

# Mastering the Five Steps to balancing Eastern Meridians with Western Herbs

## Western Herbs for Eastern Meridians and Five Element Theory

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Hello I am Evelyn Mulders, keeping your good vibes alive.

I support Energy Medicine Facilitators like Touch for Health Instructors by designing half day introductory workshops that funnel beginners into 2 day workshops.

I was extremely motivated to do something in my early kinesiology days, as I felt like nobody understood what I did, and my class sizes weren't as full as I had hoped for. I wondered how I was ever going to make a difference in the world if I couldn't get people to understand kinesiology.

How many here have experienced that people are curious about energy kinesiology but are often reluctant to jump into 2 day classes until they are familiar with our work and can really experience the difference a "balance makes"?

If they show even a remote sign of interest you either spend hours convincing them this would be of benefit to them or wait for years for them to awaken or eventually give up on them all together.

Wouldn't it be terrific if you could get interest into your workshops without all the investment of effort and time? I know one solution that helped me to fill my seats and that's what I would like to share with you today. This mini workshop, Western Herbs for Eastern Meridians has even been endorsed by the IKC as a personal development workshop

This introductory workshop gets people:

1. Using muscle testing right away.
2. Self monitoring so they can practice this new possibility on themselves , privately. They can gain confidence comfortably in their own time and space
3. Assessing meridians without spending hours of training to muscle test each meridian.
4. Gently introduced to herbs
5. Experiencing the difference a kinesiology balance makes in their body. It's like you can't believe it until you can feel it.
6. To continue their learning with you

Everyone knows something about herbs. Very few people know much about what we do in Energy Kinesiology with the meridians. Bringing herbs in to Touch For Health is a fantastic way to introduce people to the magic of the meridian balance. I love teaching the lay person. It is difficult to get someone to commit to a 16 hour class without any other experience. This herbs class is perfect to introduce people to the work that we do. It is the perfect amount of time and the subject matter is perfect. Since teaching this, I have also adapted it for use in doing a basic balance. I'm so happy to add this class to the classes that I teach. TFH Instructor D.L. - USA

This is exactly what I hoped would happen by creating this workshop. This workshop is for you if you want to spread the word of kinesiology and get your classes full.

This is what happened to Darcy Lewis of South Carolina USA after she taught this mini workshop:

"I got a client from teaching the workshop who bought a 3 month package and I deepened my relationship with a specific group of people that are into alternative health. I also got 2 to sign up for another class that I teach that is longer and costs more. Also, I have a couple that are coming back this Sat. to the next class, and one is bringing a friend."

By teaching this mini workshop,  
Darcy got a committed client,  
New group of potential clients,  
2 new students for a more expensive workshop  
A request to re-teach this herbal workshop.

How much business are you leaving on the table by not having a mini workshop that draws in new students and potential clients?

And how much fun are you missing out on by not having a mini workshop where people don't have to take training so seriously. With this mini workshop they can have fun and learn in their own pace and style. With a safe environment to learn in, students easily tap into the concept of energy medicine as mentioned by this TFH Instructor.

This workshop opens the eyes of new clients to more than just putting an herb into your cooking, or making a tea. To realize that there is more power in the universe and it is simply in herbs, which then support the body's energy system is remarkable. Most of my students, never imagine the material that they would be covering at an herb course. They are surprised, they are in awe, and they are tickled that they have the power to use the tools themselves.

The mini-workshop topic today is Mastering the Five steps to balancing Eastern Meridians with Western Herbs. By learning 3 simple kinesiology techniques, you'll balance meridians without the herb in hand or even knowing anything about herbs.

Having said that, the workshop booklet does include a chapter on sensitivity testing for all those that want to introduce students to herbal remedies.

slide 5

This manual has been endorsed by Dr. Thie, author of Touch for Health, the biggest reason we are all gathering here this weekend. and he said:

In the care of yourself or others there are many ways to assess what would be helpful. One way is to balance the energy of the soul by using muscle tests to determine where the energy is not in harmony with the purposes and goals of the person seeking change.

