**Plant Cosmology- Seasons of the Soul Assignment-**

**Overview and Questions-**

**Plant Cosmology**

Northern Star College of Mystical Studies.

Ideas from: Awakening Beauty- The Dr. Haushka Way- Susan West Kurz.

Take the day to work with your partners. Divide the time you have in half or thirds. Be prepared to report back to class.

**The purpose of this exercise is to create a lifestyle plan for your partner that they will be inspired to implement. Use your knowledge in herbology, aromatherapy and flower essences to make suggestions for each of the seasons.**

**Read all of these pages over to get an idea of the scope before starting.**

Each seasonal plan should vary somewhat. For example- herbs and oils for fall might be more warming than herbs and oils chosen for summer.

There may also be continuity- if your client has low thyroid for instance, this should be addressed each season. Make this fun, so that the client looks forward to the healing practices and will do be more likely to implement.

Each season should contain a suggestion for:

Food

An herb or herbs:

Essential oils and carrier oils

a flower essence

Seasonal Rituals and practices.

Follow some of the ideas introduced by Hauska,

**Rhythm Overview: Step One**

Do a daily rhythm overview with your client. pgs. 3-4

**Inner Season- Step Two**

Do an inner season overview with your client. pg. 5-

**Outer Season Step Three**

Do an outer season overview with your client pgs. 6 &7

**Seasonal Overview Diagnosis- Step Four-** pg 8

Conduct a Seasonal Overview Diagnosis to see which seasons are naturally easiest and more difficult for them.

**Spring -Step Five pgs 9 & 10**

Devise their spring plan

**Summer- Step Six pgs 11 & 12**

Devise Their Summer Plan

**Fall – Step Seven pg. 13 & 14**

Devise Their Fall Plan

**Winter Step Eight-pgs 15 & 16**

Devise their Winter Plan

**Rhythm Overview: Step One**

Do a daily rhythm overview with your client.

Do they feel safe in their home?

Is there something stressing them that needs to be dealt with?

Do they have order and beauty in their homes and lives?

What is their inner dialogue about themselves?

What is their inner dialogue about time—is it always hurried, or relaxed?

Is there an affirmation they might take on to get their rhythm more in tune with nature?

Are there ways to enforce boundaries with others who hurry or disturb them?

Is their bedroom supportive to sleep- is there adequate darkness, privacy, quietness, temperature, humidity?

Do they sleep any noise- ie. t.v., radio?

Do they go to bed at a similar time each night?

Do they get enough sleep each night?

If not, what practical aspects could change?

Do they have a similar wake up time?

How do they wake up? Ie. dog barking, blaring alarm personal body rhythm, or zen clock?

Do they have breakfast?

Is it nutritious?

Is it appealing and appetizing?

Do they make enough time in their schedule to enjoy their morning?

Do they have time with their family, time to meditate, journal, dream, or bathe luxuriously?

Do they have time to walk, stretch or exercise?

Is this true every season?

Do they have family dinners? If so, are they nutritious and delicious?

Do they have an orderly home?

Are there pockets of clutter they would like to eliminate?

Do they need help with the ordering and cleaning?

Is there a spot that is just for them?

Are there places of beauty?

Are there energy- draining aspects to their homes, that they could clear?

What helps your client keep most in touch with their inner rhythm?

Do they do this every day?

Create a plan to enhance their individual daily rhythm.

Think of actions, (bathing, meditating, journaling, cleaning, walking, gardening) etc. use herbs, essential oils, flower essences that support their journey.

Use the idea of repetition to create flow and order. i.e. a healing bath every Thursday at 8pm with oil of lavender, walk in nature every Sunday at 2pm or cooking with grains and pulses every Tuesday at 3pm.

A half-hour each Saturday to sit in a beautiful spot and body scan, feel your body, and attend to your emotions. Then 20 minutes to journal your experience.

**Inner Season- Step Two**

What is your chronological age?

Is there anywhere in your life you feel a sense of newness of birth?

Is there anywhere where you feel passion and fully alive?

Is their an area where you are reaping the benefits, but not as engaged as you once were?

Is there any area of your life you would like to let go of, as it no longer serves you?

Or is there an area that feels contemplative like it’s being restructured?

(Determine with consultation to your client the main season for their inner wheel)-

**Outer Seasonal Wheel- Step Three**

This is the wheel in which we all resonate together, with the physical season that we are experiencing.

Many cultures eat differently for the seasons, partly because of access to what grows seasonally, partly because our bodies crave different things during different times of the year.

For example it is natural to want more soups, stews, carbohydrate rich root vegetables in the fall and winter.

In the spring eating may vary as days switch from warm to cold.

In the fall we have a plethora of food around and eating fresh local foods is pleasurable.

Body type also has an impact on how we interpret the seasons.

We have previously studied the Ayurevedic types: Pita, Kapha and Vata.

Pita is of a medium weight and height. If they do put on weight it is generally evenly distributed. They are hot bodied, good organizers and possibly a little hot tempered. Their skin is often light for their racial group, and inflames easily.

They reflect a summery, hot personality. They require less hot foods than the other two types. They may react to vinegars and hot sauces by breaking out in a sweat, especially on top of their head.

