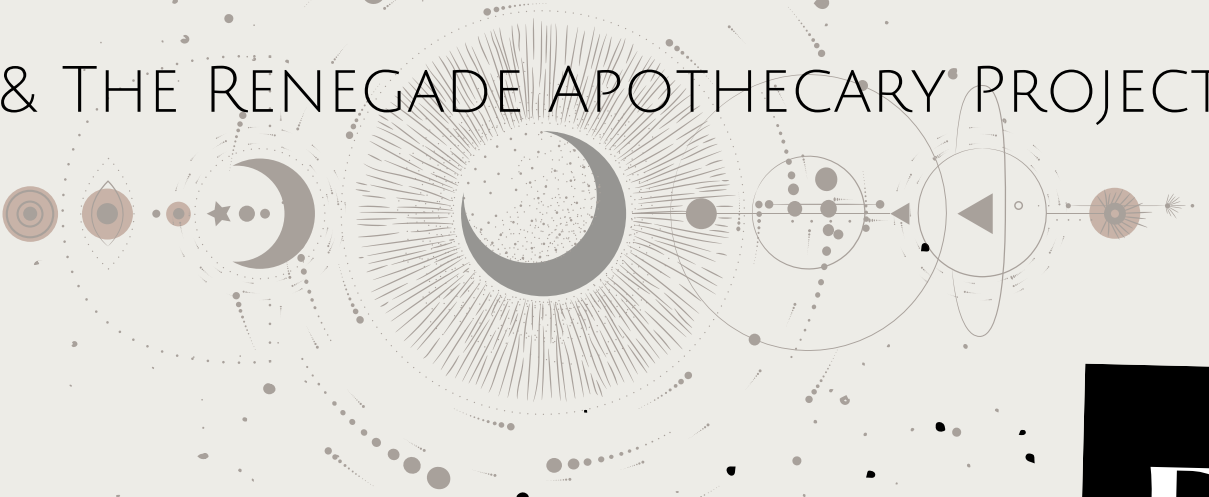


AKASHA APOTHECARY
& THE RENEGADE APOTHECARY PROJECT

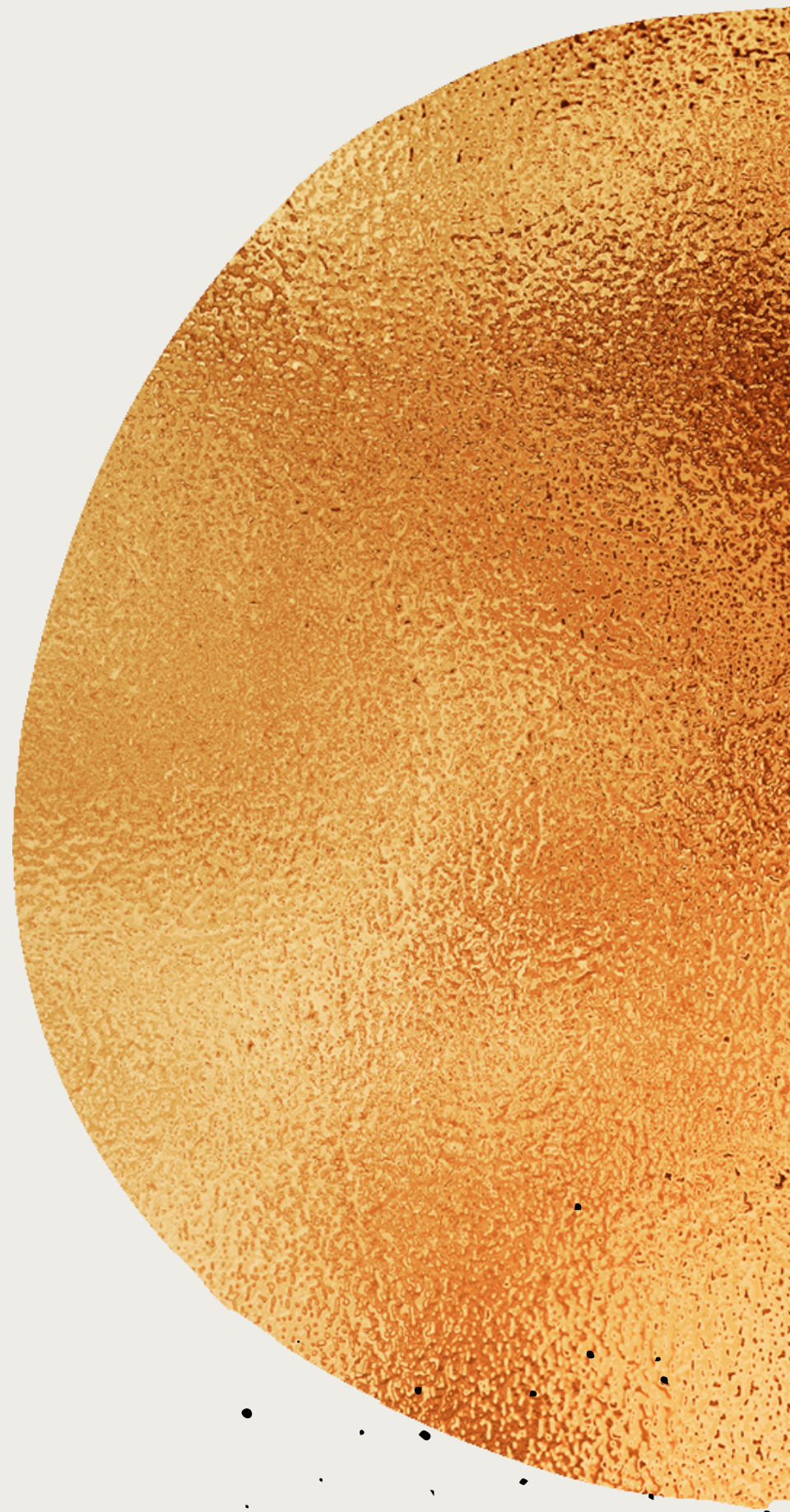


Embodied

Plant Medicine



Connecting to plant spirits - self - community





Today's Agenda

1

Introduction to the Session

2

Meditation + Ritual

3

What is Mutual Aid + Community Care?

4

Creating Herbal Medicine



Introduction

Hi I'm Alissa - Folk Herbalist + Embodied plant medicine guide

Currently in school for Ayurvedic medicine, red tent facilitation, postpartum doula, & advanced herbalism.

I love learning new things, connecting with plants, adventures in nature, cooking, dancing, podcasts and ritual.



Alissa Maya



Somatic Check-in + meditation

Whats alive in your
body right now?

1

Connecting with the
breath + the body

2

Calling in the plant spirits
through intention

3

Ask your heart where your
offering needs to go

We are going to do a little room orientation, breath work, somatic body scan and movement to get grounded in our bodies and arrive in this container.

Meditation

I invite you close your eyes if it feels comfortable and begin to breathe into heart. Visualizing golden light and a light lotus opening in your heart space. Into this space begin to call in the plant spirits that you have been called to work with today. Continue to breathe into your heart (opening your chest and making an audible sound on the exhale from your mouth) and start to move this golden liquid light to flow throughout your entire body. Throughout the rivers the waters of your body. continue holding the spirit of the plant(s) in your heart. Ask these plant spirits to be with you as you are creating your herbal offerings today. Ask them to infuse their energy into your offerings so that they may bring the most potent healing experience. Ask the plants to show your heart who or where your offering needs to go. Maybe this is a mutual aid group or community apothecary. Maybe its a friend, family member. Be mindful not to judge what your heart shows you.



