

Opening our container

Additional Resources

Herbal Preparation: Tisane, Infusion, Decoction Video

<https://www.youtube.com/watch?v=JZlto7sh50I&list=WL&index=2&t=4s>

Setting up Altar Video [2019]

Note that this video is an offering created for the distance program, it mentions preparing the altar before our gathering.

<https://www.youtube.com/watch?v=XJx9oopXHvE&t=45s>

Nourishing + Musculoskeletal Herbs

7 Health Benefits and 7 magick)

al Uses for Horsetail, *Angelorum****

<https://angelorum.co/topics/healing/7-health-benefits-and-7-magickal-uses-for-horsetail>

Alfalfa, *Medicinal Herb Info*

<http://medicinalherbinfo.org/000Herbs2016/1herbs/alfalfa/> **

Alfalfa, *Semilla of Ixchel*

<https://drive.google.com/open?id=1z54JlMyc6XKivsOpAOs8g5XmRwdjIAmk>

Burdock, *Herbrally*

<https://www.herbrally.com/monographs/burdock/> ***

Chickweed, *Cloverleaf Farm Herbs* <http://www.cloverleaffarmherbs.com/chickweed/> **

Dandelion, *Oakenwood* <http://www.oakenwood.co.uk/dandelion-monograph/> **

Dandelion, *Wildfood and Medicines* <http://wildfoodsandmedicines.com/dandelion/>

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Herbal Treatment***

<https://drive.google.com/file/d/OB2mNfHjzPFLdbnRZRlpyMnZyMUk/view?usp=sharing>

Herbs for Tendons, Ligaments, + Muscles, *Robyn Hughes***

<https://www.livestrong.com/article/387825-herbs-for-tendons-ligaments-muscles/>

Horsetail, *Seed, Root + Bloom!*

https://docs.google.com/document/d/1qGMGJ4_AkEGBqIOZcUkEMo5gwRSRc-q5b5uPKTTYD/Lw/edit?usp=sharing

la'al stinging nettles, *xochitlcoatl*

<https://drive.google.com/open?id=1kc2i224xpl9xjHi5fi-qH2OXB3XoaeF3>

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Linden, *Herbs for Mental Health* <http://herbsformentalhealth.com/linden/> **

Marshmallow, *Herbrally* <https://www.herbrally.com/monographs/marshmallow>

Nettles Plant Profile, *Worts and Cunnings*
<http://www.wortsandcunning.com/blog/nettles-plant-profile> *

Oats, *Herbrally* <https://www.herbrally.com/monographs/oats>

Red Clover, *Herbal Supplement* <https://www.herbal-supplement-resource.com/red-clover.html> **

Wild Greens Nutrition Comparison, *Homestead Laboratory*
<http://homesteadlaboratory.blogspot.com/2015/06/wild-greens-nutrition-comparison.html>

Blessing Herbs

Ceremonial Uses of Tobacco, *Indian Country*
<http://www.mpm.edu/content/wirp/ICW-166.html>

Mugwort, *Herbrally* <https://www.herbrally.com/monographs/mugwort>

Sweetgrass, *Nativetech* <http://www.nativetech.org/plants/sweetgrass.html>

Sacred Tobaccos, *Oocities* <http://www.oocities.org/redroadcollective/SacredTobacco.html> (also includes Sage, cedar + sweetgrass)

Traditional Tobacco, *Keep it Sacred National Native Network*
<https://keepitsacred.itcni.org/tobacco-and-tradition/traditional-tobacco-use/>

Energy Work

Guided Reiki 12 Basic Hand Positions for Self Healing with 5 Minutes Timer, *Zen Meditation Planet**
<https://www.youtube.com/watch?v=rB7TV7HziKc>

Reiki Self-Treatment | How to Give Yourself a Reiki Self Healing | How to Reiki Video Tutorial, *Carla Trujillo*
https://www.youtube.com/watch?v=f_7TXfQJL2Y

Reiki Training, *Karthikeyan Sankaran*
<https://www.slideshare.net/skarthitw/reiki-level1-training>

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What is Reiki Energy | How Does Reiki Work, *Carla Trujillo*

