

Herbs and Emotional Healing

With Steven Horne, RH(AHG)

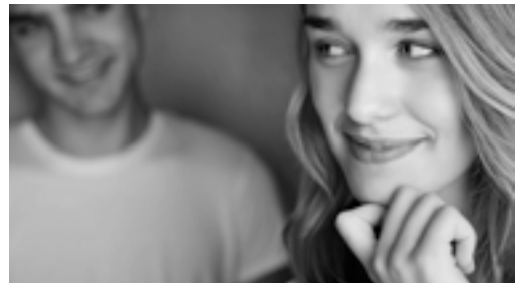


Colorado Columbine Photo by Steven Horne

What Makes a Person Charismatic?



What Attracts People to Each Other?



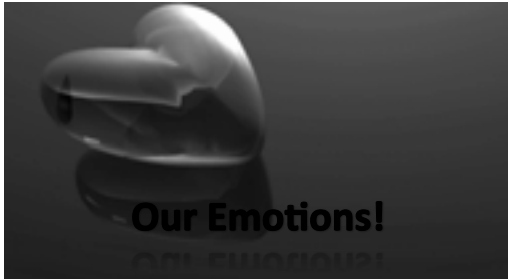
What Primarily Motivates People to Buy Things?



What is a More Important Factor in Healing Than Nutrition?



The Answer?



What Are Emotions?



Modern Medicine

- Says emotions are strictly a physical phenomenon
- Emotional problems are the result of biochemical imbalances, which can be corrected with drugs
- There is no “ghost in the machine”



The Body and Emotions

- There is no doubt that the health of the body plays a role in how we feel
- Obviously, we feel better when we are eating healthy, exercising, getting adequate rest and otherwise taking care of ourselves
- But, is this all emotions are?



Popular Culture

- Maintains that we create our life through our thoughts
 - Positive thinking = positive feelings
 - Negative thinking = negative feelings
- Thinking, therefore is considered superior to feeling, which plays a secondary (dependent) role to the mind



Mind and Emotions

- Again, it is obvious that thoughts influence our feelings
- If we are thinking about unpleasant things it will generate unpleasant feelings, thinking about happy things obviously tends to create happy feelings
- But what happens when a thought that should be positive brings up negative feelings? What is happening then?



What's Wrong with this Statement?

- As a man thinketh, so is he
- The actual quote is, "As he [a man] thinketh IN HIS HEART, so is he."
- The "heart" is the key to the source of the energy that creates our experience of life
- How does the heart think?



Emotions Are the "Thoughts" of the Heart



The Heart Brain

- The heart is largely composed of nerve cells
- New research shows that we have a "heart brain" that is capable of processing information independently
- We also have a "gut brain," which means we have three centers of intelligence, not just one



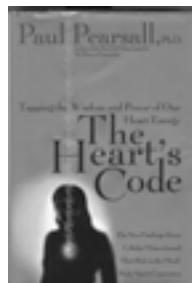
The Heart is an Organ of Perception

- The heart picks up subtle electromagnetic fields from other people, living things and environments
- It communicates what it receives in the form of feelings
- Feelings are the result of the electromagnetic vibrations of the heart (they are a form of energy)



The Heart Remembers

- The heart is largely composed of nerve cells which carry memory
- Memories can be transferred via heart transplants from one person to another
- Research shows that the heart "thinks" independently of the brain



We Are Three-Fold Beings

- When our thoughts, feelings and actions are in alignment we are internally "whole"
- When they are out of alignment we have internal disharmony, which will eventually create physical illness



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A Holistic Model

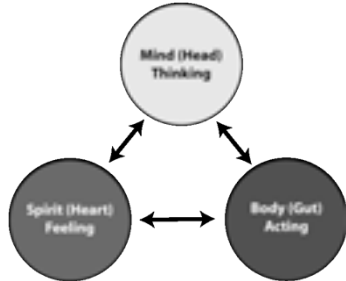


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Emotions are Important

- Our primary motivation in everything we choose is the desire to feel good
- Thus, emotion is the energy that fuels action in the body
- It is the bridge between the mind and the body
- 90% of the reason we do anything is emotional, not logical
- When we have unresolved emotional wounds, we cannot translate our thoughts and goals into action

