

## Herbalism & Plant Magic: Wisdom of the Green World

Course Duration: 4 Weeks

Format: 2 sessions per week (8 sessions total)

Target Audience: Beginners to intermediate practitioners, ages 16+

### Learning Goals:

- Understand the medicinal and magical properties of herbs.
- Learn ethical harvesting, preparation, and spellwork.
- Deepen connection with plant spirits and green witchcraft traditions.

### · Week 1: Foundations of Herbal Wisdom

#### Session 1: Introduction to Herbalism

- History of herbal medicine and plant magic
- Safety, ethics, and sustainability
- Building your herbal toolkit

#### Session 2: Plant Energies and Spirit Communication

- Animism and plant consciousness
- Meditation and intuitive connection
- Creating a plant ally journal

### · Week 2: Herbal Identification & Preparation

#### Session 3: Wildcrafting and Garden Magic

- Identifying common magical and medicinal herbs
- Ethical foraging and seasonal harvesting
- Creating a sacred herb garden

#### Session 4: Herbal Preparations

- Teas, tinctures, salves, and infusions
- Drying, storing, and blending herbs
- Ritual preparation and intention setting

### · Week 3: Magical Herbal Practices

#### Session 5: Herbs in Spellwork and Ritual

- Correspondences: planetary, elemental, and symbolic
- Crafting herbal charms, sachets, and incense
- Moon phases and timing in plant magic

#### Session 6: Protection, Healing, and Love Spells

- Recipes and rituals using herbs for specific intentions
- Layering herbs with crystals, oils, and sigils
- Creating your own herbal spell

### · Week 4: Integration and Green Witchcraft

#### Session 7: The Green Witch Path