In the TFHK model the herbal preparations are given to balance energy imbalances as found from assessing the meridian imbalance by muscle testing. In this model the herb has a chemical component but is also hypothesized to have a subtle energy component which is the herbal signature or message from the plant kingdom to the human soul.

This herbal manual assists the Touch for Health Kinesiologist to make herbal choice that addresses the energy imbalance both physically and spiritually to bring harmony to the soul, the whole person seeking change in their life.

slide 6

and by Dr. Dewe, dean of the International College of Professional Kinesiology Practice

With her new manual *Western herbs for Eastern Meridians and Five Element Theory*, Evelyn Mulders has given the busy Kinesiologist (and other health practitioners) an effective, user friendly, new tool for their clinics. In particular, Professional Kinesiology Practitioners (PKP) graduates will enjoy the way in which she has organized her knowledge of herbs within the PKP protocol and Chinese Five Element Theory. However, within that context, Evelyn is teaching western (local) herbs, which support our western society and nourish the people of western lands and culture.

I enjoyed the inclusion of a “herbal attitude” portion which gives clients the metaphysical message to support them in their spiritual journey. To make it easy for practitioners, Evelyn has outlined the herbs in a chart with their Mental/ Emotional/ Physical relevance. This means that while the client is receiving physical benefit from the use of the herb, a herbal ‘message’ also offers their spirit an additional perspective for energy balancing. Non-PKP practitioners are not forgotten, the manual is non-commercial product-related and the biochemical uses are quickly referenced. The manual outlines the part of the herb that holds the balancing quality and so alleviates any confusion over which part of the herb to use. Clients themselves will receive immense benefit from owning this book. With increasing government restrictions on the availability of supplement, the rising prices and side-effect risk of pharmaceuticals, knowledge about the safe use of local herbs to support family and close friends becomes empowering.

Evelyn's desire to empower people to be able to pick local herbs and have knowledge direction over the preparation and use of that herb. This manual has the potential to liberate people in finding the herb in local fields and having confidence in using what mother nature intended as healing gifts for us.

slide 8

slide 9

For those that want to offer IKC certificates to their students.

So to give you a quick overview of what you can expect today comes in 3 parts

The beginning, the middle and the end.

The beginning.... is done... that was easy

The middle.... I'll introduce the 9 concepts needed to fully understand why this workshop is so powerful

The end.... will be a demonstration of the 5 Steps for balancing the meridians with herbs.

If there is time we can duplicate the demonstration in partners, so everyone here can get the experience. or I can introduce the 4 Steps to balancing the Chakras with Western Herbs. We will decide together when that time comes.

I will teach you as much as I can in the limited time that we have together and before I conclude, I promise to show you how to get more and take this further.

Firstly, I will introduce 9 concepts in relation to herbs and meridians. I know.....  
9 concepts sounds like a lot, but you may already know most of them and what about the concepts you don't know?? .... well isn't that why you are here?? .....to learn something new?

These concepts become obvious as I unravel the story of my discovery of balancing the meridians with my home grown herbs. And how I got the idea to create a workshop to help me become better understood in my community.

The last half hour of this presentation will be demonstrate and partner practicing and then we'll wrap up with choices on how you can share this work with your friends, clients and students.

slide 10

slide 11

## Concept:

### 1. Medicine comes from Nature

As a novice Touch For Health practitioner and Instructor in 1993, I really got excited about the idea of being able to muscle-test the meridians as a way to access the health of the organs and glands in the body. I was so enamored by the meridian system that I started further training in Traditional Chinese Medicine. As I got deeper and deeper into the understanding of the meridians and five element systems, I wanted to know how the chinese used nature as medicine for the body. I noticed that those practitioners that used meridians as an assessment of the organs of the body often recommended chinese herbs as a way for the client to maintain and support meridian energy flow between sessions.