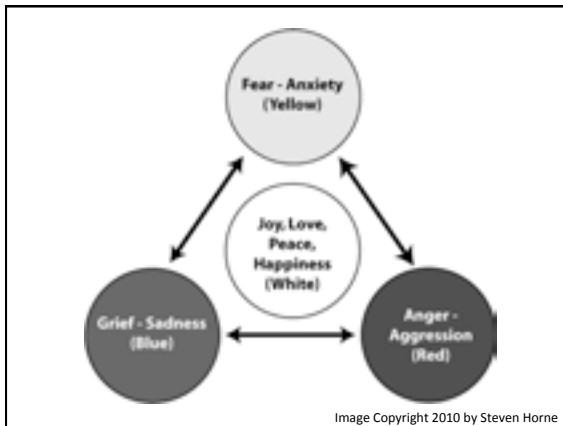


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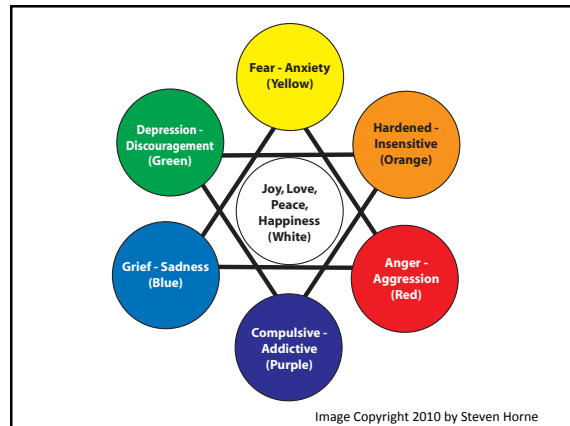


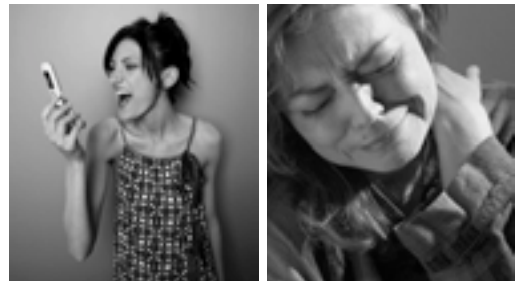
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A Radical Idea

- Trying to get rid of a “negative” emotion without understanding and healing its cause is like taking pain killers for pain, you are simply masking the effect and ignoring the cause
- We have not only been taught to do this with our body, we’ve been taught to do it with our heart



There are No “Wrong” Emotions



Emotional Allopathy

- Don't feel sad. Big boys don't cry. (Suppress your grief and sadness.)
- Don't you dare be angry with me! (Suppress your anger.)
- Don't be a 'fraidy cat. (Suppress your fear.)
- Cheer up. That's nothing to be depressed about. (Suppress your depression.)
- Wipe that stupid grin off your face. (Suppress your happiness.)
- You shouldn't feel that way about it. (Your feelings are wrong, period!)

Biological Terrain and Energy

- Metabolic Rate ("speed" of metabolic activity)
 - Hot versus Cold
- Tissue Density (ratio of fluid and mineral balance)
 - Damp versus Dry
- Tissue Tone (muscle tension and flow of secretions)
 - Constricted versus Atonic



Metabolic Rate

- Energy production in the tissues
- Tissue Irritation (direction forward)
 - Hyperactive or overactive
 - "Hot" as in fever or inflammation
 - The body is fighting something
 - Corresponds to "red emotions" – anger, irritation, lust, etc.
- Tissue Depression (direction backward)
 - Hypoactive or underactive
 - "Cold" as in chills and fatigue
 - The body doesn't have the energy to fight
 - Corresponds to "green emotions" – depression, discouragement, jealousy, envy

