

# Energetic Herbalism

A Guide to Sacred Plant Traditions  
Integrating Elements of  
Vitalism, Ayurveda,  
and Chinese Medicine

Kat Maier

Foreword by Rosemary Gladstar

Chelsea Green Publishing  
White River Junction, Vermont  
London, UK

# Contents

<i>Foreword</i>	ix
<i>Introduction: Honoring the Sacred</i>	1
Origin Stories • Journey to the Plants • About This Book	

## PART 1

### Sacred Relationships and Healing Traditions

<i>Chapter 1</i> The Language of Energetics	15
Honoring Roots of Energetic Models • Global Healing Systems • A Contemplative Practice	
<i>Chapter 2</i> Plant Relations with All the Senses	29
Elements within Plants • Qualities and Actions of Plants • Energetics of Phytochemistry • Distilling Spirits and Developing Relations	
<i>Chapter 3</i> Medicine of Place	53
First Nations, First Teachers • Tending Land Close to Home • Reclaiming Sacred Space • The Rise of Botanical Sanctuaries	
<i>Chapter 4</i> Medicine of the Seasons	69
The Basics of Five Phase Theory • Spring • Summer • Late Summer • Autumn • Winter	
<i>Chapter 5</i> Our Elemental Selves	111
The Elements in Ayurvedic Philosophy • Tridosha: The Three Humors • Treating Constitution versus Symptoms	
<i>Chapter 6</i> Our Inner Terrain	133
Understanding Tissue States • The Quality of Temperature • The Quality of Moisture • The Quality of Tone	

PART 2

The Apothecary

<i>Chapter 7</i> The Wheel of the Year	175
Samhain • Yule/Midwinter/Winter Solstice • Imbolc/ Candlemas • Ostara/Spring Equinox • Bealtaine/ May Day • Litha/Midsummer/Summer Solstice • Lughnasadh/Lammas • Mabon/Autumn Equinox	
<i>Chapter 8</i> Kitchen Apothecary Practices	183
Kitchen Herbs • Harvesting and Drying Herbs • Water Extractions: Teas, Infusions, Syrups • Alcohol Extractions: Tinctures • Glycerin Extracts • Vinegar Extracts • Oxymel • Powders • Capsules • Standardized Extracts • External Applications	
<i>Chapter 9</i> The Plants: Materia Medica	217
Seeing with the Energetic Lens • Agrimony • Ashwagandha • Blue Vervain • Burdock • Calendula • Chickweed • Dandelion • Echinacea • Elder • Goldenrod • Goldenseal • Hawthorn • Lobelia • Marshmallow • Milk Thistle • Motherwort • Mullein • Nettle • Plantain • Prickly Ash • Self-heal • Skullcap • St. John's Wort • Violet • Yarrow	
<i>Epilogue</i>	313
<i>Acknowledgments</i>	315
<i>Appendix 1: At-Risk Assessment Tool Scoring Sheet</i>	317
<i>Appendix 2: Herbal Actions Glossary</i>	319
<i>Resources</i>	327
<i>Recommended Reading</i>	331
<i>Notes</i>	337
<i>Index</i>	349