I collected all kinds of chinese herbal remedies and even hired an authentic chinese acupuncturist as a practitioner in my clinic. I would assist the acupuncturist and was eager to learn as much as I could about Chinese medicine. I practiced my studies and discoveries on my clients. In the end, my practice looked more like an ancient chinese herbal dispensary than a 21 st century natural care center. Even though I deeply respected Traditional Chinese medicine, I felt that there was a disconnect between me and Chinese herbs, yet, I was still curious how nature could be used as medicine.

slide 12

## Concept:

### 2. Health is related to the Heart

My quest and curiosity of nature's healing gifts brought me to my energy medicine teacher, Yarrow Alpine who lived deep in the forest in British Columbia, Canada. She would talk about the plants like they were little beings with attitudes. My college training was engineering and I was eager to learn but couldn't make that shift from the (left brain) textbook learning to (right brain) experiential learning. Being an incredible mentor, Yarrow surprised me by blind folding me and sent me on my way into the forest to discover and listen to nature. This was the turning point in my life towards energy medicine.

With the help of my energy medicine teacher Yarrow, I shifted my learning style from the thinker to the feeler. I suddenly understood that healing wasn't simply from a chemical interchange from plant to human but it was also from the feeling interchange from plants to humans. Plants have feelings too. How many here believe this??

slide 13

## Concept:

### 3. Humans and Plants are in Co-creation

From that moment on, I drew on the knowledge of nature's beings, flowers, plants, herbs and trees. I grew into a deeper understanding on how nature's elements participate in keeping all of us healthy and alive not only because of their nutrients but because of their intimate connection with mother earth. We are in co-creation with

plants. Plants love to help humans, if you could only hear their excitement when a human asks a plant for help. Plants inherently intend to bring us into a new awareness giving us new perceptions and offering us spiritual insights. All we have to do is listen.

Arnica flower story??

slide 14

**Concept:**

#### 4. Use Western Herbs to balance Eastern Meridians

I got the idea then that growing herbs indigenous to North America and Europe could possibly support the meridians. Just an idea, wasn't I the rebel of Traditional Chinese Medicine?

I have a Dutch heritage as you can tell from my surname Mulders. Both my father and mother were born in your country and my mother is the biggest flower lover that I know. She has a very green thumb. Well, not that I can say I inherited her green thumb or would grow flowers, because by nature, I am much more practical, I tried my hand at growing herbs to support my clients in the clinic. Growing herbs was a success, I went wild with delight and began to collect seeds and cuttings from every herb I could imagine.

I obsessively planted herbs, with my new belief that plants support the people that live in their environment. This idea was later confirmed by not only herbalists and herbal authors but from nutritionists supporting the macrobiotic diet, eating local grown food. So when I asked the question, why do we have to use Chinese herbs to support meridians, the answer I got was that you don't!

Then I had the question: Why not use western herbs to support the meridians???

I organized my garden into the five circles around a center circle: Fire, Earth, Metal, Water, Wood around the Central/Governing meridian circle. I then planted the herbs according to the meridians and five elements with inner knowing and also the guidance of muscle testing. It was simple, the herbs that failed to survive in their designated circle were not included in the Five Element Herbal chart.

slide 15

**Concept:**

#### 5. Chinese herbs for the Chinese

##### Western herbs for Westerners

Once the herbs flourished in the garden I began to bring them into the clinic. One by one I could hear their little voices rejoicing in the pleasure of serving as medicine for the sake of healing people. As the shelves filled with herbs from my garden, I felt the energy of my clinic vibrate at a level I had never felt before. One day, in a moment without really thinking, I swept up all the Chinese Medicine in my clinic and threw it in an alleyway dumpster. In that exact moment, my clinic was shining and singing with the light and vibration from my garden grown herbs.

