



# Illuminated Herbalism Certification Program

## Full Program Syllabus

In this certification program, David Crow will guide you to gain the skills that empower you to cultivate optimal physical, mental, emotional, and spiritual wellbeing — and to guide others toward their own self-care and awakening.

### Unit 1: Beginning the Journey of Rejuvenation — Understanding the Goal of Illumination

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What is relevant and attainable for people in the modern world, and what role does natural medicine play in attaining that goal?

Yogic and meditative traditions teach that **spiritual fulfillment is not found in the outer world, but within our own consciousness** — and that the path to illumination lies in the inner transmutation of the heart and mind within the container of the body. This alchemical process requires conditions that are often difficult or impossible to find or attain: time, vitality, and freedom from obstacles.

You'll **begin your journey into Illuminated Herbalism** by taking three steps: defining the goal of your spiritual path, establishing a foundation of health practices that support rejuvenation so you can accomplish that goal, and beginning the process of inner transmutation.

#### During Unit 1, you'll explore:

- The relationship between the **outer alchemy** of plant medicine and the **inner alchemy** of transmuting consciousness

- Controllable and uncontrollable factors that **increase (or decrease) longevity** — and the importance of longevity for reaching spiritual fulfillment
- Routines and habits that **reduce stress and enhance the powers of rejuvenation** — to support the journey of healing and create a strong foundation for deep meditative exploration
- The ultimate goal of spiritual practices, how spirituality and nature are inseparable, and **how to start using plant medicines and aromatics to support meditation**
- The relationship between **classical Asian medical, yogic, and spiritual lineages**
- The **4 levels of herbal medicine**, from treating diseases to supporting enlightenment
- **Concepts of aging** in Chinese and Ayurvedic medicine and the modern understanding of **physiological changes and challenges** of aging
- **Qigong methods** for enhancing digestive power and rapid relaxation
- Establishing ongoing routines and habits to **reduce stress, enhance the powers of rejuvenation**, and create a strong foundation for deep meditative exploration to support your healing journey
- The appropriate diet for your **age, constitution, and digestive power**
- **Guided practices for awakening body deities** for energy and rejuvenation... improving breathing habits... **determining your spiritual goals** and aspirations... evaluating the **4 aims of life**... cultivating awareness of the elements and energies of the body to **transform ordinary consciousness** into ecological spirituality... and more

## Unit 1 Classes and Sessions:

- **Live Welcome and Overview with David Crow (January 30)**
- Class 1 – Rejuvenation, Longevity and Illumination: Outer and Inner Alchemy (January 31)
- Class 2 — Preliminary Practices for the Journey of Rejuvenation: Outer Alchemy (February 7)
- **Live Integration Session with David (February 13)**
- Class 3 — The Nature of Illumination: Inner Alchemy (February 14)
- Integration Session with K.P. Khalsa (February 14)
- **Live Integration Session with K.P. Khalsa (February 20)**

## Unit 2: The Illuminated Herbal Pharmacy — Botanical Intelligence and the Energies, Elements, and Compounds of Plant Medicines

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Prana activates the **flow of elements through the channels of the body** — earth as nutrients, water as fluids, sunlight as metabolic heat, and breath as air. The movement of these elements through the internal space of the body creates sensations that give rise to the illusory sense of separation from the world and others.

When you work with the **powers of plant medicines in conjunction with body-based contemplations**, it becomes relatively easy to suspend the illusion of biological boundaries and perceive your deeper unity with the elements of nature.

From this awareness arises a profound sense of freedom and genuine compassion, knowing that you're woven into the fabric of existence, and that the physiological activities of the body are manifestations of ancient cosmological intelligence.

Your **journey into Illuminated Herbalism continues into two broad fields** of study and practice. The first is how to **create and use a home pharmacy**. The second is how to **use your pharmacy to support and deepen your meditative studies** of prana and the elements of the body...

... *and*, how to use meditation to enhance your understanding of botanical prana, the elements in herbs, and their effects in the body.

You can easily assemble a highly effective home apothecary that uses the outer alchemy of plant preparations that will provide countless benefits for the rest of your life. Combining this outer alchemy with the inner alchemy of contemplative focus can lead to direct experiential knowledge of the subtle spiritual dimensions of your being.