Tissue Density

- Ratio of minerals to solids
- Stagnation (direction left)
 - Too much fluid not enough mineral salts to keep in moving
 - "Damp" as edema and swollen lymph nodes
 - Body is congested, unable to "let go"
 - Corresponds to "blue emotions" – grief, sadness and unfulfilled desire
- Atrophy (direction right)
 - Too much mineral, not enough fluid to move it
 - "Dry" as in hardening of the arteries and calcium deposits
 - Body is rigid, unable to change or be flexible
 - Corresponds to "orange emotions" – hardness of heart, insensitivity, emotional numbness

Tissue Tone

- Tension in the tissues that either enhances or blocks flow of fluids
- Constriction (direction up)
 - Too much tension, flow of fluids is inhibited
 - "Spastic" or "tense" as in muscle cramps and high blood pressure
 - The body is frozen, unable to flow, respond and adapt
 - Corresponds to "yellow emotions" – fear, anxiety, stress
- Relaxation (direction down)
 - Too little tension, fluids "leak"
 - "Atonic" or "flaccid" as in bleeding, incontinence and diarrhea
 - The body lacks rigidity or tone, can't "hold up" to things
 - Corresponds to "purple emotions" – addiction, compulsion, obsession, recklessness

Plants as Emotional Healers

- Flower Essences
- Essential Oils
- Sitting with the plant and learning directly from it
- Using the whole herb in small doses (1-2 drops of a tincture)



What is a Flower Essence?

- Flower essences are vibrational (homeopathic-like) remedies made from the flowers of plants
- Most are made by soaking flowers in water in the sunlight, then preserving the water with brandy to make a mother tincture
- The mother tincture is then diluted to create the final remedy for the client



How Do They Work?

- Plants have to overcome challenges in their environment, just like we do
- Plants, like people, have personalities which help them rise above these challenges
- Associating with a person with positive personality traits can help you learn how to meet life's challenges in a constructive way
- A flower essence captures the "vibration" of the plant's personality, which helps your own emotional energy "learn" how to acquire that same personality trait

Our Three Choices



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Turning Anger into a Positive Emotion

- Anger is the energy that pushes things away that we don't want; things that hurt us
- In the body, this equates to the processes of cleansing and immunity – how the body protects itself from infection and toxins
- How we deal with anger affects both our eliminative systems and our immune function

Healthy Anger

- Healthy anger allows us to "stand our ground," to assert our right to our own life, liberty of choices and the control of our own property
- No one has the moral right to deprive you of your right to be you, as long as you are not trespassing on the rights of others
- Healthy anger allows you to say "no" to that which does not serve your best interests or would cause you physical or emotional harm
- Healthy anger can identify exactly how your rights are being trespassed against and by whom
- Healthy anger allows you to maintain SELF-CONTROL

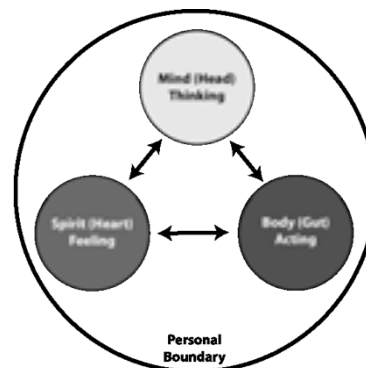


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Vented Anger

- When we vent anger, we try to use anger as a weapon to control others and deprive them of their rights to be who they are
- Vented anger can manifest as violence, threats of violence, deception and stealth and emotional manipulation
- Venting anger is always a sign of a lack of love and respect for others

