



Plant Spirit Medicine Association

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Important Dates in 2014

PSMA Conference

August 1–August 4, 2014

The Blue Deer Center

Advanced Class

July 28–31, 2014—BDC

Upcoming Clinicals

March 21–23, 2014

Buckland, MA

Upcoming PSM

Healer Training Series

April 2014, Perth, Australia

October 2014—BDC

Contact

To coordinate attendance at a class or clinical contact:

[Linda Felch](#) for the BDC

[Phil Roberts](#) for Australia

[Jeff Bartlett](#) for the UK

[Clare Pearson](#) for MA

[Alison Gayek](#) for NC

CEU reqs: 40 every 2 years

THE 2014 WINTER ISSUE ~AN EXPLORATION OF FEAR~

I knew there was a lot more to the healing work of plants than simply the ingestion of a plant substance. As a working herbalist, I had slowly come to this realization through growing the plants I wanted to use. As a budding gardener and herbalist, the plants let me know if I put one in the wrong spot. A scent would waft across a field beckoning me to the plant that produced it. Once, on a hike, I reached out to touch the petals of a white Shooting Star, Dodecatheon meadia, and the flower shot an electrical energy through me that stayed with me for hours after. So I knew there was a better way of healing. I found Eliot's book and eventually was able to study Plant Spirit Medicine (PSM).

I took to PSM like a duck to water. I hand wrote my notes. I practiced pulses just about everywhere I went. I studied hard. There was only one little thing that simply stymied me and still does: I am unable to journey.

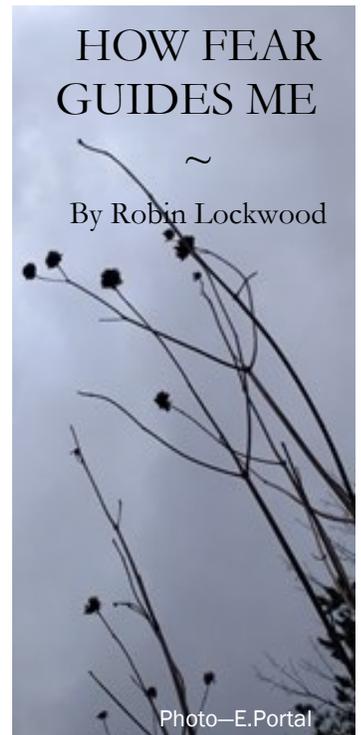
I had amazing plant studies. I still do have incredible experiences in the fields and woods as I sit and study the medicine being offered. However, when we returned to the classroom, and Eliot began drumming, I went nowhere. I laid there warm and toasty, comfy and cozy and enjoyed the beat. I didn't even nap. I never left the room.

After the journeys, my beloved class mates told incredible tales of sliding down a hole and seeing Fairies and Little People and strange creatures and had encounters with tie dyed plant people. I saw nothing. I was boring. Time and time again, however, I would read my field study and the field study would match what the journey provided for others. So there was that; I was getting what I needed to get in order to become a healer.

I graduated as a Plant Spirit Medicine Healer in 2000. I've been blessed with many clients over the years. I've seen lives

HOW FEAR GUIDES ME

By Robin Lockwood



Photo—E.Portal

saved, lives changed. I've seen literal miracles happen to people who have been the recipients of the Medicine. I've been effective as a healer. The plants do amazing work. Yet, there has been this little niggles in the back of my head and my story has been that if I'm not journeying, I'm missing some vital

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... once I recognize the fear, it's up to me to take the steps to do exactly what I'm afraid to do . . .

information; I'm not getting the full story. And that tale I've told myself has truly been a deep set fear that has prevented me from fully embracing the gifts I have been given and seeing them as the "real deal".

Several years ago, I had a series of dreams within a 48 hour period where I met my Fear person. She has bright red curly hair that is a huge mess. She's loud and coarse. She jumps into almost every situation and screams at me, beating me down with words that are abusive, rigid and very unkind. No matter what I tried to do in those dreams, she was unstoppable. Once I was finally able to fully wake up, I created an effigy of her and offered her to the Fire. That moment was life changing.

Later, after months of

pondering upon those dreams, I came to realize that when I'm afraid of something, *that's* the next step for me. Fear is a Guide in my life.