## During Unit 2, you'll explore:

- **The energies, elements, and intelligence of plants** as the foundation for understanding how they work in the body
- **Creating a home pharmacy** and **preparing herbs in different forms** — while integrating spiritual focus and intention into your plant medicine preparations
- How to make simple infusions and decoctions, **incorporating tinctures, powders, and other extracts**
- General **dosage and frequency guidelines**, and the best times of day to take different types of herbs
- The **role of plants in planetary evolution**, including how botanical *prana* and *Qi* create and maintain the planetary biosphere
- **Plants as the bridge between consciousness and matter**, as vehicles of sunlight and moonlight, and in relationship to balancing the biosphere of the body
- The **best ways to extract different herbal allies**, such as herbs, roots, flowers, fungi, and resins — and the best menstruum for optimum extraction and personalized use
- The **5 element systems** of Ayurveda and Traditional Chinese Medicine
- Using **herbs and aromatics to enhance meditations on the 5 elements** in the body
- **Plant medicine's therapeutic categories** — adaptogens, trophorestoratives, cholagogues, emmenagogues, tonics, nervines, anti-inflammatories, and more
- **Medicine making — core preparations to create your own herbal pharmacy with guest Adriana Ayales**, herbalist, writer, and founder of Anima Mundi Herbals
- **Guided practices** for establishing baseline dietary routines to **stabilize digestive biorhythms**... meditation methods to enhance your perception of prana and Qi in foods, medicinal plants, and the environment... organoleptic analysis to know herb functions based on taste, smell... and more

## Unit 2 Classes and Sessions:

- Class 1 — Using Herbs in the Home Pharmacy: Outer Alchemy (February 21)

- Integration Session with K.P. Khalsa (February 21)
- **Live Integration Session with David (February 27)**
- Class 2 — Botanical Prana and Qi: Plants as Agents of Nature's Intelligence: Inner Alchemy (February 28)
- Guest Workshop with Adriana Ayales - *Medicine Making: Core Preparations to Creating Your Own Herbal Pharmacy* (February 28)
- **Live Integration Session with David (March 5)**
- Class 3 — Herbal Therapeutic Categories and Families of Chemical Compounds: Outer Alchemy (March 6)
- Integration Session with K.P. Khalsa (March 6)
- **Live Integration Session with K.P. Khalsa (March 12)**
- Class 4 — The Nature of the 5 Primordial Elements: Inner Alchemy (March 13)

### Unit 3: Aromatherapy, Sacred Scents, and Deepening the Exploration of the Self

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Aromatic plants and their profound and mysterious influence on consciousness are not only an important part of spiritual practices — they're also **powerful medicines that treat many health conditions**.

By adding essential oils to your home apothecary, you have many new therapeutic tools to support your self-care and rejuvenation practices. When used in conjunction with herbal medicine, these effects can be enhanced with excellent therapeutic results.

The scented compounds of the aromatic woods and resins have a pronounced effect on consciousness. When used with meditation, the sacred scents measurably increase focus and clarity of the mind.

They help deepen your exploration of the true nature of the Self, moving you forward on your journey inward.

**During Unit 3, you'll explore:**

- **What essential oils are**, how to use them safely, and how they're integrated and blended with other forms of herbal medicine
- The **most important botanical aromatics used throughout history** for sacred purposes and spiritual devotion — how they're used, their effects on body and mind, and how they support meditation and inner alchemical practices
- **Practices for integrating aromatherapy into daily life** — a self-inquiry using the principles of Ayurvedic, Chinese, and Tibetan medicine... the "Sitting Forgetting" Taoist meditation for loosening ego fixations... and more
- The meaning, importance, and practice of **svasthya ("abiding in the self") for medical and spiritual purposes**
- Essential oils as botanical immune systems — antimicrobial powers, uses for immune enhancement, and more
- The **alchemy of distilling essential oils** — safe uses, contraindications, and adverse reactions
- The **major sacred scents from precious woods and resins** — their uses in spiritual practices... **their effects on neurochemistry, moods, and mental states**... and their wish-fulfilling powers
- **Ahamkara**, the process of self-identification in the body's matrix of cosmological energies and elements
- "The Power of Prayer and Plant Spirits in Ceremony," with guest teacher **Puma Fredy Quispe Singona**, Andean medicine man and spiritual leader

### Unit 3 Classes and Sessions:

- Class 1 — Essential Oils and Aromatherapy: Outer Alchemy (March 20)
- Integration Session with K.P. Khalsa (March 20)
- **Live Integration Session with David (March 26)**
- Class 2 — Sacred Scents: The Uses of Aromatics in Spiritual Practice, Inner and Outer Alchemy (March 27)
- Guest Workshop with Puma Fredy Quispe Singona - *The Power of Prayer and Plant Spirits in Ceremony* (March 27)
- **Live Integration Session with David (April 2)**
- Class 3 — Vasthya and Ahamkara: Wellbeing and the Sense of Self According to Ayurveda (April 3)
- Integration Session with K.P. Khalsa (April 3)

## Unit 4: Illuminated Herbalism and the Inner and Outer Dimensions of the Respiratory System

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There are many simple herbs you can add to your home apothecary that have highly effective therapeutic powers for **preventing and treating common respiratory conditions**. Aromatherapy, essential oils, and the sacred scents are also important botanical medicines for the lungs.

