

Healing for presence

Additional Resources

Herbs for the Nervous System

Adaptogenic Herbs, *Nutrition Science News* ***

<https://drive.google.com/file/d/OB2mNfHjzPFLdMUNMcFp4XO5Wc1k/view?usp=sharing>

Blue vervain, *School of Evolutionary Herbalism****

<http://www.evolutionaryherbalism.com/wp-content/uploads/2016/08/Blue-Vervain-Verbena-hastata.pdf>

Chamomile, *Richard Mandelbaum****

<https://arborvitaeny.com/wp-content/uploads/2013/03/Matricaria-chamomile-Mandelbaum.pdf>

The energetics of passionflower**

<https://animamundiherbals.com/blogs/news/the-energetic-properties-of-passionflower>

Holy basil, *Gaia Herbs***

https://www.gaiaherbs.com/uploads/1596_HPR_HolyBasil_ResearchPaper-1371567034.pdf

Holy basil, *Herb Rally***

<https://www.herbrally.com/monographs/tulsi-rh/>

Jamaican dogwood**

<http://7song.com/jamaican-dogwood-piscidia-piscipula-2014/>

Kava Kava, Valerian and Other Nervine Herbs, *Deanne Tenney***

<https://drive.google.com/file/d/OB2mNfHjzPFLdLU5lQWxPTTFBVU0/view?usp=sharing>

Nervine Herbs (Tonics & Relaxants), *Ital Is Vital*

<https://www.youtube.com/watch?v=TgbPsVezrc8>



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Passionflower, *Herb Rally*

<https://www.herbrally.com/monographs/passionflower/>

Valerian, *Herb Rally***

<https://www.herbrally.com/monographs/valerian/>

Nervous System

The Fight Flight Freeze Video***

https://www.youtube.com/watch?v=jEHwB1PG_-Q

How does the nervous system work ***

<https://bodytomy.com/how-does-nervous-system-work>

The Importance of the Nervous System, *Stand with Randpac****

<http://standwithrandpac.org/the-importance-of-nervous-system/>

Nervous System 3d Interactive, *Inner Body****

<http://www.innerbody.com/image/nervov.html>

Treating Traumatic Stress in Children and Adolescents: How to Foster Resilience Through Attachment, Self-Regulation, and Competency, *Margaret E. Blaustein & Kristine M. Kinniburgh*

<https://arcframework.org/wp-content/uploads/2016/11/Caregiver-Trigger-Information.pdf>

Third Eye Chakra Magick

Chakras for Beginners: THIRD EYE (6th) CHAKRA Explained: (Led by a Yoga Teacher)

<https://www.youtube.com/watch?v=ZcZeDbCF3kg>

People of Color Retreat

<https://www.dharma.org/retreats/519>



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Third Eye Chakra Affirmations, *Seed, Root + Bloom*

You're encouraged to build this document with us

https://docs.google.com/document/d/1cOHS5WomFAIIXKrPmMr_HZUn8Mj7EyvRyv632za-g/edit?usp=sharing

Ancient Consciousness Shifting Traditions + Magick

3 Powerful Ancient Herbs to Raise Consciousness and Expand Awareness, *Waking Times****

<https://www.wakingtimes.com/2016/02/01/3-powerful-ancient-herbs-that-raise-consciousness-and-expand-awareness/>

Plant Consciousness The Fascinating Evidence Showing Plants Have Human Level Intelligence, Feelings, Pain and More, *Stephen Buhner****

<https://www.consciouslifestylemag.com/plant-consciousness-intelligence-feeling/>

Social Justice & BIPOC Health

For Black Women, 'Living While Anxious' Often Leads to Poor Health, *Adia Harris*

<http://ourselvesblack.com/journal/2016/6/28/for-black-women-living-while-anxious-often-leads-to-poor-health>

Freeze leads to survival, *Molly Boeder***

<http://www.thebreathenetwork.org/freeze-leads-survival>

Health Disparities and Stress, *APA*

<https://www.apa.org/topics/health-disparities/stress.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

****to our knowledge their self-identification + lineage



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