, 2019/7/8
Journal Volume 22, 9: Can plants sense natural airborne sounds and respond to them rapidly? We show that *Oenothera drummondii* flowers, exposed to playback sound of a

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flying bee or to synthetic sound signals at similar frequencies, produce sweeter nectar within 3 min, potentially increasing the chances of cross pollination. We found that the flowers vibrated mechanically in response to these sounds, suggesting a plausible mechanism where the flower serves as an auditory sensory organ. Both the vibration and the nectar response were frequency-specific: the flowers responded and vibrated to pollinator sounds, but not to higher frequency sound. Our results document for the first time that plants can rapidly respond to pollinator sounds in an ecologically relevant way. Potential implications include plant resource allocation, the evolution of flower shape and the evolution of pollinators sound. Finally, our results suggest that plants ...

- [Natural Awakenings Chicago Magazine](#)

Organoleptics:

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Organoleptic properties are the aspects of food, water or other substances that an individual experiences via the senses—including taste, sight, smell, and touch.

The importance of using our senses as we work with herbs. There is a big word used to describe this: organoleptic. Simply put “impression of the organs.”

What impression do our organs, namely our sense of taste, touch, sight, smell, and possibly hearing, receive when they encounter a plant (or dried plant material)?

For an organoleptic exercise prepare a cup of tea and explore the energy of herbs through your many senses.

First inhale the fragrance of the tea.

Olfactory:

What can we learn about an herb through our sense of smell?

Aromatic

Pungent

Sweet

Floral

Minerally/Earthy

Next take a sip and hold it in your mouth a moment before you swallow.

Tastes and flavors:

What can we learn about an herb through our taste buds?

Bitter

Sour

Salty/Minerally

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Sweet

Perfume like

Temperature:

Think about how it feels in your body rather than the actual temperature of the tea.

Warming

Neutral

Cooling

Next take another sip and swallow the tea.

Tone:

How does the herb feel in your body?

Stimulating

Relaxing

Astringing

Where does the energy of the herb go in your body?

Up

Down

In (centering)

Out (expansive)

Notice any sensations?

In our memories:

Are there any images, memories, thoughts, experiences, words that come to you?

Journal as you journey with the herb!

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