I began to understand that western herbs could offer my clients a higher vibration than the chinese herbs simply because of the soil, climate and location on the earth from where they were grown. I have come to believe that chinese herbs that have been used as medicine for thousands of years are meant for people that live in Asia. North Americans and Europeans resonate with the vibration of their local plants and herbs, but that doesn't mean westerners can't embrace the idea of meridian therapy. I then organized the western herbs that supported the meridians and created a chart for meridian therapists. This research was endorsed by the International College of Professional Kinesiology Practice, the ICPKP

I was delighted with the chart and showed it off to any one that would listen. And then the question came , especially from my kinesiology students... Where is the book?

I didn't have a book but I did have a herb card filing box with pictures of the herbs on the front of the card and the indications on the back from my training with Yarrow Alpine. I began to put this information in order and after 3 years of gathering and organizing herbal and meridian information, I thought my book was complete. As I proudly presented my prototype copy to a dear colleague, I looked in her eyes and we both sighed together, the book was not finished. I almost cried. I looked at my friend and immediately knew what had been accidentally omitted: the herbs hadn't had their say.

Back to work!!

slide 16

Concept:

6. Herbs are three dimensional like us:

Physical, Emotional, Spiritual

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Have you ever heard about people that talk to their plants?

Have you ever wondered what messages the herbs were whispering to them?

I did.

I then diligently sought after this information with tremendous help from many colleagues and friends. My herbal chart project had suddenly taken off in a very different direction and I was along for the ride. At the time each herbal message was revealed, I gained introspection that certain meridians could be blocked by a certain emotion. I then asked each herb, which emotion it helped to unblock.

The idea that herbal medicine strictly to supports the physical body was completely shattered by asking each herb two simple questions.

1. What's your message
2. Which emotion do you release

This new information that was gathered and shared germinated into a three dimensional holistic approach to understanding the healing powers of the plant kingdom.

My book, Western Herbs for Eastern Meridians and Five Element Theory offers the reader a physical, emotional and spiritual understanding on how each herb impacts us. Herbs powerfully shift thinking, which shifts attitudes and feelings and then by default shifts the physical ailment or symptom.

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## Concept:

### 7. Herbs are Vibrational Medicine

I once believed that the herb had to be digested to gain health benefits so in the Western Herbs for Eastern Meridians and Five Element workbook, I included sensitivity testing as part of the herbal training. I have since learned that herbs need not be digested to be effective healers. On my way to teaching this herbal workshop at the international PKP conference in Macclesfield England in 2011, my hostess informed me that the British government had regulated and banned herbs from consumers. Herbs could no longer be purchased in this country and foraging for them was forbidden. This was not a good start to the day that I was to teach PKP Instructors about herbs. As I looked at my British hostess in disbelief, I had a warm breeze waft over me. The breeze brought in a new concept of using eye rotations while looking at the herbal photo with temporal tapping while stating the positive aspect of the herb. What better venue than an elite group of PKP Instructors to try out a new balancing technique. This technique proved itself again and again all over the world and is now adopted as the balancing technique for Western Herbs and Eastern Meridians and Five Element workshop. The sensitivity testing is now optional workshop material.

The herbs are so connected to humans they can help us shift our attitude which changes our mood which then affects the meridian and physical health just by looking and listening to them.

Herbs are vibrational medicine.

So now, coming full circle, the Western Herbs for Eastern Meridians and Five Element Herbal book can be used to balance anyone on the planet because it is all about the message and vibration coming from the plant. You could but it is not necessary to forage for the plant or even ingest the herb with knowing and mastering the Five Steps to balancing Eastern Meridians with Western Herbs.

slide 19

## 8. Concept:

Eastern (meridian and five element theory) approach to health is more thorough than the Western approach to health in 4 different ways

use the yin yang symbol as an example

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1. The eastern approach to health in regards to the **Circulatory Network** not only includes nerves and blood but includes meridians.

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2. The eastern approach to health in regards to the **Dimensional Body** not only includes the physical body but also the emotional and spiritual body.

slide 22

3. The eastern approach to health in regards to the **Source of Illness** not only comes from the external environment but also from our internal environment (how we feel).

slide 23

Pause here for the listeners to get a good look at this

slide 24

4. The eastern approach to health in regards to the **Immune Response** not only includes the glandular system but includes our energy field.

