



# Visioning and Growing Your Herbal Practice: A Personal/Communal Exploration

With Karen L. Culpepper

For Sky House Herb School +  
Apothecary - July 31, 2021



# Check In

- Take care of yourself
- Hydrate
- Mentimeter
  - Menti.com
  - Code 4480 5473



# Lay of the Land

- A little about me
- What I believe
- Move through the conversation with plant parts and a plant muse
  - Seeds - potential
  - Root - anchoring
  - Leaf - processes
  - Flower - new growth



## A Little About me

- Chinese and DCAUS woman
- Gen X momma healer, she/her
- LMT, clinical herbalist, apothecary owner
- The KLCC Collective
  - Embracing Rhythm
  - Sacred Legacy Herbal Apothecary
  - Rhythmic Botanicals
- My superpowers
- Cotton root bark



I believe:

- We are here to evolve
- Together we know a lot
- Everyone is a teacher
- In the elements
- Multilayered,  
multidimensional  
beings
- Audre Lorde: There is  
no liberation without  
community
- Synergy
- My clients are ready to  
do the work



# Seed: potential + possibility

- Maypop (~~Passionflower~~)
  - *Passiflora Incarnata*
- Be in your TRUTH
- Misalignment: preachin and not practicing
- What are you actively doing in each category along this trajectory
  - Self care
  - Higher care
  - Healing
  - Liberation



# Seed: potential + possibility

- Mentimeter
  - What are your superpowers?
  - What is your work/areas of improvement?
  - Examples of self care, higher care, healing
- Music: Phony Ppl: why iii love the moon





## Root: anchor + groundedness

- Ashwagandha (*Withania somnifera*)
- Clinical Herbalist
- We all come from people. Communities. Organizations. We all have valid stories.
- Check your intentions
- Know your biases
- Know your triggers
- Tangent: alchemy + designing your framework as an herbalist
- [Functional Medicine lens](#)
- [Pairs of Aces](#)





## Root: anchor + groundedness

- Mentimeter
  - Who are your people/what communities do you desire to serve?
  - What values are important to you
- Music - Solange: Dreams



## Leaf: reactions + processes

- Rosemary (*Rosmarinus officinale*)
- Mentimeter
  - Dreaming from a space of abundance and joy, in your biggest imagination, in a world full of yes, no resistance, unlimited support, in this moment what is your dream?
  - What is your vision of your practice?
  - What makes your heart sing?
- Music: Donny Hathaway: Sack Full of Dreams



## Leaf: reactions + processes

- Rosemary (*Rosmarinus officinale*)
- What is most interesting for you?
- Main problem you are trying to solve?
- Why does it exist?
- How will your offering be a salve?
- What is keeping your client up at night?
- How does your ideal client want to feel?
- Results they desire?
- Feature of product/service
- Competition
- Partnerships
- Distribution
- Pricing



Flower: new growth + creativity

- Rose (*Rosa spp*)
- Now what?!?!
- Next Steps

Mentimeter:

- Rose, Thorn, Bud
  - Something that feels good/full, realization/pain point, possible next step
- Music: Donny Hathaway  
- Love, love, love



# Q & A

What questions are on your heart?



# Give Thanks

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