Understanding how to work with these plants for protecting the respiratory system increases your overall wellbeing and reduces the need for stronger and more toxic medications, supporting long-term rejuvenation and longevity.

These powerful allies support the inner alchemy of your contemplative practices. Herbs and aromatics that work directly on the lungs can **deepen your awareness of the subtle energies and elements of the respiratory system**, such as the “Prana Vata” and “lung Qi.”

Subtle energies have always been used in ancient practices — such as pranayama — as doorways into the deeper dimensions of our mind and consciousness, and can ultimately lead to profound wisdom and insight about the nature of reality.

You’ll come to understand the **inner and outer dimensions of the respiratory system and the breath**... the principles of self-care for respiratory health, immunity, and rejuvenation... the biological unity of all breathing things on earth... and the flow of consciousness that the breath supports.

### During Unit 4, you’ll explore:

- The primary treatments for protecting, treating, and rejuvenating the **respiratory system**
- A **deeper understanding and experience of life force** according to classical Asian medicine — and its relevance to herbal medicine, rejuvenation, and illumination

- **The muscles of emotion and the rhythms of spirituality with guest Dr. John Douillard**, creator of LifeSpa and globally recognized leader in the fields of natural health, Ayurveda, and sports medicine
- The journey of the mind through the **6 bardo states of consciousness**
- **Therapeutic strategies, essential oils, and aromatherapy formulas** for protecting, treating, and rejuvenating the respiratory system
- **Combining herbs and aromatics** for addressing respiratory infections, allergies, and asthma
- **Nasya therapies** for chronic sinus conditions and rejuvenation of the respiratory system
- **Practices** such as using awareness of prana and Qi to enhance intuition and sensitivity or sensing for self-healing... breathing together with plants to cultivate ecological spirituality... meditations to study different levels of prana and Qi
- How **mind, breath, nerve current, and heartbeat** are different aspects of the same current that flows through your waking, sleeping, and dreaming states
- Resources for ordering and **interpreting your own blood tests**
- The **4 levels of Prana Vata** — breath, nerve current, heartbeat, and mindstream
- **Concepts of the *mindstream*** from Buddhist, Tantric, and Vedic meditation lineages

#### Unit 4 Classes and Sessions:

- Class 1 — Principles and Practices of Clinical-Level Self-Care, Part 1, Outer Alchemy (April 10)
- **Live Integration Session with Guest Puma Fredy Quispe Singona (April 16)**
- Class 2 — The Spiritual Dimensions of the Respiratory System, Part 1: The Nature of Prana and Qi] (April 17)
- Integration Session with K.P. Khalsa (April 17)
- **Live Integration Session with David (April 23)**
- Class 3 — Respiratory Therapeutics, Part 1 (April 24)
- Guest Workshop with Dr. John Douillard - *The Muscles of Emotion and the Rhythms of Spirituality* (April 24)

- Class 4 — The Spiritual Dimensions of the Respiratory System, Part 2: The Mindstream and the Journey of Consciousness, Inner Alchemy (May 1)
- Integration Session with K.P. Khalsa (May 1)
- **Live Integration Session with David (May 7)**
- Class 5 — Respiratory Therapeutics, Part 2 (Outer Alchemy) (May 8)
- **Live Integration Session with Dr. John Douillard (May 14)**

## Unit 5: Illuminated Herbalism and the Inner and Outer Dimensions of the Cardiovascular System

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The heart is a physical organ, the abode of mystical consciousness, the temple of the innermost Self, and the ultimate destination of all spiritual pilgrimages.

It's also **the abode of Shen**, our spiritual radiance, according to Traditional Chinese Medicine. It's the door to a kind of happiness independent of external causes, and the crucible of inner alchemical transformation. Tantra, yoga, and Ayurveda provide their own methods for discovering the mysteries of life in the heart's inner recesses.

Just as you must practice self-care to protect and rejuvenate the vital breath, **you must do the same for the sensitive physical and emotional organ that maintains your life one beat at a time.**

And, just as you can use the outer alchemy of herbal preparations to support your contemplations on the breath and its inner teachings, you can also listen to the heart — literally and metaphorically — and discover in its rhythmic pulsations great revelations and insights.