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## 9. Concept:

### Herbs support the human energy field physically, emotionally and spiritually

It is by way of chemistry that plants and herbs support the physical body. The new concept implemented with the teaching of this workshop is that herbs can help us emotionally and spiritually. Louise L. Hay and Dr. Edward Bach are two healers that introduced the idea that we are sick because of an incoherent belief or attitude. Both healers/authors recognized that sickness and disease could be shifted out of the body if one could shift their way of thinking.

Emotions are meant to move us into action. Emotions run their course all day long and it isn't until an emotion causes insult that the drama begins. The drama must then be defended because a personal or tribal belief must be defended. Ill feelings are harbored, blocking vital energy flow to organs and gland, creating physical illness.

This herbal book/workshop introduces the reader to the herbal message and reveals the emotion that blocks the meridian flow.

The message that the plants whisper, offers introspection and help to shift attitudes and beliefs. By shifting an attitude or belief system, emotions and moods change. Once emotions are no longer stuck, the meridian can flow freely, offering energy to its affiliated organs and glands, creating whole body vitality.

I have included both procedures here in the conference journal

So any questions as we are about to go over the balance

5 steps to balancing eastern meridians with western herbs

As a little extra special treat for my Dutch kinesiology friends which we will not have time to cover in this presentation I have included also in the conference journal the 4 steps to balancing Eastern Chakras with Western Herbs. I wanted you to have this information

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## Workshop

slide 32,33,34

Everything you need for this workshop is included in these two books:

## Workshop manual and the Workshop booklet

slide 35,36,37,38,39,40,41,42,43,44,45,46

Let's take a look inside the workshop manual:

for the Central and Governing Meridian we have St John's Wort  
the physical connection, how the herb will help the body.....

the emotional aspect, naming the blocked emotion ....

and the spiritual message indicated as an attitude in the book

the affirmation for each herb is found in the workshop booklet..

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### The 5 Step Herbal Meridian Balance:

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#### 1. Check for Bio-electric Switching

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##### a) Water

Touch your hair - notice indicator muscle - correct by drinking water

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##### b) Central Meridian Integrity

Trace the central meridian - notice indicator muscle - correct by tracing it  
up

slide 52,53,54

##### c) Switches

i) top/bottom -notice indicator muscle - correct by rubbing lips

ii) side/side - notice indicator muscle - correct by rubbing K-27's

ii) front/back - notice indicator muscle - correct by rubbing tailbone

slide 55

#### 2. Use muscle testing with the "no" or "stressed" response to find the Element needing support

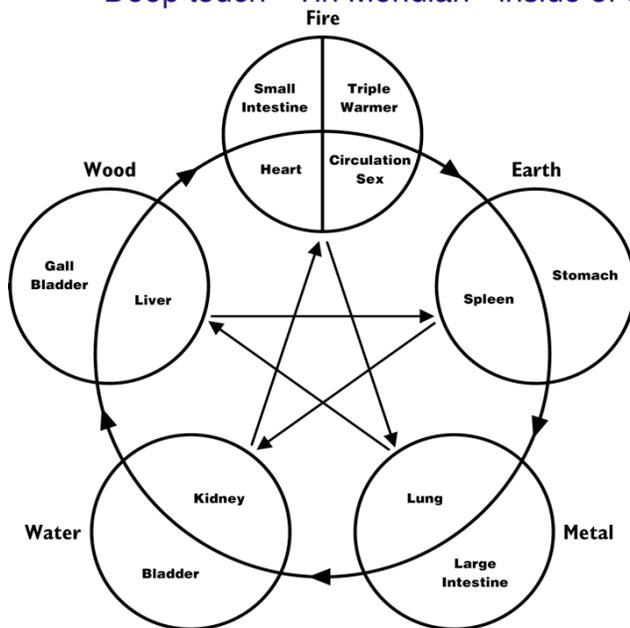
Impose this five element wheel around the navel Touch the center of the wheel  
for Yin/Yang and then continuing with the 2nd half of Fire, touch each circle  
stating the element name, in a clockwise direction Fire, Earth, Metal, Water,  
Wood and Fire.

