



# Redefining and Co-Creating the Leader with Herbal and Plant Energy

A comprehensive study guide for your wellness leadership journey with Dr. Nicole M Ford Francis. This transformative webinar will guide you through identifying and transmuting traumatic life experiences into love and healing energy, helping you redefine what it means to be a leader in your own life and in service to others.

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**Passcode:** 049187

**Host:** Dr. Nicole M Ford Francis

# The Power of Energy & Transmutation

At the heart of true leadership lies the profound ability to recognize, understand, and transform the energy we carry within ourselves. Energy, in the context of healing and leadership, is not merely a metaphysical concept—it is the living force that shapes our thoughts, emotions, actions, and ultimately, the impact we have on the world around us. When we speak of transmuting traumatic life experiences into love and healing energy, we are talking about a sacred process of alchemical transformation that turns our deepest wounds into our greatest sources of wisdom and compassion.

This journey begins with honest self-examination. What heavy energies are you carrying? What past experiences have shaped the way you show up as a leader, parent, friend, or healer? These questions are not meant to dwell in pain, but rather to illuminate the path forward. By identifying the specific energies that weigh us down—whether they stem from childhood trauma, relationship wounds, professional disappointments, or health challenges—we create the space for genuine transformation to occur.

The beautiful truth is that we are not meant to carry these burdens alone. Through plant medicine, spiritual practice, and intentional healing work, we can partner with forces greater than ourselves to lighten our load and step into our fullest, most authentic leadership. This is where your journey begins—right here, right now, with the simple but powerful act of setting an intention for what you wish to transmute during this sacred time together.

## Dr. Francis's Definition of Energy

***Energy the unseen life force that cannot be created or destroyed. It can only be transformed into another form and transmuted to or into another place. Energy transcends all time and space.***

## My Personal Intention

What specific traumatic life experience or heavy energy am I hoping to transmute during this session?

# The Story Approach: Re-Creating Your Narrative

## The "Old" Story

What is the limiting narrative I have been telling myself about my leadership or my health?

*Use this space to write honestly about the story that has been holding you back.*

## The "New" Story

How can I use the Story Approach to rewrite this narrative?

*Envision the empowering story you wish to embody moving forward.*

## Co-Creating with The Creator

What does it mean to "shape a better future" through spiritual partnership?

Reflect on how divine guidance can support your transformation.

Every leader carries a story—a narrative that has been shaped by experiences, beliefs, cultural conditioning, and the voices of others. Some of these stories empower us, lifting us toward our highest potential. Others, however, keep us trapped in cycles of limitation, self-doubt, and diminished impact. The Story Approach is a revolutionary framework that empowers you to consciously re-create your narrative, transforming limiting beliefs into liberating truths that align with your divine purpose.

Consider the stories you have been telling yourself about your leadership capabilities, your worthiness, your health, or your capacity to create change. Are these stories serving you? Do they reflect the truth of who you are meant to become, or are they echoes of past pain, societal programming, or inherited trauma? The power to rewrite these narratives lies within you, but it requires courage, clarity, and a willingness to partner with The Creator in shaping a better future.

# The Toolkit: Healing Oils, Brews, Tinctures & Tonics

The natural world offers us an abundant pharmacy of healing—one that has been used by wise healers, medicine women, and spiritual leaders for millennia. Healing oils, flower power brews, tinctures, and tonics are not simply alternative remedies; they are powerful allies that work on multiple levels—physical, emotional, energetic, and spiritual. When we approach these botanical medicines with reverence and intention, they become partners in our healing journey, helping us address root causes rather than merely masking symptoms.

Each plant carries its own unique energetic signature and healing properties. Some work to calm our overactive nervous systems, bringing us back into parasympathetic rest and restoration. Others support our digestive systems—the seat of our gut intuition and emotional processing—helping us better assimilate not just food, but life experiences. Many botanical allies are particularly effective at reducing anxiety, that modern epidemic that keeps so many leaders operating from a place of fear rather than trust and wisdom.

Beyond their effects on our individual bodies, these plant medicines can also shift the energy of our environments. Through practices like smudging, diffusing essential oils, or creating herbal sprays, we can cleanse spaces of stagnant or negative energy, creating sanctuaries that support healing, creativity, and authentic leadership. As you explore the toolkit Dr. Francis will share, approach each remedy with curiosity and gratitude, knowing that you are connecting with ancient wisdom that has guided countless healers before you.