Ritual

Before we start with the session, let's build your altar

1

Build Your Altar

Materials Needed

Herbs

candle

Bowl
of
Water

crystal
+
incense
or
smudge

Fill your altar with loving intention

When beginning ritual we always open the space by calling in the four directions when calling them in we face the direction to honor the supportive energy that they bring into the space.

Calling the winds of the east

Calling in the grandmothers of the north

Calling in the grandfathers of the south

Calling in the waters of the west

Ceremony is now open

Firstly lets take a moment to honor the lands that your on. The people who have tended and walked the lands long before we were here. Sending love from your heart with gratitude to the well spirits of the land.

How to build your altar

1. Place your bowl of water in the center of the space
2. Place your stones /or crystals in all four corners of the bowl
3. Place a pinch of each herb in between the stones
4. Light your candle
5. Light your incense
6. Close your eyes and send love and golden light from the open lotus of your heart space to your altar
7. Breathe in gratitude breathe out love
8. Breathe in love breathe out gratitude
9. Slowly begin to open your eyes





Break Time

Are you ready?



What is

community care

How do we take care of yourself,
the earth, and community all at the
same time?



Mutual Aid

Community care model
where we are
responsible of
taking care of
ourselves and
eachther

Research

- local mutual aid groups,
community apothecaries,
acupuncture, wellness
spaces, community gardens
- Herbalists without
Borders
- One Tree Planted

Embodied plant medicine

Feeling the
sensations of
connection between
self care, community
care, plant medicine,
and the spirit of
nature. Connecting
through breath,
movement, prayer and
offerings

Self Care

an act of devotion to
nourishing yourself.

Self care can look
like... a bath, a
walk, writing a poem,
shadow work,
meditation,
movement..



