

The seeds we plant now are not only in our gardens but in the life we wish to cultivate.

KAT MAIER, ENERGETIC HERBALISM



Address the 3 Pillars in SPRING - A CHEAT SHEET



Spring is the season to move forward, have plans, create new designs, and make clear decisions.

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3 COACHING PILLARS

- **Nourishment:** Herbs, H2O, Food, Sleep
- **Self-Care:** Yoga, Rituals, Exercise that gets your heart rate up.
- **Personal Development:** Building a trusting relationship with your self



NOURISHMENT FOR SPRING

- Eat spring greens
- Consume Nettles - Traditional Medicinals
- Eat bitter, bland, sour foods
- Drink Lemon water daily!



SELF-CARE FOR SPRING

- Move your body - especially walking after a meal
- Start a Yoga practice
- Start a Qigong practice
- Exercise that gets your heart rate up!



PERSONAL DEVELOPMENT FOR SPRING

- Journal on Anger. Where does this come up for you in your life?
- What tools can you use to help you express and release your anger?

"The seeds sown in the spring welcome the warmth + light of summer as they become the fruit that is to be harvested."

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Address the 3 Pillars in SUMMER - A CHEAT SHEET



"This season of ripening is the time to bring visions and plan to fruition."

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3 PILLARS

- **Nourishment:** Herbs, H2O, Food, Sleep.
- **Self-Care:** Yoga, Rituals, Exercise that gets your heart rate up.
- **Personal Development:** Building a trusting relationship with your self.



NOURISHMENT FOR SUMMER

- Enjoy cooling foods
- Watermelons
- Cucumbers
- Coconut water
- Organic berries
- Avocados
- Spicy peppers
- Hibiscus, Lemongrass, Chamomile, Hawthorn, Mints, Lemon Balm



SELF-CARE FOR SUMMER

- Exercise that gets your heart rate up.
- Start a Yoga practice.
- Engage in social gatherings - this keeps the heart balanced.



PERSONAL DEVELOPMENT FOR SUMMER

- Enjoy time near the water - a beach, lake, river, waterfall, hot spring.
- Read a book, write poetry, or journal.

"This is a season of letting go, a lesson that trees teach us so beautifully as they release their leaves with ease and grace."

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Address the 3 Pillars in AUTUMN - CHEAT SHEET



3 PILLARS

- **Nourishment:** Herbs, H2O, Food, Sleep
- **Self-Care:** Yoga, Rituals, Exercise that gets your heart rate up.
- **Personal Development:** Building a trusting relationship with your self.



NOURISHMENT FOR AUTUMN

- Eat pungent + spicy foods/herbs.
 - **Ginger**
 - **Garlic**
 - **Cayenne**
 - **Horseradish**
 - **Thyme**
 - **Corriander**
- You can get creative. Mix the foods/herbs in your meals, broths, and teas.



SELF-CARE FOR AUTUMN

- Learn/Practice Pranayama Yoga.
- Start a Yoga practice.
- **Dry brush** your skin.



PERSONAL DEVELOPMENT FOR AUTUMN

- **Clear the clutter** - closets, basements, garages and let go of items that you do not need.
- Journal a list of what needs to move on and burn it in the fire. Please use a fire safe container.

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"Trees don't stubbornly hold onto their leaves because they might need them next year."



"This is a quieter, more reflective time of year, a time when sleep and rest are the main medicine."

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Address the 3 Pillars in WINTER - A CHEAT SHEET



3 COACHING PILLARS

- **Nourishment:** Herbs, H2O, Food, Sleep
- **Self-Care:** Yoga, Rituals, Exercise that gets your heart rate up.
- **Personal Development:** Building a trusting relationship with your self



NOURISHMENT FOR WINTER

- Rest, Rest, Rest!!!
- Daylight hours
- Broths + Stews
- Seaweeds
- Warm Foods
 - Black + mung beans, Barley, millet, Nuts, sweet potatoes, squash, carrots, cabbage, mushrooms, apples



SELF-CARE FOR WINTER

- Keep your kidneys warm, wear socks, and cozy attire.
- Start a Yoga practice.
- RITUAL: Ginger or Rosemary bath.



PERSONAL DEVELOPMENT FOR WINTER

- Connect to your dreams, keep track of dreams.
- Start a journal. It's the perfect medicine for this season.



"In Western culture, the frenetic holiday season contradicts what nature intends for the season of winter."

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