Anger and Health

- Tissue gets “angry” when it is irritated, just like we do. It becomes red and inflamed. Fever and inflammation are signs the body is “fighting” something.
- In the body this often goes with feeling more agitated, frustrated and easily irritated
- Excessive anger is “inflames” the body, making us more prone to “hot” inflammatory conditions
- Angry people are more likely to have heart problems and liver health issues

Roses

- Roses have long been associated with love
- Rose flower essence and essential oil are helpful for healing grief
- Rose hips tone blood vessels and reduce cardiovascular irritation



Photo by Percy M Horne

Hawthorn

- Used as a tonic for the heart
- Reduces cardiovascular inflammation, protecting the circulatory system
- As a flower essence, it opens the heart and helps to heal disappointment, anger or bitterness after a failed romance
- Hawthorn eases emotions that could contribute to heart disease



Photo from Wikipedia

Other Rose Family Plants

- Peaches
- Apples
- Cherries
- Raspberries
- Blackberries
- Strawberries
- Plums
- Pears
- Apricots



Willow

- Willow reduces inflammation and fever
- It has a flexible, yielding nature and teaches people how to bend and yield
- As a flower remedy it helps people forgive and let go of resentment and bitterness
- It helps people to move with the flow of life instead of resisting it



More Remedies for Vented Anger

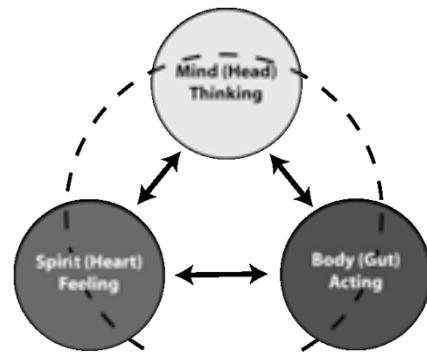
- Calendula: helps people who "wound" other people with words to soften their language
- Chamomile: is helpful for people who react with childish peevishness that is out of proportion to what is happening
- Holly: helps a person with feelings of suspicion, jealousy and anger
- Impatiens: as the name implies, it helps people who are impatient, intolerant and easily irritated
- Oregon Grape: is for people who assume hostile intentions where none were intended or who are paranoid
- Poison Oak: helps hypersensitive people who cope by showing anger or hostility
- Sagebrush: is for people who need to let go of "old baggage" from past abuse
- Snapdragon: for people who are quick to lose their temper and tend to be verbally abusive

Suppressed Anger

- When anger is suppressed, a person has a difficult time saying "no" to others. They sacrifice their own needs trying to please others and take care of them.
- Suppressing anger causes you to lose your personal power and allows others to "leach" off of you, which ultimately drains your energy
- This results in low energy, which manifests as discouragement, fatigue, loss of enthusiasm and even depression.

Suppressed Anger and Health

- This loss of energy manifests itself as a lack of immune "shielding," which can result in frequent infections, parasitic invasions, auto-immune disorders and cancer
- Detoxification is also compromised with suppressed anger, which can manifest as toxicity, constipation, bladder problems, liver and gall bladder diseases and environmental illness
- Suppressing anger also creates shallow breathing and a hiatal hernia, tension in the neck and shoulders which can result in frequent headaches and ultimately a "hunched over" defeated posture



Yarrow

- Is used to heal wounds and to reduce fevers
- It boosts the immune system to help a person "sweat out" colds and flu
- As a flower remedy it improves one's ability to have healthy personal boundaries, so one does not try to "rescue" other people from their problems



Echinacea

- Echinacea is an excellent remedy for boosting the body's ability to fight bacterial infections
- As a flower essence, it rebuilds a person's self-esteem when it has been shattered by trauma or abuse
- Echinacea helps restore an accurate sense of what is self and not-self, a core principle of immunity



Photo by Steven Horne

Thistles

- Milk thistle, blessed thistle and other thistles are prickly, defensive, tough to kill plants
- They are warrior plants and have the strong ability to protect and defend
- These herbs enhance the liver's ability to handle environmental toxins



Photo by Steven Horne

Scarlet Monkeyflower

- Helps a person face "scarlet" emotions like anger and lust and acknowledge them
- Helps people who suppress anger to acknowledge it and communicate it openly and honestly



Photo by FES Services.