<https://www.youtube.com/watch?v=VrVp7E9sWOs>

USUI SHIKI RYOHO REIKI Usui system of natural healing

<https://ahcravoreiki.files.wordpress.com/2012/04/usui-shiki-ryoho-reiki.pdf>

Kitchen Herbalism

Read 14 Must-Have Supplies for Herbalists, *Herbal Academy**

<https://theherbalacademy.com/supplies-for-herbalists/> **

True Nourishment Bone Broth, *La Abeja Herbs**

<http://laabejaherbs.blogspot.com/2014/10/true-nourishment-bone-broth.html?m=1> **

Cultural Appropriation, Abuelitx Knowledge + Reclamation

7 Myths about Cultural Appropriation DEBUNKED!

<https://m.youtube.com/watch?v=KXeJdHrGOuI>

I'm Done Answering Questions About Cultural Appropriation, *Wear Your Voice Mag*

<https://wearyourvoicemag.com/identities/race/im-done-answering-questions-cultural-appropriation>

11 body parts names after people***

<http://mentalfloss.com/article/23249/11-body-parts-named-after-people>

Black Bodies Matter: How the Enslaved Were Valued and Devalued in History, *Beacon Broadside*

<https://www.beaconbroadside.com/broadside/2017/01/black-bodies-matter-how-the-enslaved-we-re-valued-and-devalued-in-history.html>

Born dead: The Culture of Slavery in American Medicine, Then and Now, *Vincent Benlloch****

<https://lewiscar.sites.grinnell.edu/HistoryofMedicine/author/benlloch/>

Ep. From the Sky: The Answer to Our Ancestors Prayers (Lessons from Standing Rock), *We The Village*

<https://wethevillagestories.squarespace.com/we-the-village/2017/5/24/zkaz7kqqk7902toedrlpwrj2rc46m8>

Getting to know Roxbury, *Boston University****

<http://www.bu.edu/today/2019/getting-to-know-your-neighborhood-roxbury/>

How black slaves were routinely sold as 'specimens' to ambitious white doctors, *The Conversation****

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<http://theconversation.com/how-black-slaves-were-routinely-sold-as-specimens-to-ambitious-white-doctors-43074>

Named after men***

https://en.wikipedia.org/wiki/List_of_human_anatomical_parts_named_after_people

<https://iheartguts.com/blogs/i-heart-guts/tk-biologically-female-body-parts-named-after-male-doctors>

Reclaiming Abuelita Knowledge as a Brown Ecofeminista, *La Loba Loca*

<https://www.autostraddle.com/reclaiming-abuelita-knowledge-as-a-brown-ecofeminista-213880/>

Reclaiming Ancestral Wisdom in the New Age Revival, *Dakota Kim*

<https://restforresistance.com/zine/reclaiming-ancestral-wisdom-in-the-new-age-revival>

Traditional Medicine | fading knowledge of healing powers of herbs

https://www.youtube.com/watch?v=gzQUAI85C5A&fbclid=IwAR2U3A7a0gNQ_vsTwb1eUffdm-QPlvXrdbWPbhn3mRHVRu_zOWawfmGHVY

Why we need to stop excluding black populations from ideas of who is 'indigenous.' *Hari Zhad, Black Youth Project*

<http://blackyouthproject.com/need-stop-excluding-black-populations-ideas-indigenous/>

Holistic Healing

A 6-Step Guide to Self-Healing, *Dr. Lissa Rankin*

<https://www.mindbodygreen.com/0-22547/a-6step-guide-to-radical-selfhealing.html> **

How Indigenous Knowledge Advances Modern Science and Technology, *The Conversation*

<https://www.google.com/amp/s/theconversation.com/amp/how-indigenous-knowledge-advances-modern-science-and-technology-89351>

Wildcrafting for the Practical Herbalist

<http://7song.com/wp-content/uploads/2017/03/Wildcrafting-Herbalist.pdf>

We strive to offer you teachings + wisdom from + that center bipoc communities. Here are is the key for how we acknowledge when teachings are coming from outside our communities:

*white presenting or non-BIPOC identifying

**non-BIPOC

***non-BIPOC, cis man