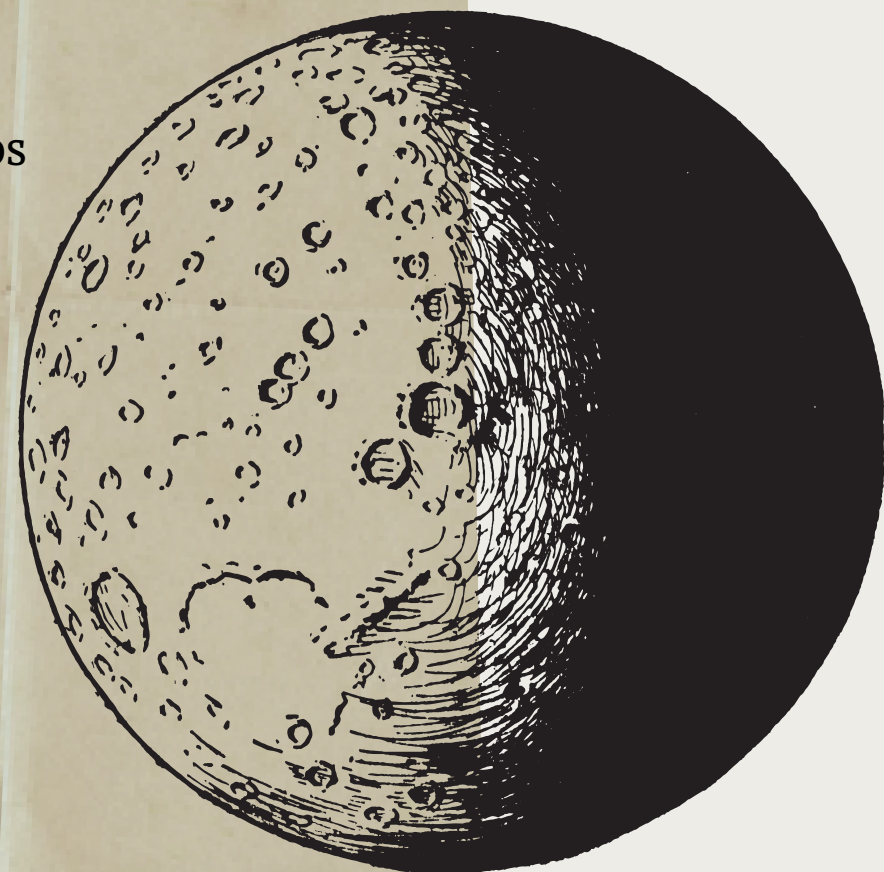
Akasha Moon

Medicine

Akasha Moon Medicine is an intuitive way of creating herbal offerings. Always in tune and connection with the moon and nature through ritual + intention.

Working with only organic, sustainably wildcrafted, ethically sourced ingredients.

Following the practice of always returning the herbs back to the herbs with a prayer of gratitude for their healing and wisdom



Salve

- A healing balm for cuts, burns, bruises, can also be used to support emotional and spiritual healing

Herbal Oil

after creating your salve you can use your herbs to do a longer solar / lunar infusion by adding carrier oil to a mason jar and placing it on your altar for a whole moon cycle



Making Medicine

Materials Needed for salve

- 8 oz organic coconut oil
- 1 oz beeswax or vegan wax
- lavender essential oil
- 1 oz calendula flowers
- 1 oz rosemary
- 1 oz st johns wort
- 2 - 2 oz tins
- cheesecloth
- glass bowls
- pots for making the salve



1

Combine ingredients into pot (small croc pot works too)

melt coconut
oil in pot

add in dried
herbs

Let herbs
sit for a
day or two
on low heat

Stir
periodically
infusing with
love and
intention

Strain
herbs
through
cheesecloth

always return your used herbs back into the earth with a prayer of gratitude for the healing and wisdom the plants have brought your or add to carrier oil for second infusion
and then give back to earth of course

2

melt your wax and add your herbal oil to the wax
add 5 drops of lavender essential oil

wisk all ingredients together continuing to hold that prayer of love
from your heart space

3

Pour salves into tins and allow to cool + label your offering with the
ingredients, date, and moon phase
then..

give your salve to the person, place, or mutual aid group your heart showed
to you

Q & A

Please ask your questions in the chat



The intuition is just like a muscle — the more you exercise it, the stronger it gets and the more it can expand.

Idowu Koyenikan

Closing Ceremony

When ending ritual we always close the space by thanking the four directions, ancestors, and plant spirits when thanking them we face the direction to honor the supportive energy that they bring into the space.

Calling the winds of the east

Calling in the grandmothers of the north

Calling in the grandfathers of the south

Calling in the waters of the west

Lets take a moment to honor the lands that your on. The people who have tended and walked the lands long before we were here. Sending love from your heart with gratitude to the well spirits of the land.

And through the open lotus of your heart space thank the plant spirits for their infinite wisdom and healing

Ceremony is now closed

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Thank you!

Sending love and
blessings



How to connect & upcoming event

Best way to reach me is via email

akashaapothecary@gmail.com

or through instgram [@akashaapothecary](https://www.instagram.com/akashaapothecary)

Join us for Bloom - A Collection of
Workshops & Spring Equinox Ceremony

March 20th + 21st

Somatic Womb Massage
Embodied Allyship
Shadow Work Writing
Earthen Embodiement