More Remedies for Suppressed Anger (Depression)

- Black Cohosh: is a good remedy for people (especially women) who feel "trapped" and unable to free themselves from abusive situations, helps overcome dark, "black cloud" feelings of depression
- Centaury: trying too hard to please others to the neglect of self
- Fuchsia: for people who transform anger into sadness, who cry when they are angry
- Gorse: helps feelings of discouragement, despair and hopelessness
- Pine: anger turned inward in the form of self-blame and self criticism; being overly harsh with one's faults and mistakes.
- Walnut: a very useful remedy for people-pleasers who were overly controlled as children and need to develop their will
- Willow: helps overcome repressed anger that has turned into deep-seated resentment and bitterness
- Mustard: helps overcome a sense of gloom, like a "black cloud," and severe melancholy

Desire (Love) and Expansion

- Just as our body contracts to push things away, it expands to let things in
- When we "love" something, our blood vessels dilate to increase blood flow to the senses and skin
- As a result our skin "glows," our eyes "sparkle," we are "warm" and open to embrace life
- We also experience greater pleasure in our lives
- Desire allows us to say "yes" to what is pleasurable and good for us, both physically and emotionally
- This same energy allows us to more efficiently digest nutrients, pull oxygen into the body and provide oxygen and nutrients to the cells

Healthy Grief

- When we lose something we "love," we grieve
- Grief is actually a form of shock. In shock, the blood retreats from the skin and moves into the internal organs, which creates a swelling sensation in our chest we call "heart break" because it feels like our heart is going to "burst" or "break"
- Grief is more than crying, it is sobbing, wailing, moaning, sighing and even screaming. These actions forcefully redistribute blood to the surface of our body so we can experience pleasure again
- Tears are a sign that something has touched our heart – either great joy or great sadness can bring tears
- Healthy grief is actually an expression of love – of an open, vulnerable heart, capable of feeling love and connection

Vented Grief

- When we vent grief, we place the responsibility for filling the loss we feel onto other people
- We don't want to feel and acknowledge the pain, so we seek sympathy from others as a "drug" to temporarily ease the grief
- This can become habitual, so we create a "story" around our victimhood which we constantly tell, seeking sympathetic allies
- We become "victims," whining, complaining and manipulating others into feeling sorry for us

Vented Grief and Health

- The inability to "let go" makes the body sluggish, damp, toxic, swampy and even bloated
- Respiratory problems like coughing, post nasal drip and pneumonia are common with vented grief
- Grieving often relieves chronic respiratory problems and improves blood circulation and lymph flow

Bitters

- Bitter tasting herbs tend to dispel stagnation
- The flavor of bitter contains a very important lesson, because we all have to learn to "take the bitter with the sweet," that is to deal with life's difficult and painful experiences
- Drinking our "bitter cup" (of herbal tea) helps us psychologically handle life's bitter moments
- Examples of bitters: Dandelion root, artichoke, yellow dock, gentian, blue flag, artemisia (wormwood), milk thistle, blessed thistle

Wormwood and Sagebrush

- Wormwood is used in the Bible as a symbol of bitterness
- It is used to get rid of parasites
- Sagebrush, another plant in the Artemisia genus, is used as a flower essence to "let go" of old baggage, to release past, painful experiences and move on



Bleeding Heart

- An important remedy for grieving due to breakups, death or divorce
- Helpful for being possessive or controlling in love
- Helps a person love unconditionally, with an open heart
- Helps people understand that love exists in freedom, we cannot "own" or control those we love



Photo by FES Services

Borage

- For feelings of heavy-heartedness, discouragement and lack of confidence
- Helps a person "take heart" and find hope, courage and optimism
- Promotes cheerful courage when facing difficulty



Photo by FES Services.