I realize that sounds unbelievable: Fear is a Guide in my life. Now—this does *not* mean that because I'm afraid to jump off a bridge that I'm to jump off the bridge next. Nuh-uh!!!!

What it does mean for me is that once I recognize the fear, it's up to me to take the steps to do exactly what I'm afraid to do. To do anything less becomes limiting and stops my walk.

In the case of my PSM practice, it means the end of the old story; the old story being that because I am unable to journey by going down a hole or a slide or a something, I am an inferior healer. This is not true. This is a lie that I've told myself because

I've been afraid to really step into the work, even after 14 years of practice. I've been afraid to accept the gifts given me and truly honor them, respect them, and develop them.

My next step is to change my story. You are the first to hear it. Here goes:

I have been a Plant Spirit Medicine Healer for 14 years and I have experience, I have a depth of knowledge that assists me and stands my clients in good stead. I have *amazing* plant journeys. I have plants that talk directly to me, show up in front of me in the middle of sessions to offer me new guidance. I believe in the medicine; it changes and saves lives.

I am a Plant Spirit Medicine Healer.

Okay, Fear, what's the next step?

~ THE FEAR FACTOR ~
FROM LUCY WELLS AND MICHAEL LOCKE

Michael - In 1999 I flew (in a jet!) from London to Barcelona with my bike & camping gear made into a big parcel. On arrival I put the bike together, strapped on my gear and pedaled North into the fabulous Pyrenees mountain range. It was early summer, the weather was sublime and the mountains were humming with life. I had no planned route and no map, I had rice and oats. I was soon so immersed in the total beauty of the place that I failed to take stock of my physical fatigue.

In the early evening of the third day I found myself in

a beautiful valley and set my camp by a stream, it was a sandy place with some pine on my side & thick undergrowth on the other—plenty of wood for the fire. I was very, very tired but that night the noises I heard which were new to me kept me constantly alert and deprived of the sleep I wished for. In the morning I was in no condition to continue on my way and so decided to stay put for the day and sleep there again. I lit the fire, ate breakfast and was washing my socks when I was startled by what I felt was someone coming up

from the stream. I looked up, there was no one there but three plants that I didn't know, the tallest about 3ft., large shiny leaves, no flowers. I went to sit in front of them for a while & asked what was I going to do about my difficulty in sleeping in this place. I had never talked to a plant before!

The response was immediate; "*Plants like us can't move about, we have no legs. Consequently we live at the mercy of any creature that may come along to eat us or trample on us or whatever. The way we handle this situation is to*

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MARK YOUR CALENDAR!!
 THE 2014 PLANT SPIRIT
 MEDICINE CONFERENCE
 ~ BLUE DEER CENTER ~
 AUGUST 1 TO AUGUST 4

Hello from your Conference Co-Chairpersons, Mary Beth Robinson and Kateri McCue!

For the past three years, the PSMA Conference has been focused on building our PSM practice and making PSM our life's work. We've looked at practical ways to build our practice, including how to talk about PSM. We've explored nature as an oracle, we've looked at where we might need support, and how to support each other. We've made great strides toward bringing PSM into the world.

At last year's conference, during the audience with Grandfather Fire, a question was posed to Grandfather about how to

build our practice. In His answer, He noted that in addition to all of the practical things we've been learning, He encouraged us to embody the *unseen participation of the plant spirits*. In exploring possible themes for this year's conference, we spent time journeying to Artemisia and our Teachers, sitting with Grandfather, brainstorming with each other and talking with Eliot Cowan. As a result, we are excited to let you know the theme for the 2014 PSMA Conference:

**The Unseen Participation
 of the Plants:
 Embodying Connection
 to Spirit**

We are very excited about exploring this theme, and discovering the ways that deepening our awareness of the participation of the plants will help us grow as PSM practitioners and help our practices flourish.