### In Unit 5, you'll explore:

- A **deeper awareness of and relationship with the heartbeat**, the prana of the heart, and the spiritual dimensions of the heart
- The most **important herbs for strengthening the heart** and protecting it from metabolic inflammation and degeneration

- The concept of **Shen, the spirit and luminosity of the heart**, as described by Traditional Chinese Medicine... its role in consciousness, health, and spirituality... and its relationship with the flow of time and biorhythms for rejuvenation and illumination
- **Practices such as contemplating the 7 levels of heart prana**, incorporating herbs and aromatics to enhance heart-centered meditations, and integrating Shen-nourishing and stabilizing herbs into your heart-centered meditations
- How to use primary cardiac herbs like **tonics, trophorestoratives, circulatory enhancers**, and more
- The role of botanical medicine in supporting the stability, clarity, and the luminosity of Shen
- Listening to the heart by cultivating self-nourishment and **developing emotional intelligence**
- The self-love and self-nourishment of **heart-focused meditation**
- What **“internet medicine”** means, how it can support or damage health, and the importance of developing critical thinking skills to create your unique, personalized herbal program
- How to distinguish between **plausible and implausible causes of illnesses** and symptoms
- Principles of **rejuvenating the cardiovascular system**
- “Spiritual Wellbeing and the Heart,” with guest teacher **Dr. Rosita Arvigo**, DN, naprapathic physician, herbalist, and author

## Unit 5 Classes and Sessions:

- Class 1 – Listening to the Heart: The Spiritual Dimensions of Cardiovascular Rejuvenation, Inner Alchemy (May 15)
- Integration Session with K.P. Khalsa (May 15)
- **Live Integration Session with David (May 21)**
- Class 2 — Principles and Practices of Clinical-Level Self-Care, Part 2, Outer Alchemy (May 22)
- Guest Workshop with Dr. Rosita Arvigo - *Spiritual Wellbeing and the Heart* (May 22)
- Class 3 — Cardiovascular Rejuvenation: Outer Alchemy (May 29)
- Integration Session with K.P. Khalsa (May 29)
- **Live Integration Session with David (June 4)**
- Class 4 — The Luminosity of Spirit and the Rhythms of Celestial Qi:

Inner Alchemy (June 5)

- **Live Integration Session with K.P. Khalsa (June 11)**

## **Unit 6: Illuminated Herbalism and the Inner and Outer Dimensions of the Nervous System**

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Cognitive function is the foundation for all success and accomplishment, whether your work in the world or your inner spiritual development.

The medicinal plants of your apothecary can be used for **self-care of the inner and outer dimensions of the nervous system**, as well as prevention and treatment for a wide range of conditions, including stress, anxiety, and depression.

The inner alchemy of meditative practice ultimately liberates the mind from concerns of the world, while the outer alchemy of plant medicines can take you deeper into **contemplative freedom with greater mental focus and clarity**.

With that support, you can enjoy the **health benefits of greater emotional balance, restorative sleep, and peaceful meditation**.

You can also gain insights into the deepest levels of your being, including how mind and matter meet... how the stream of consciousness flows through the conduits of the physical and subtle nervous system... how the celestial rhythms of sun and moon operate in your consciousness... and other great mysteries waiting to be illuminated by your inwardly focused attention.

### **During Unit 6, you'll explore:**

- The changing paradigm of **medicine and healthcare**
- How to perceive the **microcosm of the body as a reflection of the macrocosm of nature** and the Universe — and what that means for health, rejuvenation, and illumination
- How to work with **botanical medicine to support cognitive functions** as the basis for longevity, rejuvenation, and illumination

- Practices such as **cultivating mindfulness** between sense organs and sense objects, combining **herbs and aromatics with meditation** methods, and **listening to the heartbeat** as a mirror of the mind, thoughts, and feelings
- The importance of **deep sleep for healing and rejuvenation**, the major underlying causes of sleep disorders, and the major categories of **botanical medicine for treatment**
- **Mental health conditions according to classical Asian medicine**, the strengths and weaknesses of botanical medicine to treat them, and how to **integrate botanical medicine into other modalities** for better therapeutic results
- The strengths and weaknesses of **allopathic and natural medicine** and how to effectively integrate them
- Which **conditions herbal medicine treats best**, with the most reliable positive outcomes
- How to determine your options **when your doctor wants you to take a medication** you don't want, and when you want to create a personalized herbal program to supplement medications
- **Shen disturbances and Prana Vata disorders** that affect the mind and emotions
- Concepts of emotional disturbances and psychological disorders from **Indigenous cultures and shamanic traditions**
- The purifying and rejuvenating powers of the **5 cosmological elements** for individual and collective health and wellbeing
- Insights into sleep, dreams, and spiritual evolution

## Unit 6 Classes and Sessions:

- Class 1 — Principles and Practices of Clinical-Level Self-Care, Part 3, Outer Alchemy (June 12)
- Integration Session with K.P. Khalsa (June 12)
- Class 2 — Medicinal Plants for Counteracting Stress, Anxiety and Depression: Nervous System Therapeutics, Part 1, Outer Alchemy, (June 19)
- Integration Session with K.P. Khalsa (June 19)
- **Live Integration Session with David (June 25)**