## Study Notes Here

1

Calming the Nervous System

**Recommended Remedies:**

**Application Method:**

2

Aiding Digestion

**Recommended Remedies:**

**Application Method:**

3

Reducing Anxiety

**Recommended Remedies:**

**Application Method:**

4

Shifting the Environment

**Space Clearing Techniques:**

# Holy Resins, Flowers & Herbs: The Sacred Transmuters

Throughout human history, certain plants have been revered as sacred—used in temples, churches, healing ceremonies, and spiritual practices across cultures and continents. These holy resins, flowers, and herbs carry particularly potent energetic properties that make them exceptional tools for transmuting negative energy and promoting deep healing. They work not just on the physical body, but on the subtle energy bodies that surround and interpenetrate our physical form.

Frankincense and myrrh, the legendary gifts offered to the Christ child, have been used for thousands of years to elevate consciousness, purify spaces, and connect us to the divine. Lavender brings peace and emotional balance, helping us release trauma stored in our cellular memory. Juniper offers protection and purification, clearing away energetic debris that no longer serves us.



Clove and cinnamon carry warming, protective energies that stimulate our life force and strengthen our boundaries against negative influences. Turmeric, that golden root of healing, works as a powerful anti-inflammatory on both physical and energetic levels, helping us release the inflammation of anger, resentment, and unprocessed grief. As you explore these sacred botanicals during the webinar, pay attention to which ones call to you—this is your intuition guiding you toward the medicine you most need.

# Chart for Notes and Calling Plant Allies

Frankincense	Herbs & Resins	Flowers & Plants
Myrrh		
Lavender		
Juniper		
Clove		
Cinnamon		
Turmeric		

## Notes:

# Attracting Your Medicine: The Power of Energetic Resonance

One of the most profound teachings in plant medicine is that we do not randomly discover the herbs and plants we need—rather, we attract them through energetic resonance. Just as a tuning fork vibrates in response to a matching frequency, our bodies, minds, and spirits naturally gravitate toward the botanical allies that carry the exact medicine we require in any given moment. This is not coincidence; it is the universe's intelligent design, ensuring that healing resources are always available to those who seek them with open hearts and clear intention.

During this webinar, Dr. Francis will guide you through an intuitive exercise designed to help you tap into this natural magnetism. You will learn to quiet the noise of the rational mind and tune into the deeper wisdom of your body's intelligence. This practice is particularly valuable for leaders who have been trained to rely solely on logic and analysis, often at the expense of their intuitive knowing. When we reawaken our natural ability to sense what our bodies need, we reclaim a powerful tool for self-care and sustainable leadership.

The key to this practice is cultivating presence and receptivity. Rather than approaching plant medicine with a shopping list mentality—"I need this for that symptom"—we learn to enter into relationship with the plant kingdom, asking sincerely: "What medicine do you have for me today?" This shift from taking to receiving, from controlling to allowing, is itself a form of healing. It teaches us to trust in forces beyond our individual willpower and to recognize that we are supported by an intelligent, loving universe that wants us to thrive.

## **Answer these questions below:**

01

### **Identify Your Current Health Issue**

What needs attention in your physical, emotional, or spiritual body right now? -----