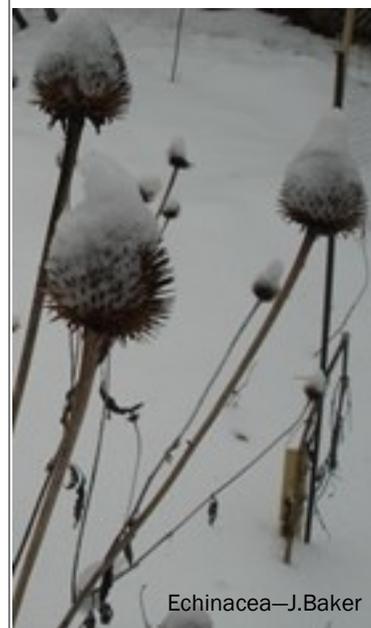
We invite you to spend a bit of time contemplating the theme to see if the plant spirits may be calling you to make a presentation at the conference. We are open to your suggestions as we move into developing this year's conference offerings.

And once again we will have a community marketplace at the conference. Do you have a product you'd like to bring for sale? Would you like to coordinate the marketplace and make it a fun and vibrant part of this year's conference? Please let us know! A portion of the sales will be donated to the PSMA.

Be on the lookout for future emails about the conference.

If you would like to volunteer for the conference, please contact Mary Beth or Kateri at :

[@plantspiritmedicine.org](http://psma-conference) .



Echinacea—J.Baker

*... the plant spirits
 may be calling you . .*



~ CONTINUING EDUCATION AND YOU ~

BY PETER BROWN

Plant Spirit Medicine Practitioners have been living with continuing education units (CEU's) for a few years. While certification with the Temple of Sacred Fire Healing has been available as early as 2008, as of 2012, healers need to be certified as Lay Spiritual Healers by the TSFH to be referred to as Plant Spirit Medicine Healers. To maintain this status, every two years healers must complete 40 hours of CEU's, as offered by the Seminary of the

TSFH. Additionally, healers need to be Professional Members of the PSMA.

So we as healers, students, administrators and educators have had about 2 years under the current system to see and feel its effects.

A little history—as the CEUs were being codified by the PSM Seminary, the PSMA membership committee that included Mark Gionfriddo, Monika Ghent and Julie Ellerbeck were discussing how continuing

education could and would support the membership. In July of 2011 the committee submitted a draft proposal focusing on areas to look at and concerns of the membership for possible inclusion. These were reflected upon.

During the first year, about 77 people were inducted. At the close of the second year, with stricter enforcement, the number has dropped to about 50. There are 27 fewer within a little over a year, 34 percent. This does not mean that there are only 50 people practicing PSM. There are many graduates of the PSM class who practice PSM but have chosen not to go through the certification process or be part of the association.

There are anecdotal stories for this number of people with LSH status from: health concerns, to not enough clients, to costing more to fulfill their CEU requirements than they make in seeing PSM clients, to life's wind, to not seeing a benefit from being part of the PSMA.

The Membership Committee has been listening and formed a CEU sub-committee to explore this issue and make a submission to the PSM Seminary on behalf of our PSMA membership around the concerns of what 2014 and 2015 will look like.

Under the current options for completing the bi-

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*“Where are we as
an association
and medicine?”*



Silver and Gold—The Hidden Life of Winter
by: Santha Cooke

annual requirements of 40 hours, CEUs are for all practical purposes available only through the two teachers of the medicine - Eliot Cowan and Alison Gayek. There is an option to take the ***Enemies of Learning*** class from Dan Sprinkles for 21 hours and the annual conference is good for 20 of those 40 hours, however; half the units, or 20 hours, need to be in a clinical setting with Eliot or Alison.

One of the challenges that we have as an association is our size. Another is the esoteric nature of our medicine. As an asso-

ciation of less than 100, we have fewer resources available to our membership. This means that people have to pay more, travel further and have fewer options for fulfilling the requirements.

The CEU sub-committee has been looking at this matter and in discussion with the PSMA Board. The committee has been searching for ways in which we can meet the requirements through opening up the resource base and be more flexible in offerings, costs and locations. The sub-committee has been look-

ing at other professional associations for models that support their membership's training for a better understanding.

We are also working with the models that have been presented at the annual conference. Over the years the conference has had a variety of presenters who have offered sessions on how to build your practice to pulse taking to plant studies to emotion testing and more.

Alison has been offering a conference call once a month to discuss clinical PSM matters. Currently one cannot receive CEU credit for participating. This is a perfect example of possible accessible and affordable training for practitioners and is a suggestion that the sub-committee is discussing.

Can a class such as ***Dancing with Emotions*** by the Mindell organization out of Portland, OR. fit this bill? Would it fit the requirements if offered in another setting? Would it be considered if it was at the conference?