- Class 3 — Form and Emptiness: The Conjunction of Mind and Matter — Spiritual Dimensions of the Nervous System, Part 1, Inner Alchemy (June 26)
- Class 4 — Medicinal Plants for Enhancing Cognitive Functions: Nervous System Therapeutics, Part 2, Outer Alchemy (July 3)
- **Live Integration Session with David (July 9)**
- Class 5 — As Above So Below — The Body as a Reflection of the Cosmos; Spiritual Dimensions of the Nervous System, Part 2, Inner Alchemy (July 10)
- Integration Session with K.P. Khalsa (July 10)
- **Live Integration Session with K.P. Khalsa (July 16)**
- Class 6 — Medicinal Plants for Restful Sleep — Nervous System Therapeutics, Part 3, Outer Alchemy (July 17)
- Integration Session with K.P. Khalsa (July 17)
- **Live Integration Session with David (July 23)**
- No class (July 31)
- No class (August 7)
- No class (August 14)

## **Unit 7: Illuminated Herbalism and the Inner and Outer Dimensions of the Digestive System**

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The digestive system is the realm of the fire elements, which transform everything that enters your body, senses, and mindstream. The outer alchemy of herbal medicine is a powerful support for good health, fulfilling the aims of life and assisting you with your inward practices.

You have access to a vast pharmacopeia that can be highly effective in preventing and curing digestive illness and maintaining optimal functioning of the digestive fires, for complete metabolic transformation without stagnation or accumulated toxicity.

Spiritually, your practices of inner alchemy are intimately related to the fire element. Assimilation of the outside world is happening continuously, not only through the digestive tract, but also through every tissue, the sense organs, and in the mind and psyche.

Every stage of digestion — from the outer GI tract to the inner psyche — influences how you feel, think, understand, and perceive yourself, which in turn is expressed in your daily activities. Healthy digestion includes metabolism of information, sensations, emotions, and memories — all of which have powerful influences not only on your health and happiness, but your personal evolution and spiritual maturation.

### **During Unit 7, you'll explore:**

- Teachings of the 5 koshas (sheaths) and their relevance to medicine, rejuvenation, and illumination
- Ways to **support detoxification and rejuvenation** by addressing dental hygiene
- **Practices** such as **meditations** to develop awareness of the gut-brain axis, gut-lung axis, and the gut-immune axis
- How to **develop personalized herbal protocols** to regulate the 13 agnis, 5 subdoshas of Pitta, and 7 tissue levels
- How to **create personalized digestive protocols** using combined herbs and aromatics
- The **role of dental health issues in disease** processes throughout the body — and the role of rejuvenating dental health for longevity and immunity
- The **cosmological dimensions of metabolic and digestive fire** — and what this reveals about your inner spiritual nature
- The primary treatments for **protecting, treating, and rejuvenating the digestive system**
- The relationship between **digestive functions and dental health**
- The **flow of solar energy from the sun through metabolic transformation** and into the light of awareness
- Concepts of **digestive fire in Ayurvedic and Traditional Chinese Medicine**
- The relationships and interplay of **Vata, Pitta, and Kapha** at the organ level in the respiratory, cardiac, and digestive systems

### **Unit 7 Classes and Sessions:**

- Class 1 — The 5 Interwoven Bodies: Inner Alchemy (August 21)

- Guest Workshop with Karen Wang Diggs - *The Sacred Kitchen: Cooking As a Spiritual Practice* (August 21)
- Class 2 — Dental Detox and Rejuvenation; Digestive Therapeutics, Part 1, Outer Alchemy (August 28)
- **Live Integration Session with David (September 3)**
- Class 3 — The Inner Radiance of Sunlight: The Spiritual Dimensions of the Digestive System, Part 1, Inner Alchemy (September 4)
- Integration Session with K.P. Khalsa (September 4)
- **Live Integration Session with David (September 10)**
- Class 4 — Digestive Therapeutics, Part 2, Outer Alchemy (September 11)
- Class 5 — The Evolution of Light Into Consciousness: The Spiritual Dimensions of the Digestive System, Part 2, Inner Alchemy (September 18)
- Integration Session with K.P. Khalsa (September 18)
- **Live Integration Session with David (September 24)**
- Class 6 — Digestive Therapeutics, Part 3, Outer Alchemy (October 2)
- **Live Integration Session with David (October 8)**
- Class 7 — The Subdoshas of the Respiratory, Cardiac, Nervous and Digestive Systems: Inner Alchemy (October 9)
- Integration Session with K.P. Khalsa (October 9)
- **Live Integration Session with David (October 15)**

## Unit 8: The Medical and Spiritual Dimensions of Detoxification

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Plants detoxify the biosphere of the Earth. Many **medicinal plants** are also highly effective for **detoxifying the inner biosphere of the human body**, which pharmaceutical drugs can't do.

