



PLANT SPIRIT MEDICINESM

UK Plant Spirit MedicineSM Training Course 2011/12
with Eliot Cowan and Alison Gayek

Course Overview

Plant Spirit Medicine Seminary
Blue Deer Center
Margaretville, NY
www.plantspiritmedicineseminary@gmail.com

PLANT SPIRIT MEDICINESM

“The kind of life we live today in our society is very different than what any other people have ever lived before. The particular stresses we endure have squeezed the juice out of our connection to spirit.. so our medicine needs to be different from what it was in the past because our illnesses are different from what they were in the past. My training and years of clinical work have convinced me that the overwhelming majority of our health problems, of all kinds – our physical health problems and our mental and emotional health problems are caused by pain in our hearts, our spirit, our soul...”

Eliot Cowan

What is Plant Spirit MedicineSM?

Humans and plants have lived together for countless generations. We are family. Our plant relatives are generous and helpful, offering us food and medicine. Like us, plants have spirit, and their spirit can nurture and heal us. Plant Spirit MedicineSM brings us into balance and harmony. It is the shamans' way with plants. A millennial practice known to all peoples, it was rediscovered in the West by Eliot Cowan, and has proved just as effective in today's world as in times past.

Who teaches this course and how did it come about?

The Plant Spirit MedicineSM course is taught by Eliot Cowan and Alison Gayek. The course was developed by Mr. Cowan, who also authored the book, *Plant Spirit Medicine*. Eliot has been teaching, leading healing retreats, and maintaining private practice for many years. He began to study and practice herbalism in 1969, then temporarily set it aside to study acupuncture. He received his Licentiate, Bachelor and Master of Acupuncture degrees from the late J. R. Worsley at the College of Traditional Acupuncture, Leamington Spa, England, and served on the faculty of that institution in 1979-1980.

In the early 1980's, Eliot once again turned his attention to herbal healing. Following a recommendation by Dr. Worsley, he began seeking the guidance of the plants themselves to support the healing of his clients. In this way, Eliot rediscovered the ancient shamanic practice of plant spirit medicineSM.

Eliot has continued his healing work through the traditions of the Huichol people of Mexico. He completed his shamanic apprenticeship with the late Don Guadalupe Gonzalez Rios, an eminent Huichol Indian Shaman.

Alison Gayek has been teaching Plant Spirit MedicineSM with Eliot Cowan since 2002. Always looking for the path that spoke to her heart, Alison found herself reading *Plant Spirit Medicine* in 1996 and immediately knew that she would study and practice this healing modality. She began studying with Eliot Cowan in 1997 and graduated from the PSM course in 1999. Since then, Alison has maintained a strong effective PSM practice. As a teacher, Alison teaches the PSM Practitioner Training Course, graduate clinicals and skills courses, and also works to teach, mentor, and support new graduates as they start their own practices. In addition, she is a qualified clinical consultant and provides clinical consultation for students and graduates. Alison has continued her healing work through various pilgrimages with Eliot Cowan and David Wiley. She is a Granicera -- a Weather Shaman -- in the Nahua tradition indigenous to Central Mexico.

The Plant Spirit MedicineSM Course

Classes consist of 8 one-week teaching sessions spread over approximately a year and a half, with substantial practice and home study between sessions. The Plant Spirit MedicineSM Training Course is a serious course of study that prepares students for a vocation as a Plant Spirit MedicineSM spiritual healer. Like any viable profession, it requires a good amount of learning and work. There are no prerequisites. Any student who dedicates him or herself to the work will have the preparation necessary to begin a practice and help others.

The Plant Spirit MedicineSM Training Course has three parts:

- Weeks 1-4 are dedicated to classroom study of Plant Spirit MedicineSM. In these weeks, participants develop the capacity to understand what a client fundamentally needs as well as the skill to provide it. We learn about Chinese Traditional Five Element Theory, relationship with plant allies, basic shamanic methods, and developing a practice.
- Weeks 5 & 6 are clinical weeks where you present clients under the supervision of Eliot Cowan and/or Alison Gayek.
- Week 7 is dedicated to following treatments given by your teachers in order to give you the grounding and experience necessary.
- Week 8 is a time for you to lead the treatments under the guidance and careful watch of your teachers, preparing you to work on your own.