These are some of the many areas that the sub-committee is exploring and proposing to enable not only more access but a better-educated healer.

The sub-committee would like to hear from you around this matter. Please let us know your ideas, feelings and plans for the coming years as you either become a LSH or maintain your inducted status.

One of the aspects or "eyes" the committee is looking with is: "*Where are we as an association and medicine?*" There have been over 1000 people who have gone through the training and more than 500 under the current format. In the two years since the requirements were activated approximately 50 people are in good standing.

This is something that the sub-committee is looking at as a sign.

Please send your thoughts or comments to Peter at:

peter@peterbrownhealing.com



The Fear Factor continued)
live in absolute trust and surrender. If you want a good night's sleep—you must adopt this attitude."

I took this advice and that night slept like a baby—and for the rest of the trip—and on.

I found out later that the noises were probably frogs or toads and the plant was Pokeweed.

Soon after this trip I came across Eliot's book and in 2000 found myself in Massachusetts in the wonderful PSM course.

Lucy - This call for contributions puts me in mind of an Art installation I visited in the Tate Modern in London a couple of years ago.

There is a giant turbine hall in the building which used to be a power station on the banks of the Thames. Now it is home to the gallery where they have large scale installations open to the public.

We went in and found that a Polish artist whose name I can't remember was exhibiting a piece exploring fear by providing a large metal

container (like you might see on the ocean going container ships) which was completely blacked out. The public was to walk up a ramp into the total darkness of this container.

For some reason (*denial* ?) I became horribly arrogant about the relative stupidity of this idea and willfully marched into the darkness thinking "I'm not afraid, how pathetic", I was wearing a rucksack on my back so with face pushed forward and a complete loss of spatial awareness I marched straight into the

back wall of the enclosure to receive a blow akin to being punched in the face!

Needless to say, it really hurt and as I sat outside on a bench between the great river and the silver birches they have planted there I was forced to deal with myself feeling very hurt, stupid and shocked.

It was indeed a great lesson for me about how I related to fear.

Lucy and Michael live in Shropshire Co, UK.

~ INTERVIEWS OF TWO PLANT SPIRIT MEDICINE HEALERS ~

BY ELYSE PORTAL

Elyse Portal is a Plant Spirit Medicine Healer and artist, living in Toronto, Ontario, Canada. Elyse is working on her Master's degree at the University of Toronto. For her thesis she is creating an exhibition on healing called **Ma-teria Medica** which will be at the University of Toronto Art Centre (UTAC) from April 1 – 12, 2014.

Her interviews of **Mai Duong** and **Monika Ghent** are part of that project and fit beautifully into the theme of this Winter newsletter.



Mai
Duong



Monika
Ghent

Interview with Mai Duong

Elyse: What is the value of PSM?

Mai: The main value is the connection to nature. Nature has its own rhythm: a slow rhythm. And it is a rhythm that we are not in touch with, especially in the Western world. We have very much disconnected ourselves. We are in rhythm with nature when we can start *hearing*.

There is a huge difference between living in the *mind's* world versus living in the *heart's* world. Most of us are not in touch with what our hearts are telling us. We are in a very mind driven society. So, when we can tap into the slow rhythm of nature, then, we can start hearing those messages, like “*maybe I shouldn't do five things today,*” or “*I am tired, maybe I should rest.*”

We're so busy with all of our things to do and all our technology that we can't *hear*. So slowing down and tapping into that rhythm, we can not only listen better, but start to listen to our intuitive voice that most of us are not in touch with—and that promotes healing.

Elyse: What is the benefit of listening to the heart voice?

Mai: When one listens to their heart voice, then the next step to take in order to heal themselves will surface. It comes as one step at a time, versus the

mind voice, which will come as a grocery list. And that is very overwhelming, and it doesn't serve us. So, when you listen to the Heart's voice it will nudge you a little bit at a time, and then you go do that. Then, the next step will come, and another nudge. And it's about slowing down enough, so we can hear the next nudge.

Elyse: Do we need the mind?

Mai: The mind is useful. It gives us the capacity to protect ourselves, but sometimes it is also a trickster.

Elyse: Say you are seeing a client or about to see a client, and you start to feel fear, anxiety... perhaps mind chatter about whether you will be able to help them or not... what do you do in that moment?