Environment, illness, unhealthy lifestyles, and stress all create toxicity, affecting every system of the body, making the purifying powers of plants increasingly valuable and necessary.

Detoxification can help **remove your obstacles to health, happiness, and fulfillment** — and plays an important role in individual and collective spiritual evolution.

The **outer alchemy of physical detoxification** is a crucial aspect of healing that requires specific knowledge of what, when, where, and how to get the best results.

Numerous **plant medicines gently support the body's natural detoxification** processes, and others are stronger purgatives and purifiers. Some work by helping cleanse the blood. Some work by enhancing lymphatic drainage. Some work by improving digestive power and restoring the gut membrane and microbiome. And some work by supporting liver and kidney functions.

Detoxification of the body supports the **inner alchemy of purifying the mind**, transmuting the causes of suffering into wisdom and illumination.

Learn how to **safely and effectively detoxify the body** according to your age, constitution, health condition, and season — and how to avoid depleting the body with excessive and unnecessary cleanses. **Delve more deeply into spiritual practices that free you from the inner toxins** of mental and emotional disturbances, which obscure the innermost radiance of your true essence.

### **During Unit 8, you'll explore:**

- Self-care skills to **approach detoxification practices** in a balanced and healthy way
- **Practices** such as **integrating simple, safe herbs and aromatics** for ongoing gentle detoxification... **meditating** on the flow of sensory prana... and **developing personalized protocols** that combine meditation, herbs, and aromatics for detoxification of mental *Ama*, the waste products of incomplete metabolism
- How *Ama* accumulates and spread throughout the body, becoming the **basis of disease processes**
- How the **conjunction of the mind, sense organs, and sense objects** creates physiological balance or imbalance and depletion or rejuvenation — as the foundation of detoxification
- Classical Ayurvedic and contemporary detoxification methods to **reverse and detoxify the body's waste products**

- **Herbs, aromatics, and meditation to purify the brain** and subconscious of past emotional trauma and enhance detoxification and deep rejuvenation
- **Principles of safe and effective physiological detoxification** — and the role of detoxification in supporting rejuvenation
- The **inherent space-like nature of the body and mind** as a method of dissolving the root causes of mental and emotional suffering
- **Principles of safe detoxification** from addictions, and specialized detoxification protocols for environmental toxins
- “Detoxification in Yoga and Ayurveda,” with guest teacher **Dr. Marc Halpern**, ayurvedic doctor, doctor of chiropractic, and founder and president of the California College of Ayurveda
- “Men Drup: Tibetan Mantra-Infused Medicines,” with guest teacher **Nashalla Nyinda**, TMD (Tibetan medicine doctor), Menpa, M Acu. and LMT

## Unit 8 Classes and Sessions:

- Class 1 — Principles and Practices of Clinical-Level Self-Care, Part 4, Outer Alchemy (October 16)
- Guest Workshop with Dr. Marc Halpern - *Detoxification in Yoga and Ayurveda* (October 16)
- **Live Integration Session with K.P. Khalsa (October 22)**
- Class 2 — Prana and Qi of the 5 Senses — Spiritual Dimensions of Detoxification, Part 1, Inner Alchemy (October 23)
- Integration Session with K.P. Khalsa (October 23)
- **Live Integration Session with Dr. Marc Halpern (October 29)**
- Class 3 — Ama and the 7 Stages of Disease — Detoxification Therapeutics, Part 1, Outer Alchemy (October 30)
- Class 4 — Purifying Memories: Spiritual Dimensions of Detoxification, Part 1, Inner Alchemy (November 6)
- Integration Session with K.P. Khalsa (November 6)
- **Live Integration Session with David (November 12)**
- Class 5 — Detoxification Therapeutics, Part 2, Outer Alchemy (November 13)
- Guest Workshop with Nashalla Nyinda - *Men Drup: Tibetan Mantra-Infused Medicines* (November 13)
- **Live Integration Session with David (November 19)**

- Class 6 — Dissolving the Body: Tantric Meditations on the Body of Space; Spiritual Dimensions of Detoxification, Part 2, Inner Alchemy (November 20)
- Integration Session with K.P. Khalsa (November 20)
- Class 7 — Detoxification Therapeutics, Part 3, Outer Alchemy (November 27)
- **Live Integration Session with Dr. Nashalla Nyinda (December 3)**

## Unit 9: Rejuvenation and Detoxification for Musculoskeletal Pain, Inflammation, and Degeneration

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Musculoskeletal pain and inflammation are obstacles to living a joy-filled life of purpose, which includes meditative and yogic practices.