More Remedies for Vented Grief

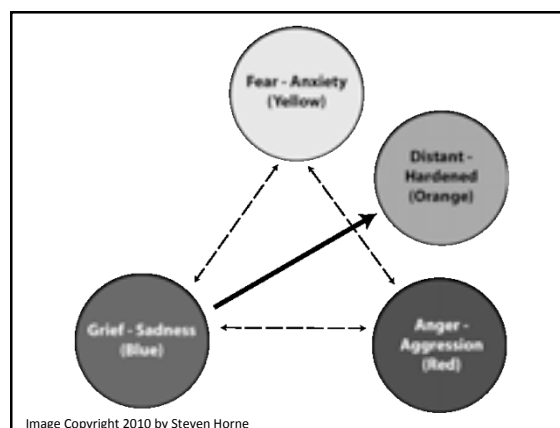
- Bleeding Heart: a general remedy for assisting the grieving process, helps with separation, divorce and death; also for possessiveness, helps a person "let go" of loss
- Chicory: helps people who are overly possessive, needy, demanding and self-centered to "let go"
- Fuchsia: false states of emotionality, where a person lacks good personal boundaries and tends to cry and become a "victim" when they should feel angry
- California Wild Rose: comforts the heart and helps to heal hurt and grief
- Holly: helps people who are jealous because they feel "cut off" from the love they need
- Love-Lies-Bleeding: for people suffering from profound grief and anguish, helps "dark night of the soul" experiences
- Penstemon: self-pity, feeling that one is being persecuted.
- Sweet Chestnut: useful for people who suffer from profound despair and anguish

Suppressed Grief

- Sometimes people decide that the pain of grief is a sign that love and vulnerability are dangerous. They close down their hearts to avoid feeling close to anything or anyone.
- This causes them to fear love. They become "hard of heart" and lack empathy and compassion for others. A person with a closed heart can become inflexible, rigid and judgmental
- Criminal behavior is an extreme example of what can happen when the heart hardens due to suppressed grief

Suppressed Grief and Health

- Heart problems, such as hardening of the arteries, high blood pressure and heart attacks can all be signs of suppressed grief
- Diabetes and blood sugar problems can be signs of the loss of the ability to experience pleasure and "sweetness" in one's life



Poison Oak and Poison Ivy

- Poison oak and poison ivy are "warrior plants"
- They protect the environment so it can heal
- As a flower essence, poison oak is for people who are hard to get close to
- They fear intimate contact with others and are hostile or distant
- They lack the ability to be compassionate and empathetic



Poison Ivy by Steven Horne

Yerba Santa

- A primary remedy for feelings of pressure, pain or constriction in the chest due to unresolved grief
- Helps open the heart and lungs so a person can breathe freely again both as an herb and as a flower essence



Photo from Wikipedia

Mallow

- Mallows help to soothe irritated lungs and ease dry cough
- A chronic dry cough is often an indication we need to get something off our chest
- Mallow as a flower essence helps people who appear cold and aloof, but are really shut down because they are overly sensitive and are protecting their vulnerability
- Mallows are softening and nourishing in their energy



Zebra Mallow by Steven Horne

More Remedies for Repressed Grief (Hardness)

- Beech: helps people who are overly critical, judgmental and intolerant
- California Wild Rose: is a major remedy for opening and softening a hardened heart
- Oak: helps people who are too strong-willed know when it's time to "surrender" and not keep pushing themselves
- Vervain: for people who are so fanatically devoted to a cause that they are overbearing and insensitive to the needs of others
- Vine: helpful for people who are domineering and tyrannical
- Water Violet: for people who are aloof, withdrawn and anti-social

Fear and Equilibrium

- Fear is the energy we feel when choices need to be made, that have the possibility for great reward and/or great pain
- Fear strongly affects the systems that regulate body functions, such as the glandular system (particularly the adrenals and thyroid) and the nerves
- Fear and excitement are extremely similar physiological responses, it is how the mind interprets the body's response that makes the difference
- When this energy of fear is channeled into constructive action through exercising courage, it builds excitement and self-confidence.