Mai: I probably will take a pee break and go be with my candle—just totally remove myself from the room so I can make some distinctions about what is going on. I have, in the past, sent a quick email to someone for help, and didn't get the response back in the time I wanted. But, it was very useful to say what was there for me and send it out – asking for help in a different way. Usually, I will ask for help with my prayers – through my candle, but sending an email did me wonders.

What was interesting was after the client left, I

checked my email and got a reply, and it was perfect because it confirmed exactly what it was that I was supposed to do.

Elyse: How do you face your fear about going outward in the world with PSM, and talking to people within Western culture that are invested in the mind?

Mai: It is about repetition. You crawl before you run, so first it's talking to one person and then it grows to two, and then it grows to getting a group together. I always start with people that I know first, rather than strangers. And that has given me lots of comfort.

And then seeking opportunities where I can speak to strangers, but in what I call “warm markets.” Like speaking to a bunch of herbalists – who already have some ground in alternative medicine - which is more welcoming than say Bay Street lawyers. It is really about practicing and doing it over and over again. And speaking to people one-on-one is just as helpful as speaking to a room full of people.

Elyse: Does it help to have a PSM partner?

Mai: Yes, just speaking to someone else about it helps me to face the fears. Sometimes, between our dialogue we have ideas about how we can alleviate certain challenges.

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Interview with**Monika Ghent**

Elyse: How does healing occur?

Monika: Really healing occurs because someone allows it. Because no matter what you throw at someone, if they do not allow it in it will have no real good effect. Healing is a co-creation between the person requesting healing and the medium. It is a decision to heal.

Elyse: Are the people that come to you dealing with fear?

Monika: Everyone is dealing with fear.

Elyse: How do you help them with that?

Monika: Fear is a normal and healthy emotion who's job it is to keep us from doing things that would threaten our life, such as thinking we can fly off a cliff. It is about pulling you back from that edge because that is going to result in your death. It is a very healthy part of us.

So it is the imbalance of fear that is really the issue. I do not meet anyone who comes through my door that does not have an imbalance of fear. And what I have come to understand that this fear is a separation from the truth of who we are.

There is a whole trajectory that leads us away from the sense of ourselves. Our sense of self is our connection to nature. It is that knowing of self that gives you your courage, and the strength to fully explore your potential.

One of the beautiful gifts

of Plant Spirit Medicine is that it leads people home to themselves. And that is the key to everything as far as I am concerned.

Elyse: As a practitioner, how do you deal with fear?

Monika: I deal with it in a few different levels. First of all, I continue with my own healing, which is the journey back to myself: my own inner knowing; my path and purpose here at this time. So it is a constant journey of exploration, not only for physical healing, but also spiritual and emotional healing. Finding what my greatest gifts are and nourishing those. It is a process which is constant—it is a constant state.

I will never likely be fully realized here. So, what I do when fear arises for me is that I surrender to the Divine and ask: *"What is my path and purpose here?"*

So, I am fully convinced that I am a healer, and am just a conduit for healing, I am nothing less or more than that through which this energy flows through me. Anyone who sits in my chair, opposite me, is on their journey, and is passing through, so I take neither possession of them or feel it is really me that is doing anything in particular—except I am honing my gifts and talents.

So, when I get into a place of fear, I surrender to the Divine will and my path. I say, *"I am a healer, this person has come to me... get the hell out of this fear—surrender it up—I don't have to wrestle it to the mat—all I need to do is to give up the story telling*

that is around it." I tell myself, *"I don't know why they are in front of me, they may not be here to heal the thing that I think they are supposed to heal."*

I try to get rid of my agenda. I can't be anyone but myself, which is a healer, then I open to the Divine wisdom, and have absolute trust in that. If I do that then, I am absolutely fine. I know from years of doing this work, this is what I can do, and this is what I must do.

If fear arises, I am not angry or ashamed. I am not trying to get rid of it. I allow its presence. It moves out, and Spirit moves in, and I can go about doing my business as a healer.

Elyse: Do you have a practice that you do that helps you move your fear?