Kapha is a cool, but damp type. They often have a broad frame. They carry their weight on the bottom. They may be even- tempered and intuitive. They often have nice temperaments to be around, but move at a rather slow pace. They are already damp, with good skin, that may not wrinkle quickly. They may be less picky about weather than the other two types, but too much wet weather can aggravate them. They can develop more colds and mucous problems.

Vatas are often quite tall, or quite short. They are often slim, but when they put on weight it is on the middle of the body. They are generally cold bodied, with dry skin.

**Seasonal Overview Step Four**

Do a seasonal diagnosis with the client. What season is the hardest for them? Which is the easiest? Put special emphasis on their hardest season. For each season determine their stressors and help get them on a positive seasonal schedule.

**Spring**- Devise the Spring Plan- **Step Five**

Taking into consideration the uniqueness of your client- their rhythms, inner wheel, ayurevedic type and preferences devise a spring plan they will love to follow.

Spring is a time of:

Planting of ideas, hopes. Newness in life (career, relationship, education, home, idea, project,) Witness the birth of nature around us.

It is a natural time to cleanse, shed old weight and ideas, move residence etc.

Client Issues that might occur in the spring:

Irritability –(things are not happening fast enough)

Erratic Energy- Need a spring cleanse & or spring tonic

Problems concentrating

Spring allergies- (Snow mould, pollens).

Other:

Lifestyle:

Environmental: Time to spring clean.

Create natural cleaning products.

Recycle what no longer works for you for your wardrobe and home.

Leave space to attract new appropriate energy.

Foods

Herbs

Essential Oils

Flower Essences

Color and gem therapy

Sound Therapy (Listening to music, chanting, humming, singing)

Sleep

Light Levels

Rituals- Practices

Affirmations & Feelings

Other

**Summer- Devise the Summer Plan**: Step Six

Manifest passions about your life. Grow your garden, foods, herbs & flowers. It is easier to get good exercise and food. It is a great time for long walks, relaxing with friends.

Possible Client Issues related to summer:

Irritability with heat:

Heat rash.

Summer allergies

Insect bites

Sprains, strains, cuts & bruises.

Sunburn, sunstroke.

Problems sleeping due to expanded light levels.

Other

Plan-

Foods- How to best enjoy and gain nutrients from the lovely foods you grow or buy this time of year.

Herbs- What can you grow or buy fresh?

Which ones do you personally need?

Essential Oils-

Time to make infused oils.

Flower Essences

Are you able to make flower essences now?

What is your pleasure for exercise? What will help you stick to it?

Color Therapy

Sound Therapy (Listening to music, chanting, humming, singing)

Sleep

Rituals

Affirmations & Feelings

Lifestyle & rhythm

Other

**Fall- Devise the Fall Plan- Step Seven**

Consolidating what is important to you. Letting go of what no longer works. Preparing for longer dream time, with the lengthening of days. Preparing your educational schedule. Making your home enjoyable and safe. Harvest time. Preparing food by dehydrating, canning, freezing etc. Preparing your tinctures, salves etc. Thanking the nature devas and elements for their participation.

Fall Client Issues:

Depression due to lower light levels. (SAD)

Weight gain:

Stress- (Due to excess busyness)

Fall allergies:

Other;

Plan-

Foods- How to best enjoy and gain nutrients from the lovely foods you harvest or buy this time of year.

Herbs- What can you harvest- dry, tincture?

Which ones do you personally need?

Essential Oils-

Flower Essences

What is your pleasure for exercise? What will help you stick to it?

Color Therapy

Sound Therapy (Listening to music, chanting, humming, singing)

Sleep

Rituals: Ideas- Make herbal amulets.

Decide on purpose: lavender and chamomile to relax; peppermint and rosemary for energy or mental clarity: rose for beauty and reminder of summer.

Cut six-inch circle out of cloth. Fill with dried herb. Tie with lace or ribbon. Put affirmation on inside. Refresh with essential oil through year. Repeat affirmation each time you fun across it.

Start making Christmas gifts from aromatic or herbal material:

Scented candles, bath salts, facial or body creams and oils, etc.

**Winter**-Devise Winter Plan- Step 8

Connect with your higher purpose. Time to reflect, read, meditate, dream, write, pray, journal etc. Ensure you have proper warmth and humidity levels in your home.

Client issues:

Seasonal colds and flus.

Dry hair, skin, nails.

Cabin fever- (too constricted)

Anxiety

Arthritis and rheumatism aggravated by cold-

Lethargy, & lack of motivation.

Plan-

Foods:

Herbs-

Essential Oils-

Flower Essences

What is your pleasure for exercise? What will help you stick to it?

Color Therapy

Sound Therapy (Listening to music, chanting, humming, singing)

Sleep

Ritual: Honoring darkness & shadow. Through inner- work notice where your shadow is. Reward yourself for noticing. Through dreamwork, journeying and journaling notice how this piece of you became alienated and ask how you might make space for it. Treat it with honor and dignity. Reward yourself for your brave journey.

Make lip-balms, and deep creams for this dry time. Eat warming foods, herbs and spices.