Vented Fear

- When we vent fear, we look to others to tell us how to solve our problems, we aren't just interested in exploring solutions, we're literally giving away our power of choice to others, making them responsible for fixing our fears
- Excessive worry is a sign of vented fear and blindly trusting "authority figures" are signs of vented fear

Vented Fear and Health

- Excessive fear manifests as worry and stress, which causes anxiety, tension and eventually "burn-out."
- Excessive fear can adversely affect the adrenal glands, the urinary tract, the stomach and digestive system and the nerves

Adaptagens

- Adaptagens are useful remedies for vented fear
- The stress hormones released by the "fight-or-flight" response tends to shut down higher brain centers so people can't think clearly enough to solve their problems
- By reducing the output of these stress hormones, adaptagens help a person feel more calm in the face of their stress, so they can deal with it more constructively

Penstemon sp.

- Penstemons are very upright plants. They “speak up for themselves” and are used as flower essences to promote courage.
- Mountain Pride (*P. newberryi*) is used for people who are afraid to assert themselves, who vacillate in arguments and withdraw in the face of challenges
- *P. davidsonii* is used for people who feel sorry for themselves and are unable to deal with life’s harsh circumstances
- Red penstemon (*P. rostriflorus*) is for people who lack courage and are afraid to take risks



Palmer Penstemon by Steven Horne

Aspen

- Aspen bark has been used as a digestive tonic and an analgesic.
- As a flower remedy, aspen is for people who “tremble” with fear and are highly sensitive
- They fear the unknown and lack confidence to meet change



Monkeyflowers (*Mimulus sp.*)

- Monkeyflowers help us face things we don’t want to deal with
- Mimulus (*M. guttatus*) is the primary Bach flower remedy for fear
- Scarlet monkeyflower (*M. cardinalis*) helps people face their anger
- Sticky monkeyflower (*M. aurantiacus*) helps people face repressed sexual feelings
- Purple monkeyflower (*M. kelloggii*) helps a person face fears of the retribution for departing from religious convictions of family or community



Zion Monkeyflower by Steven Horne

More Remedies for Vented Fear

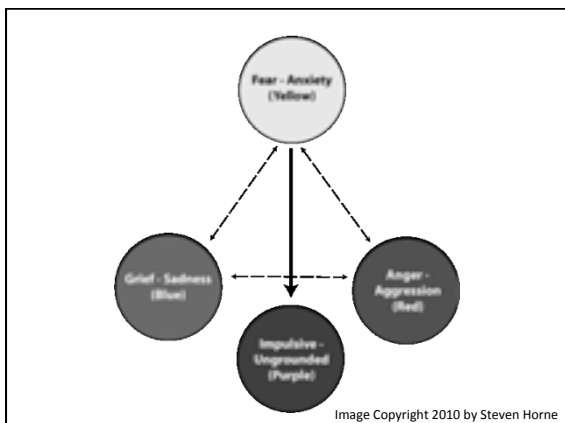
- Dill: for people who are scattered in too many directions, overwhelmed and overstimulated
- Centaury: for weak-willed people who allow themselves to be dominated by others, neglecting themselves
- Echinacea: helpful for people who have had their sense of self-esteem shattered by abuse
- Garlic: helps people who are timid, weak, fearful and easily influenced by others to speak up for themselves
- Mountain Pride: helps people who withdraw in the face of a challenge to be more assertive
- Scleranthus: for people who waver between choices, suffering from hesitation and indecision

Suppressed Fear

- When we suppress fear, we are suppressing an energy that is driving us to “do something”
- This means we need to find something “to do” to channel this energy
- Instead of making a choice to do something constructive, we chose to do something to distract us from our fear
- We may eat, drink, take drugs, go shopping, watch TV, play on the computer, count bathroom tiles, horde stuff, engage in promiscuous sex, or engage in any other addictive, compulsive or self-defeating behavior