When students completes all 8 weeks successfully, they will be eligible to become full members of the Plant Spirit MedicineSM Association, and to be inducted as lay spiritual healers of the Temple of Sacred Fire Healing.

Participating in the Plant Spirit MedicineSM program brings personal value and healing to the participants. It is an engaging course of study. Some people have found that this program has helped them to find and follow their life purpose.

Chinese Five Element Methodology

The five element methodology is one of the most enduring of the classical oriental philosophies, having stood the test of centuries of use. It invites us to view the world as a cycle of transformation of the energies of sunshine, earth, air, water and growth. It allows us to see people in a deep, even poetic, way, rekindling our senses and expanding our capacity for empathy.

Shamanic Methods

The medicine of plant spirits comes from building friendships and alliances with them. You will learn how to enter non-ordinary states of consciousness (non-drug induced) in order to apprehend the medicine of the spirits of different plants.

Materia Medica

Students visit a number of local wild plants and befriend the spirits of those plants. You will learn the method for expanding and refining your plant spirit materia medica with the plants that grow in your own area, enabling you to bring the appropriate plant spirits to each of your clients.

Practicum

Participants will hone their assessment skills and learn about treatment planning and practitioner-client relations. At the end of the course, each participant will perform treatments under Eliot Cowan's or Alison Gayek's supervision, demonstrating their understanding of the Chinese pulses and other aspects of traditional five element assessment, and the clarity of their relationship with their plant spirit allies. Students will then follow treatments, allowing them to acquire grounding and confidence in the practice of Plant Spirit MedicineSM. During week 7, you will have the opportunity to follow treatments performed by your instructors. In week 8, you will lead and deliver the treatment with the teacher following you. After you complete these weeks, you will work on your own. During the initial period of working on your own, you will have a requirement to work with a clinical consultant to ensure your confidence in the medicine. Each of these phases prepares you for your practice by allowing you to see many different situations before seeing clients on your own.

Homework

The Plant Spirit MedicineSM course requires a good amount of self-study and homework. All of the homework and self-study is directly related to becoming a practitioner and is necessary in order to be able to practice this medicine and work with clients.

Course On Learning

All students will be required to complete a course called The Enemies of Learning. This course develops the flexibility of mind necessary for effective learning in the PSM course and beyond. There will be a separate fee of \$500.00 USD for this course. The instructor is Daniel Sprinkles, a shaman in the Huichol and Nahua traditions.

Temple of Sacred Fire Healing

After completing the clinical requirements, students will be eligible to be inducted as a lay spiritual healer in the Temple of Sacred Fire Healing. This induction provides students with legitimacy, credibility, and recognition within society.

Plant Spirit MedicineSM Association

In addition, students who have satisfactorily completed their course work and clinical work will be eligible for full membership in the Plant Spirit MedicineSM Association, a professional association dedicated to the support and practice of Plant Spirit MedicineSM.

Plant Spirit MedicineSM Book

For first hand accounts and more about the reality behind this transformational, yet gentle, healing see the book *Plant Spirit Medicine* by Eliot Cowan (1995, Swan Raven & Co). To order a copy, contact the Amazon.com book store or a Plant Spirit MedicineSM practitioner.

UK Plant Spirit MedicineSM Training Course 2011/12

Dates

June 27-July 3, 2011, class 1, arrive June 26th
October 7-13th, 2011, class 2, arrive October 6th
4-5 weeks in 2012 and 1-2 weeks in 2013. TBA

Venue

Penquoit Centre, Kilgetty, Pembrokeshire, Wales.

The Penquoit Center is situated on a 300 acre organic dairy farm and was once was an ancient half croft where the human inhabitants originally lived above the animals. It has been converted into hostel



accommodation for groups of between 10 and 25. The centre is adjacent to the Pembrokeshire National Park and within 8-20 miles of over twenty beautiful beaches, the Preseli Hills, castles, Tenby and Caldy. The area is rich in bird life, river, sea and wildfowl.