When you're **freed from pain by the powers of medicinal plants**, a profound appreciation for the benevolence and healing compassion of nature's remedies arises.

Numerous herbal medicines have significant anti-inflammatory and analgesic powers that can be helpful for both **acute and chronic conditions**. Some are in the form of essential oils that you can make into liniments, some are best taken as tinctures and teas, while others can be used in herbal baths.

The **pharmacopeia of pain-relieving and anti-inflammatory herbs** is vast and requires knowledge to use correctly — but with a few simple, safe, and easily available species, even complex and chronic medical conditions can be resolved.

**Increasing the comfort of the body** enhances your quality of life, supports your daily activities, *and* provides assistance as you discover deeper levels of meditative stability, concentration, and focus.

Use your meditation practices to reduce your experience of pain, and learn to attain peace and equanimity with physical discomfort.

**During Unit 9, you'll explore:**

- The **nature of pain and inflammation** and their role in spiritual evolution
- The **major categories of herbal medicines** that help the most common types of pain
- **Practices** such as **herbal and aromatic baths** for pain and inflammation and to support meditation... **safe exercise protocols** for building bone strength... **herbal treatment** for bone health based on your individual needs
- Simple, effective, internal and external herbal methods to **treat the most common musculoskeletal conditions**, thereby preventing injuries and rejuvenating tissues
- Traditional and contemporary herbal and nutritional strategies for **protecting and rejuvenating bone tissue**
- Types of pain according to **Chinese and Ayurvedic medicine**
- The safe uses of the most important **anti-inflammatory, antispasmodic, and analgesic herbs** for specific body systems
- The primary **types of musculoskeletal pain and inflammation** that generally respond to herbal treatments
- **Bone tissue and its psychospiritual functions** according to Qigong, yoga, tantra, and Asian medicine
- The role of **nutrition and digestive health** in osteoporosis
- **Herbal care of muscles and joints** for yoga practitioners and meditators

## Unit 9 Classes and Sessions:

- Class 1 — Medicinal Plants for Pacifying Pain and Inflammation: Outer Alchemy (December 4)
- **Live Integration Session with David (December 10)**
- Integration Session with K.P. Khalsa (December 11)
- Class 2 — Musculoskeletal Therapeutics, Part 1, Outer Alchemy (December 11)
- **Live Integration Session with David (December 17)**
- Class 3 — Bone Health and Rejuvenation: Musculoskeletal Therapeutics, Part 2 (Outer Alchemy) (December 18)
- No Class (December 25)
- No Class (January 1)

## Unit 10: Illuminated Herbalism and the Medical and Spiritual Dimensions of Rejuvenation

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Pharmaceutical drugs cannot detoxify the body, and are incapable of replenishing the body's nutrients and increasing true vitality.

**Classical Asian medical systems and their closely aligned alchemical traditions** offer powerful herbs and sophisticated methods for rejuvenating the body and mind, and for millennia have considered herbs indispensable for the spiritual journey.

As you advance in age, rejuvenative herbs play an increasingly important role in slowing bodily processes and counteracting the symptoms of physiological decline. In many cases, **it's possible to reverse chronic conditions** you didn't have the knowledge, resources, or ability to resolve earlier in life.

Using **plants rich in nutritive compounds for nourishing the vital essence**, you can restore strong immunity, overcome fatigue, and increase the length, quality, and enjoyment of life — all required to complete the inner transformation of consciousness.

At the center of rejuvenation therapies are **medicinal plants with adaptogenic powers**. These plants offer unique restorative powers that balance and strengthen the immune, endocrine, and neurological systems. **Modern research confirms their anti-aging, anti-inflammatory, and immune-modulating properties.**

Reputed to support meditation practices and enhance wisdom, these medicines are known to be the elixirs used by sages for millennia.

**Rasayana is the path of rejuvenation**, and rejuvenation is the cure for all illnesses and health challenges arising from exhaustion and depletion. It's the key to long life with fully functioning cognitive powers — the outer alchemy that supports the fulfillment of your inner spiritual potential.