Suppressed Fear and Health

- Physically, vented fear results in a lack of backbone and problems with hip and spinal alignment
- It can also cause a loss of structural tone, resulting in “leaky” and “flabby” tissues
- The person may also need to detoxify from their poor health habits



Oak

- Oak is a tonic to tissue that is weak, spongy or bleeding (bleeding gums, varicose veins, hemorrhoids, etc.)
- As a flower essence, oak is for strong people who have been broken down by life
- Oak people extend themselves beyond their limits and don't know when to "give up"



Black Cohosh

- Is both an antispasmodic and an anti-inflammatory
- As a flower essence, it helps people who feel trapped, entangled or wrestling in darkness
- It gives them the courage to confront, rather than retreat from, abusive or threatening situations



Photo from Wikipedia

Agrimony

- Agrimony adjusts tone; acting as an astringent (arresting bleeding and stopping diarrhea); but also eases tension in people with a wiry pulse and pent-up anger and frustration
- The person who needs agrimony as a flower essence hides their pain, anxiety and tension behind a mask of cheerfulness
- They deny their emotional pain and smile even when they aren't happy




Photo from Wikipedia

More Remedies for Suppressed Fear (Compulsion)

- Aspen: vague fears of the unknown that are not acknowledged
- Basil: sexual addiction due to fear of intimate relationships
- California Poppy: for people who are attracted to "glitter" and "glamour" and desire escape from regular life
- Chestnut Bud: a basic remedy for helping to break addictive habits and repetitive behaviors
- Clematis: ungrounded, trying to escape the body
- Milkweed: doing things to try to stupefy consciousness
- Morning Glory: a remedy that helps people with tangling addictive habits to break free by getting them out by the roots
- Nicotiana: helps with addiction to tobacco
- Sagebrush: helps a person let go of old habits and "baggage"

Additional Information

- The Heart's Key to Health, Happiness and Success by Steven Horne (www.treelite.com)
- Upcoming classes on emotional healing and flower essences (www.ModernHerbalEducation.com)
- Recommended Reading
 - Seven Herbs: Plants as Teachers by Matthew Wood
 - The Book of Herbal Wisdom by Matthew Wood
 - Plant Spirit Medicine by Eliot Cowan
 - Flower Essence Repertory by Flower Essence Society
 - The Lost Language of Plants by Stephen Harrod Buhner
 - Sacred Plant Medicine by Stephen Harrod Buhner
 - The Secret Teachings of Plants by Stephen Harrod Buhner
 - Flower Power by Anne McIntyre




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- AHG Guide to getting an herbal education
- AHG educational guideline suggestions
- AHG Mentorship Program Handbook

 **AHG Council of Students**

- Bring the needs and concerns of herbal students to the forefront of the AHG
- Increase the visibility and access to schools affiliated with the AHG to prospective students
- Offer resources to students of all herb schools
- Provide a forum to share herb school experiences with each other




Brian H. Keenan is the representative for Bastyr University in Seattle and the current student chair of the CoS.

• AHG School members should appoint a CoS student representative. Please contact Sheila Kingsbury SKingsBu@bastyr.edu or Mimi Hernandez mhernandez@frostburg.edu

Get Involved! AHG Volunteer Task Force
Currently seeking....

- AHG Member Ambassador
- AHG School Ambassador
- Symposium Site Prospector
- Speaker's Bureau Organizer
- Website Committee Volunteers
- Volunteer Task Force Coordinator
- Organizer of MP3 & website accessible materials
- Compiler of photograph collection for AHG PR
- AHG Regional Virtual Herb Walks coordinator



• For more information see the AHG website or contact Mimi Hernandez mhernandez@frostburg.edu

Question and Answer Time