There is a courtyard, a long room, also a range of fields (one with sauna), woodland and estuary. The hostel consists of two dormitories, (one on the ground floor), communal showers and toilet block. There is a large dining room with wood burning stove. The kitchen is fully equipped and the dormitories are fully centrally heated.

Accommodation is in shared, single-sex rooms (no single or en-suite rooms available).

You are also welcome to bring your own tent or camper van if you prefer your own private space, but the cost is the same. The dormitory accommodation has comfortable beds with mattresses and pillows but no bed linen is provided so please remember to bring your own sleeping bag or sheets and duvet.



Please note that no discount is negotiable for anyone wishing to make their own food and accommodation arrangements.

Food

Food is vegetarian and delicious, prepared and cooked by members of the PSM community. Consisting of breakfast, lunch, supper and refreshments. Meals are taken as a group, and participants are asked to assist with clearing up after meals.

Accommodation & Food Costs

£300 per 7 day session

Tuition Costs

The tuition cost of the course is USD 910 per week (which, at exchange rates at the time of writing, equates approximately to GBP 560 or EUR 640), with an additional one-time \$500 USD for the Enemies of Learning Course. There is also a one-off, non-refundable registration fee of USD 300 payable not later than xxxx. For Clinical Supervision costs, see the section below.

One month before each session we will send you a booking form, asking you to split your payment between USD and GBP as follows:

- 1 USD 910 per session paid in USD by TIPPA bank transfer, cash or international money order
- 2 GBP 300 per session for room and board to be paid in GBP cash on arrival at the course.

(Please note that British banks charge between GBP 8 and 15 for TIPPA and international money orders)

No tuition or accommodation payment is due at this time, but your registration fee confirms and holds your place on the course. It is recommended that you pay this as early as possible as numbers are limited.

Overseas students may pay on arrival (except for the registration fee which must be paid in advance). All other payments must be made no later than 1 month before the beginning of each session.

All students are also strongly encouraged to receive PSM treatments from their nearest PSM healer by the end of the course. Costs of treatment vary from healer to healer. To locate your nearest healer in the UK and Europe see the relevant section below.

Please note that neither Eliot nor Alison give PSM treatments during their teaching visits to the UK except where the client is referred to them by the client's local PSM healer. Exceptions are made when the student does not have a PSM healer who lives within their country.

Conditions of entry onto course

This course is potentially life-changing, so be prepared for personal growth! No previous clinical, shamanic or herbal experience is necessary. You may feel a desire for or commitment to professional healing work and for giving back something of yourself to the life that sustains us. As previously mentioned, you are strongly encouraged to have received PSM treatment yourself before completion of the course.

To Enrol

Write to the course coordinator with a brief summary of why you want to take this course. Include your contact details and date of birth. Please pay your registration fee as soon as possible to reserve your place by sending it to.

UK & Europe Plant Spirit MedicineSM coordinator:

Jeff Bartlett

Bryneithin, Brynberian, Crmych, Pembrokeshire, Wales, SA41 3TJ

tel: 01239 891130 or email psminfouk@gmail.com

How do I find a PSM practitioner to treat me?

Every person who has received a certificate as a Plant Spirit MedicineSM lay spiritual healer is uniquely qualified to bring the blessings of Plant Spirit MedicineSM to you. For a directory of healers, contact psminfo@bluedeer.org or visit the PSM Website, www.plantspiritmedicine.org.

Post Graduation...

As a student or upon successful graduation you will be invited to join the international Plant Spirit MedicineSM Association, an organization dedicated to providing mentorship, fellowship and other support to those who practice PSM.

A range of postgraduate workshops and courses are available. Graduates of the course are encouraged to maintain and improve their skills through a program of Continuous Professional Development.



Plant Spirit MedicineSM
Blue Deer Center
Margaretville, NY