Monika: If it is coming up in the moment when I am sitting with a client, I have become incredibly humbled that I am truly only a little conduit. So, all I can do is get out of the way. So what I do, literally, is I get out of my head. I have worked very hard to learn how to get out of my head. So a fear comes up, a story begins, and as soon—as soon—as soon as you hook a fear into a story, then it becomes a force of injury. Its like something with shards sticking out of it that is rolling around your intestines, and in your body, and slicing you up—causing you pain, and allowing you to stay in a place of suffering.

The motivation that helped me, which I share with my clients, is when an

overwhelming emotion arises such as fear: like I don't have enough, or I love this person so much I don't want to fail them . . . whatever story can come up at the time—if you allow that emotion its expression, without hooking it into a story, then that emotion that arises becomes a force of deep healing.

It will heal wounds back from the very beginning—old, old things—bit by bit. The more you are able to get out of your storytelling, you will be healed on a very, very deep profound level—on the level of your very foundation. That is enough of a carrot for me to keep me out of my storytelling because I have felt the effect of that healing.

If an emotion arises and a story comes up—you surrender it up. That emotion will be gone without your knowing. Then, you will be in a different state, one that is stronger, more supportive to who you are and what you need to do.

So what I need to do is remember that carrot, because I want to be healed from my very foundation. In every way that I am *not* healed, I am not present for the people that come to me. I have fully accepted that I am a healer. I have fully accepted the job I have been given, and I take it with great seriousness and responsibility that doesn't weigh on me – it just is me. So it keeps me honest, it is my little container, and my carrot that moves me forward as a healer.

On April 8th, from 3pm – 5 pm local PSM Healers, alternative practitioners, and academics will be at Elyse's UTAC exhibit to share perspectives about wellness with the public. For more information contact: elyseportal@gmail.com.

~ THE BUDDY SYSTEM ~

BY COURTNEY SHELBURNE AND ADRILIA PEDERSON



Courtney Shelburne

Courtney - When I learned about the buddy system that Mai Duong and Kateri McCue presented at the 2013 PSMA Conference, I have to admit it made me a little nervous. I wasn't sure if I was ready to be accountable to someone else. But after hearing their words that *"everyone needs a cheerleader, to have an attitude of exploration, and that a partnership will bring more comfort in being a spokesperson for the plants."* Well, I was willing to give it a go.

As it turns out, meeting with Adrilia Pedersen once a week has brought PSM back into the forefront of my consciousness. Having someone to talk to who understands this medicine while it is not yet mainstream is such a blessing! Just like the way the plant spirits gently nudge a person receiving PSM back into balance, so too have our meetings gently nudged me to be accountable not only to Adrilia, but to myself and the plants. This has made me more confident, inspired, and connected to my PSM work. Sure, I have had a passion for the work since graduating PSM class in 2007 (actually Adrilia and I graduated together!), and really my passion started before that when I started receiving the medicine in 2000, but this passion is able to come alive and be supported by making this simple commitment. In fact, I wouldn't even be writing this article if Adrilia and I hadn't met last week

and put this on our "to-do" lists—and I didn't know that she was expecting to read it at our meeting in about 30 minutes! I can't wait until our next meeting! Why? Because I know that when we meet she will share her beautiful encouraging words, insight, support, and we will go over our to-do lists from last week and the next week, and when I hang up the phone I will be even more excited and motivated about my PSM healing practice than ever before! And so it goes every week . . .

Adrilia- After the 2013 PSMA Conference I had a strong hunch that a buddy system was going to be good for me as I built my practice. I had no idea how powerful it was really going to end up being.

My calls with Courtney Shelburne have been so much richer than I could have expected. We basically have each others' backs and best interest at heart as we work together to build our practices. This makes possible a beautiful, potent process. I feel supported by Courtney, I feel "seen" and "heard" and honored as a PSM healer every time we connect on the phone. I feel more confident that I am taking steps and honoring my commitment to the plant spirits every week as part of our work together. The interaction has helped me with many details of building my practice but it also has helped me really stand in my truth

as a PSM healer. As I told Courtney on our call today, it is as if every time we meet on the phone we are activating prayers for one another and a vision of success for our healing work. I am sure Divine and the plant spirits are listening. I am more courageous, more engaged and more focused on my PSM healing practice as a result of our buddy calls.

Both - When meeting with your buddy, you may start to think of areas of your PSM healing practice that you would like to give some attention to. Here are some areas that we have put on our "to-do" lists over the last 7 months that might spark some ideas for you!