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#### 3. Use muscle testing with the "no" or "stressed" response to find the Meridian needing support

Light touch - Yang Meridian - outside of circle

## Deep touch - Yin Meridian - inside of circle



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4. Use muscle testing with the “no” or “stressed” response through the list of herbs indicated on the **Meridian Herbal Chart** to isolate the **Herb**

- Find your herb page in the manual
- Gaze at the photo and connect with the plant
- Notice the physical imbalances
- Notice the blocked emotion
- Read the herbal attitude
- Look up the Herbal Affirmation in the herbal booklet or chart

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5. Temporal Tap with Eye Rotations while looking at the Herbal Photo in the herbal manual while repeating Herbal Affirmation in the workbook

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#### Temporal Tapping

Hold the thumb to the ring finger whilst using the two middle fingers to tap around the ear in a circular motion both clockwise and counterclockwise.

#### Eye Rotations

With the head and neck centered, moving the eyes in a circular motion through the full vision spectrum both (cw & ccw) while looking at a focal point, in this case the herbal photo.

#### 6. Recheck Meridian - optional

Close Here if your time is 15 minutes before the end

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## The 4 Step Herbal Chakra Balance:

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## The 4 Step Herbal Chakra Balance Overview

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### 1. Check for Bio-electric Switching

#### a) Water

Touch your hair - notice indicator muscle - correct by drinking water

#### b) Central Meridian Integrity

Trace the central meridian - notice indicator muscle - correct by tracing it up

#### c) Switches

i) top/bottom -notice indicator muscle - correct by rubbing lips

ii) side/side - notice indicator muscle - correct by rubbing K-27's

ii) front/back - notice indicator muscle - correct by rubbing tailbone

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### 2. Use muscle testing with the “no” or “stressed” response, using the Chakra Chart to locate the chakra needing support

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### 3. Use muscle testing with the “no” or “stressed” response through the list of herbs indicated on the Chakra Herbal Chart to isolate the Herb

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3 a). Find your herb page in the manual

3 b). Gaze at the photo and connect with the plant

3 c). Notice the physical imbalances

3 d). Find the blocked emotion

3 e). Read the herbal attitude

3 f). Look up the Herbal Affirmation in the herbal manual

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### 4. Temporal Tap with Eye Rotations while looking at the Herbal Photo in the herbal manual while repeating Herbal Affirmation in the workbook

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#### Temporal Tapping

Hold the thumb to the ring finger whilst using the two middle fingers to tap around the ear in a circular motion both clockwise and counterclockwise.

#### Eye Rotations

With the head and neck centered, moving the eyes in a circular motion through the full vision spectrum both (cw & ccw) while looking at a focal point, in this case the herbal photo.

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Please refer to the back of the Workshop Booklet for any information pertaining to gathering, harvesting, drying and storing herbs. Check out ways in which to make teas, tinctures and capsules. Remember that the herbs are thrilled to be of service!

For us all.....it's all about Co-Creation

## Closing

Let me answer the three main questions I always get:

### 1. How can I teach this if I don't know anything about herbs?

Even though "Herbs" is in the title of this workshop you don't need to know anything about the herbs to teach the workshop, it's like the herbs will guide you through the process. In many countries herbs have been taken off the market so these practitioners have no resources for working with herbs. You don't need to study and know the physical attributes or the chemical constituents or the contraindications of the herb. This workshop offers meridian and chakra corrections by simply using the herbal picture, the herbal message and the herbal affirmation.

*"I knew nothing more about herbs than the lay person on the street".*

*"I found the herbal affirmation was right on with the student's goal."*

### 2. I want to get the teacher's package but can't afford it right away.

The teacher's workshop is \$325.00 conference special \$275.00. It pays for itself after teaching 3-4 students if you charge \$80.00- \$100.00 per student. There is also a payment plan available of 3 payments of \$111.00 per month.