**During Unit 10, you'll explore:**

- The role of **ojas, or vigor, in Ayurvedic medicine** — including the health impacts of both depletion and rejuvenation, and their role in longevity and illumination
- How to work with the most **ancient and powerful adaptogenic plants** for vitality, rejuvenation, and longevity
- **Practices** such as **individual protocols** for incorporating ojas-nourishing foods and herbs... **integrating Rasayana** herbs, formulas, and methods into daily life... and **using herbs and aromatics rich in moonlight** to support tranquility, contentment, and rejuvenation
- The **relationships among the moon, water, flowering plants, sweet flavors** and the rejuvenation of body and mind
- Principles, practices, and herbal therapeutics of **rejuvenation therapies**
- **The meanings of “rasa”** and its role in *rasayana* (rejuvenation)
- **Botanical medicines for regulating immunity** and counteracting the toxicity of cancer, autoimmune conditions, and their treatment
- **Nurturing therapies and medicinal plants** rich in nutritive compounds that restore strong immunity, overcome fatigue, and increase the length, quality, and enjoyment of life
- **Qigong practices for rejuvenation** with **guest Daisy Lee**, internationally celebrated teacher, trainer, workshop leader, and the founder of Radiant Lotus Qigong
- **Sexual energy, the mystical gateway** to the remembrance of our true nature as spirit, with **guest Dr. Marisa Jackson-Kinman**, doctor of Ayurveda and senior faculty at the California College of Ayurveda

## Unit 10 Classes and Sessions:

- **Live Integration Session with David (January 7)**
- Class 1 — Ojas; Rejuvenation Therapeutics, Part 1, Outer Alchemy (January 8)
- Integration Session with K.P. Khalsa (January 8)
- **Live Integration Session with K.P. Khalsa (January 14)**
- Class 2 — The Nectar of Moonlight: The Spiritual Dimensions of Rejuvenation, Part 1, Inner Alchemy (January 15)
- Guest Workshop with Daisy Lee - *Qigong for Detoxification and Rejuvenation* (January 15)
- Class 3 — Rasayana: Rejuvenation Therapeutics, Part 2, Outer Alchemy

(January 22)

- Integration Session with K.P. Khalsa (January 22)
- **Live Integration Session with David (January 28)**
- Class 4 — Rasa and The Essence of Satiation: The Spiritual Dimensions of Rejuvenation, Part 2, Inner Alchemy (January 29)
- **Live Integration Session with David (February 4)**
- Class 5 — Roots of Powers and Mushrooms of Immortality — Rejuvenation Therapeutics, Part 3, Outer Alchemy (February 5)
- **Live Integration Session with K.P. Khalsa (February 11)**
- Class 6 — Support for Cancer and Autoimmune Patients — Immune Regulation, Detoxification, Nutrition (February 12)
- Guest Workshop with Dr. Marisa Jackson-Kinman (February 12)

## Unit 11: Sexual Rejuvenation, Longevity, and the River of Life

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Classical Asian medicine and its associated spiritual lineages place great emphasis on protecting and rejuvenating sexual vitality — not only for romantic and erotic fulfillment, but also for general health, rejuvenation, and longevity.

Medicinal plants offer many forms of nourishment that revitalize and enhance sexual functions, and when conjoined with knowledge of the spiritual dimensions of sexuality, this vitality energizes your contemplative path.

**Your journey through the *Illuminated Herbalism* program concludes at the source of life**, the power of procreation — and how that power drew in and propelled your individual mindstream into this incarnation.

Sexual rejuvenation is considered the root of vitality, which, when nourished and turned inward, accelerates the completion of the inner alchemy by revealing the deepest levels of your essence and being.

**In Unit 11, you'll explore:**

- The **primary herbal treatments for restoring balance** to the female hormonal and reproductive systems
- **Practices** such as developing individual protocols for incorporating herbs and formulas for gynecological and hormonal health...  
**contemplating the river of the heartbeat** to understand your lifespan...  
**enhancing sexual rejuvenation** with the subtle Rasa of botanical perfumes
- The **Samkhya system of how the individual mindstream evolves** from the universal mind — including how the mindstream is incarnated into the innermost chamber of the heart
- How to access **your mindstream's** wisdom and guidance — and how the ancestors of your family lineages live on within our heartbeat
- The unique aspects of rejuvenation therapies that focus on **sexual vitality**, and the role of sexual vitality in health and inner alchemy
- Psychospiritual concepts of the **uterus, menstruation, conception, and menopause** from Chinese and Ayurvedic medicine and alchemy
- The **3 mystic treasure boxes in the heart** that contain primordial omniscient consciousness
- **Shukra and Jing** — concepts of essence in Ayurvedic and Traditional Chinese Medicine
- The role of **nourishing the blood** for sexual rejuvenation

## Unit 11 Classes and Sessions:

- **Live Integration Session with David (February 18)**
- Class 1 — Gynecological Therapeutics: Outer Alchemy (February 19)
- Integration Session with K.P. Khalsa (February 19)
- Class 2 — Mahat: The Mind of the Universe and The River of Life, Inner Alchemy (February 26)
- **Live Integration Session with David (March 4)**
- Class 3 — Illuminated Herbalism and Sexual Rejuvenation: Outer Alchemy (March 5)
- Integration Session with K.P. Khalsa (March 5)
- **Live Class 4 with David — Conclusion (March 11)**