02

### **Feel Into Magnetic Pull**

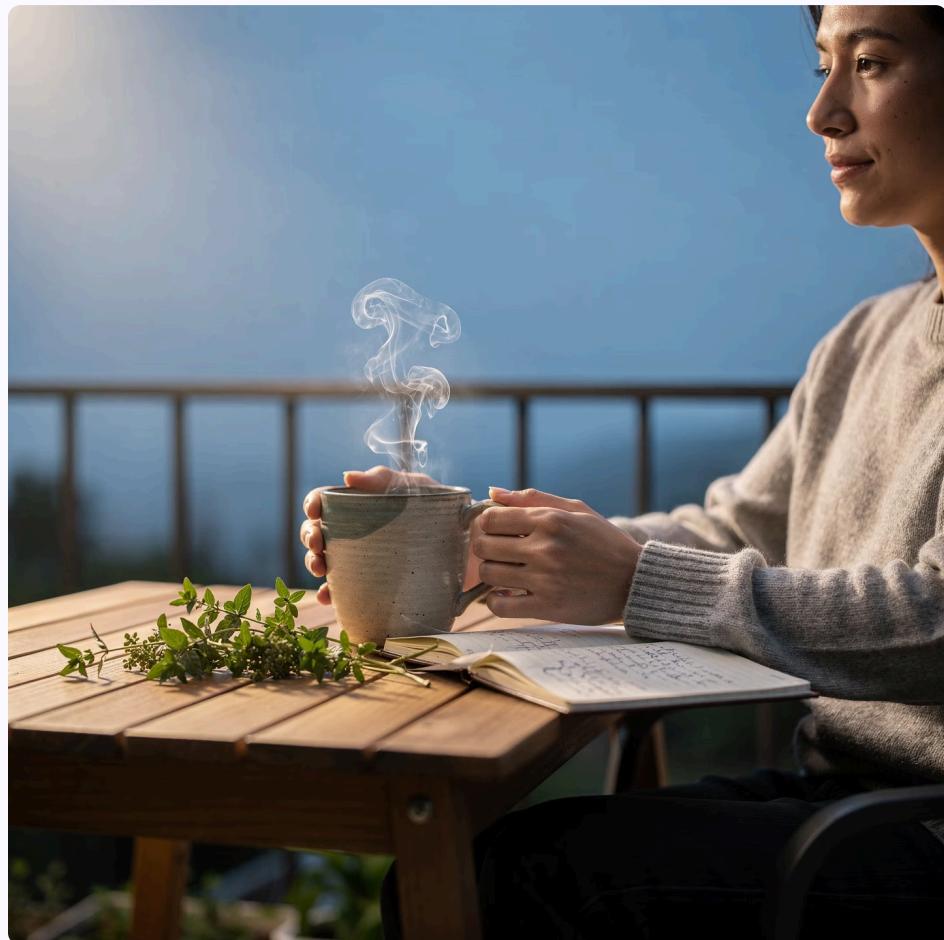
Which plant or herb feels "magnetized" to you? Trust your first instinct.

03

### **Create Your Action Step**

How will you incorporate this plant into your life this week?

# Integrating Plant Wisdom into Daily Leadership



## Morning Rituals for Grounded Leadership

Begin your day by connecting with plant allies through intentional rituals. Whether it's sipping a carefully prepared herbal tea, anointing yourself with sacred oils, or simply sitting in gratitude with a plant on your windowsill, these practices anchor you in the present moment and remind you of your connection to the natural world. Leaders who start their day from a place of centeredness rather than urgency make wiser decisions and create more sustainable impact.



## Creating Healing Environments

Your physical environment profoundly impacts your capacity for clear thinking, emotional regulation, and inspired action. By incorporating plants, diffusing essential oils, and maintaining energetically clean spaces, you create sanctuaries that support your highest functioning. This is especially important for leaders who carry the weight of others' needs and emotions—your space must be a place of restoration, not depletion.

# Weaving Plant Wisdom Into Daily Leadership



## Intentional Nourishment

Infuse your meals with purpose by utilizing healing spices and herbs, transforming the act of preparing food into a mindful practice that supports your well-being.

## Calm Decision-Making

When facing difficult choices, create moments of clarity and peace. Engage your senses with aromatherapy or a calming cup of herbal tea to foster centered reflection.

## Grounding in Nature

Overwhelm can be eased by connecting directly with the natural world. Step outside, touch a tree, and draw on its stable, grounding energy to restore your balance.

This integration of plant wisdom into leadership is not about adding new burdens, but rather enhancing your existing activities with greater intention and consciousness. By engaging with these practices, you transform routine actions into opportunities for restoration.

This approach highlights that effective leadership requires tending to your own healing. By partnering with plant allies for self-care, you ensure you have the vital resources to serve others sustainably. You set a powerful example, demonstrating that self-care is not a luxury, but an essential component of strength that honors the natural rhythms of rest, renewal, and regeneration.