*"I enrolled 5 new people in the Living in Balance workshop."*

*"I sold a \$600.00 package to one of the participants and possibly another one this week!"*

### 3. What if I don't have enough time to train to teach or to teach another workshop?

If you are a TFH teacher you already have enough information from your IKC training to teach this workshop. If you have any concerns I offer a complimentary skype tutorial which is included in the teacher's kit. If your workshops are as full as you would want then this workshop is not for you. This mini- workshop is only for those instructors that want to entice new people and fill the seats of their larger big ticket workshops

Here is what Michelle Greenwell of Mabou, Nova Scotia, Canada had to say  
*All my students have not had previous energy medicine or kinesiology background. The workshop was an eye opener for people to think about using herbs in a completely new and easy way. Participants were astounded by the results of what showed up, what affirmation was identified for them, and how they felt after doing the tapping around the ear while looking at the herb. Introducing muscle testing is always fun, and the look of surprise on their face when they play with muscle testing is such a delight! Because of this workshop I have been able to expand my other work and people request this herb workshop each spring and fall. Some students want to repeat the class quickly so they can bring their family and friends. I was asked to teach a second class in just 2 weeks after the first class.*

so to get more knowledge you can take the conference workshop  
( state all the details of time and location)

Here's a summary of choices on how you can share this work with your friends, clients and students.

Pkg 1 for you to use and share with family and friends

The book/ the dvd that explains things chapter by chapter and the two charts:  
Herbal Meridian/Chakra Chart Herbal Affirmation Chart

Pkg 2 If you are already a TFH Instructor, you can get inspired and become a teacher simply by purchasing the teacher's kit which comes with a complimentary tutorial to fill in any missing information or questions that you may have .

The Teacher's package includes Herbal workshop manual, Instructional DVD, Herbal Meridian Chart, Herbal Chakra Chart, Herbal Affirmation Chart, Powerpoint DVD, Western Herbs Workshop booklet PDF on DVD for instructor printing, Class Roster, Advertising poster PDF, Postcard handouts PDF, Private 1 hour tutorial, Teacher's 40% web discount, IKC certificates available.

**Pkg 3** Inspire your students to become teachers and spread the word of Touch for Health Kinesiology. You teach your students the Western Herb for Eastern Meridian workshop and then teach them to teach it to their family and friends. Let these new mini workshop teachers inspire their students to come to your TFH classes.

The Teacher's Kit plus the Facilitator (Instructor of Instructors) training webinar.

### Summary sheet

#### **PKG 1 For sharing with family and friends**

Herbal Workshop manual, Instructional DVD, Herbal Meridian Chart, Herbal Chakra Chart, Herbal Affirmation Chart

**Herbal Manual / DVD and 2 charts: web store price \$123.00**

**TFH conference price \$97.00**

#### **PKG 2 For teaching others**

Herbal Workshop manual, Instructional DVD, Herbal Meridian Chart, Herbal Chakra Chart, Herbal Affirmation Chart, Powerpoint DVD, Western Herbs Workshop booklet PDF on DVD for instructor printing, Advertising poster PDF, Postcard handouts PDF, Private 1 hour tutorial, Teacher's 40% web discount, IKC certificates available

**Teacher's kit: web store price \$325.00**

**TFH conference price \$275.00**

#### **PKG 3 For making teachers out of your students**

Herbal Workshop manual, Instructional DVD, Herbal Meridian Chart, Herbal Chakra Chart, Herbal Affirmation Chart, Powerpoint DVD, Western Herbs Workshop booklet PDF on DVD for instructor printing, IKC certificates available Advertising poster PDF, Postcard handouts PDF, Private full day tutorial, Teacher's 40% web discount including the teacher's pkg.

**Facilitator training: web store price \$1,997.00**

**TFH conference price \$1497.00**

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Happy is he who hath the power to gather wisdom from a Flower  
Rosemary Gladstar

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Thank-you