

# BE YOUR OWN HERBALIST

Discover Your Inner Herbalist with Essential Oils  
*Classes on energetic awareness as clinical practice.*

**Learn about your constitutional disposition:** Holistic approaches to health care focus on the unique qualities of the individual rather than seeking diagnosis and treatment of pathological conditions understood according to common symptoms. Constitutionals address who you are, not what you have.

Vital energy (elan vitale/ki-flow) is fundamental to holistic practices such as Acupuncture, Ayurveda and Homeopathy. Practitioners in these modalities study clients subjective experiences in order to intuit their constitutions, then nourish, stimulate and balance the flow of energy by intention, touch, foods and herbs. Essential oils can also reveal our constitutional dispositions and enable us to address their needs.

**Sensing the Self:** At the deepest levels, our five basic senses overlap one another and reflect our individual constitutional qualities. Aromas contain tastes, and sounds appear as light and colors. All our senses “touch” us in some way, and enable us to feel inward as well as recognize the outer world. This sixth sense of somatic awareness relies upon centering and grounding for developing therapeutic intuition.

**Learn about your unique constitutional dispositions:** Who am I?  
What essential oils might reflect my constitution or its current needs?

**Discover your transitional needs:** Where am I now? where am I going?  
Which essential oils will serve me in this moment and reveal my future needs?

## Free tastes and smells:

### Collaboration:

- Teaming up with experienced consultants for assessment
- Learning to partner for setting clear intentions
- Discovering new monitoring strategies

### Learn about energetic technologies:

- Zytoscans
- Voll meters
- Muscle testing

**Wednesdays 6:30PM \$10**

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[jerry@greenermediations.net](mailto:jerry@greenermediations.net)  
(707) 824-4344

### References

Emotional Healing & Essential Oils, Daniel Macdonald  
<http://www.enlightenhealing.com>  
The Fragrant Mind, Valerie Ann Worwood, Chapter Thirteen  
The Human Personalities of Essential Oils  
<http://www.amazon.com/The-Fragrant-Mind-Aromatherapy-Personality/dp/1880032910>  
TUNING IN to the Body: Applied Aikido in Communications  
<http://www.tuneinaikido.com>

## Scientific Assumptions Of Empirical And Rationalist Health Care Systems\*

### Empirical Thought

### Rationalist Thought

Observations and experience are the primary sources of reliable knowledge.	<i>Premise</i>	Logical analysis is the primary source of reliable knowledge.
Growth and balance of the vital energy or life force.	<i>Object</i>	The disease entity.
The ultimate workings of the vital force are unknowable.	<i>Hypothesis</i>	The ultimate mechanisms of the body are knowable.
The physician studies the peculiar symptoms to determine the patient's uniqueness.	<i>Subject</i>	The physician classifies the common symptoms into disease entities or syndromes.
The physician's and client's subjective observations.	<i>Source</i>	Objective measurements.
The individual is energetic and spiritual in nature.	<i>Nature</i>	The individual is material, chemical, and mechanical.
Treatment by similars which may provoke a healing crisis.	<i>Treatment</i>	Treatment by contraries to oppose, and thus remove, the symptoms and pathology
Disease and health are on a continuum; balance yields health, imbalance yields disease.	<i>Context</i>	Health and disease are discrete, and the opposite of one another.
Holistic, seeking homeostatic balance.	<i>Methodology</i>	Atomistic and reductionist, repairs parts.
The client.	<i>Decision Maker</i>	The physician.

\*Based on Divided Legacy: A History of the Schism in Medical Thought, Coulter, H., Washington, D.C., Wehawken Books, 3 vols. Adapted from the introduction to *A Holistic Practice Forum*, a seminar/consulting format, Green, Jerry A.