- Do Plant Studies!
- Write an Elevator Speech
- Organize Your Files
- Get Marketing materials: business cards, brochures, etc...
- Check out area healers and professional groups
- Follow up with clients
- Prepare PSM talks and open houses
- Journey to teachers and guides
- Write vision for clients: their improvements and where you see them going
- Write an article for the PSMA Newsletter!!



Adrilia Pederson



The mission of the Plant Spirit Medicine Association is to support, preserve and strengthen the practices of Plant Spirit Medicine as recognized by the Temple of Sacred Fire Healing

Board of Trustees

Annie Smith, Chair
Dena Sparks, Treasurer
Julie Ellerbeck, Secretary
Phil Roberts

The Board encourages comments and feedback
Contact: psma-trustees@plantspiritmedicine.org

Committees

2014 PSMA Conference

Mary Beth Robinson - Co-Chair
Kateri McCue - Co-Chair

Membership

Mark Gionfriddo - Chair

Standards of Practice and Ethics

Anna Murray Preece - Co-Chair
Annie Smith - Co-Chair

Communications

Jeff Baker - Chair

Board Support

Clare Pearson - Asst. Treasurer

Contact any committee at
psma@plantspiritmedicine.org

The PSMA Newsletter is always looking for articles, photographs or scanned drawings of plants and plant-related images. If you have experiences or pictures to share, please send them along to

psma-communications@plantspiritmedicine.org

All contributions appreciated

~ BOARD REPORT ~

Dear Friends,

We welcome you to a new year and the many blessings which a year can bring! In thinking about our new year, and the opportunities that we can welcome, there is also the deep recognition of the work of the PSMA over the last six years. Our gratitude to the visionaries, the founders and the former Trustees of the PSMA is present during our conference calls, our emails and our solitary assignments.

Many hands have held space for Plant Spirit Medicine to make its way in the world. Many hands are still engaged in this work today; and we are also very grateful to our current volunteers for their commitment, the gift of their time and their talents!

It is winter now for those of us in the north, and the dark days are still with us. We are in the winter spirit, "sitting with things", as the saying goes. Our year ended with thoughts about choices; abundance/ lack; freedom /confinement, old tunes/new rhythms. Our choice to reduce the PSMA membership fees comes from this place of sitting and thinking about choices. We hope that this change will be a welcome one, and not just because of the money, but because it may offer a space to think about what the medicine needs to flourish in the world.

The **new fees** are \$120.00 for Professional members and \$75.00 for Associate members, with no changes to our Student

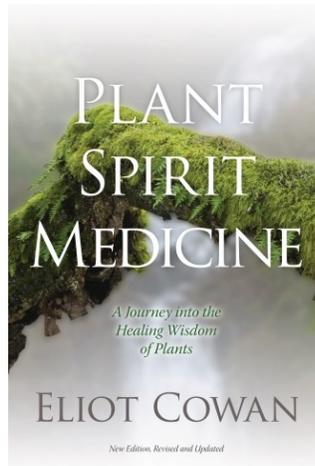
or Friend fees. Our year-end financial balance is \$25,369. This figure includes funding to offer this year's conference. We will be developing the 'scope of work' for several potential projects as a way to ensure that we understand the time, talent and costs necessary to tackle new work, and the necessary resources to maintain that work in the future. This level of planning will provide us with enough information to make well-informed decisions about the benefits we can gain, and the costs of working in new or different ways.

Soon there will be more light, literally and figuratively! We look forward to our work in 2014.

Submitted by
Julie Ellerbeck

O grant us light, that we may know wisdom that you alone can give,
That truth may guide us as we go, and virtue bless the lives we live.
O grant us light that we may find where error lurks in human lore.
And turn to you our seeking minds, and love your wisdom more.

Lawrence Tuttiett - 1864



Big News! The revised and updated edition of *Plant Spirit Medicine* is scheduled for release in April 2014!

An excerpt: It is Spring-time. A willow seed sprouts and starts growing up to be a tree... It has the inner vision of willowness and will consult this vision like a blueprint at every occasion... I am not much different than a willow. I, too, am growing, consulting the vision I carry in my soul, and making decisions about how to make that vision a reality.

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