# The Science Meets Spirit: Understanding How Plant Medicine Works

While our ancestors knew intuitively that plants possessed healing powers, modern science is now confirming what traditional healers have taught for generations. Plants produce thousands of bioactive compounds—essential oils, alkaloids, flavonoids, and terpenes—that interact with our bodies in profound ways. These compounds can cross the blood-brain barrier, influence neurotransmitter production, modulate inflammation, support immune function, and even affect gene expression. This is not magic; it is sophisticated biochemistry that we are only beginning to fully understand.

However, the scientific explanation does not diminish the spiritual dimension of plant medicine—it enhances it. When we understand that lavender essential oil contains compounds that bind to the same receptors as anti-anxiety medications, we appreciate both its practical effectiveness and the grace of a universe that provides natural solutions to human suffering. When we learn that frankincense contains boswellic acids that can reduce inflammation and potentially support mental clarity, we see the intelligence woven into creation itself.



## Neurological Impact

Plant compounds directly influence brain chemistry, affecting mood, cognition, memory, and emotional regulation through interaction with neurotransmitter systems.



## Cardiovascular Support

Many herbs support heart health through blood pressure regulation, improved circulation, and reduction of inflammation in the cardiovascular system.



## Immune Modulation

Adaptogenic herbs help the body respond more effectively to stress while supporting optimal immune system functioning and resilience.



## Energetic Resonance

Beyond biochemistry, plants carry vibrational frequencies that interact with our own energy fields, promoting balance and harmony on subtle levels.

The most powerful approach integrates both perspectives. We can appreciate the measurable, repeatable effects that science documents while also honoring the ineffable, personal experiences that occur when we work with plants as sacred allies rather than mere supplements. This both-and rather than either-or thinking is itself a form of expanded leadership consciousness—one that bridges ancient wisdom and modern knowledge, creating a more complete understanding of healing and wholeness.

## New Ideas and Self-Reflection

# Your Questions, Insights & Reflections

This space is sacred—it is where your learning deepens through active engagement. As you participate in the webinar, questions will arise. Some may be practical: "How much of this tincture should I take?" or "Where can I find quality frankincense resin?" Others may be more philosophical: "How do I know if I'm truly partnering with The Creator or just following my own desires?" All questions are valuable because they reveal where you are in your journey and what you need to understand more deeply.

Use the space below to capture your questions as they emerge. Don't worry about whether they seem sophisticated or simple—the act of asking is what matters. Dr. Francis welcomes your curiosity and will address as many questions as time allows during the live session. For questions that don't get answered during the webinar, consider them invitations for further exploration through your own research, meditation, or continued conversation with others on this path.

## Questions for Dr. Nicole Ford Francis

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## Key Takeaway

One thing I learned today that will change how I lead myself or others:

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Additional Notes & Sketches

Use this space to draw connections, write down recipes, or journal thoughts that emerge during the webinar. Sometimes the most profound insights come not from the content itself, but from the spaces between—the moments when something clicks into place or when you see a pattern you've never noticed before. Trust your process and capture whatever feels significant to you.

# Connect & Continue Your Journey

Your participation in this webinar is not an endpoint—it is a beginning. The seeds of wisdom planted today will continue to grow as you integrate these teachings into your daily life and leadership practice. Remember that transformation is not a linear process; it unfolds in spirals, circles, and sometimes surprising leaps. Be patient with yourself as you incorporate plant medicine into your wellness toolkit and as you practice the Story Approach to rewrite limiting narratives.

Dr. Nicole M Ford Francis and Unicorn BioPharma, LLC are here to support your ongoing journey. Whether you need guidance in selecting specific herbal remedies, want to explore personalized protocols, or simply wish to connect with a community of like-minded leaders committed to healing and transformation, you are not alone on this path. The wisdom of plant medicine is most powerful when shared in community, so please reach out, ask questions, and stay connected.

**Your healing matters. Your leadership matters. You matter. Schedule your 3- Day or 6-week immersive Master Class with Dr. Nicole before the 2025 discount is over.**



# Contact Us Today!



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*"May you walk forward from this day with renewed clarity, deepened connection to the natural world, and an expanded capacity to lead with love, wisdom, and authentic power. The plants are here for you. The Creator is with you. And your highest self is calling you forward. Answer that call." Dr. Nicole Ford-Francis*