

AN[◌]IS WELLNESS

Sacred Herbal Arts™

Certified Herbal Energetics Practitioner
Training - Traditional, Medicinal & Energetic
Healing with Herbs



COURSE GUIDE

Presented by Siona Glasson
MASTER HERBALIST – HERBAL ENERGETICS EXPERT – VEIL
MASTER – ENERGY HEALER – SKIN CARE MANUFACTURER –
CHAKRA BALANCING – SHADOWCRAFT MATRIARCH

Welcome to the Sacred Herbal Arts!

Welcome to the Practitioner course in Sacred herbal Arts - Herbal Energetics!

At the end of this course, you will have knowledge of over 160 different herbs, gums, resins and powders used in traditional, medicinal and energetic works. You will learn about medicinal components and contraindications of herbs as it is important to know for making energetically charged herbal preparations for personal consumption (such as teas and syrups).

You will receive practical, hands-on experience making energetically charged teas, tinctures, skin care, amulets & anointing oils, and learn how to correctly blend herbs for the most potent Magick and healing. This course gives you access to over 100 herbs for hands-on experience – to taste, smell, touch, see and sense.

You will learn about herbs that are traditionally sacred, and herbs that come with high caution and danger.

You will discover the many pathways a certification in Herbal Magick can take you, create and successfully keep an Apothecary and most importantly, learn your ethical responsibilities as an Energy Healer with Herbal Magick.

You will receive templates to use, herbal recipes and complete assessments throughout the course to ensure you are understanding the content.

Working with the energy of herbs can be a powerful business. This course is compiled so that you have the best knowledge in preparation for your important work in the future, no matter where your destiny lies.

I hope you enjoy the course! Take your time, don't be afraid to ask questions, and allow the information to sink in. The key is to do a little bit at a time. I recommend allowing yourself 1-2 weeks per module. This also gives Spirit time to come through and pass on any relevant messages you need in relation to the content as well.

I look forward to meeting you and being alongside you on this journey.

Siona Glasson

Siona Glasson
Chief Facilitator & Instructor



Sacred Herbal Arts Course Guide

MODULE	COURSE CONTENT
<p>Module 1: An Overview of Sacred Herbalism</p> <p><i>Internal / External</i> \$350 PAYG 10-20 hours study</p>	<ul style="list-style-type: none"> • Celts, Norse/Viking & Gaelic • Aztecs, Incans & Mayans • Siberian Shamanism • Mesopotamia, Babylon & Indus Valley • Ayurvedic Medicine (India) • Australian Indigenous • Paganism • Minoan/Greece • Christian/Catholic • African Hoodoo/Voodoo • Japan & Traditional Chinese Medicine • Ancient Egypt • Native American Indigenous • Individuals who shaped Modern Herbalism
<p>Module 2: Plant Parts and Energetics</p> <p><i>Attendance required</i> \$300 PAYG 10-20 hours study</p>	<ul style="list-style-type: none"> • Understanding Taxonomy • Plant Parts & Morphology • Doctrine of Signatures • How to practically identify herbs using <i>The TASTE Method</i> • Plant Energetics • Do Plants have Feelings or Memory? • Morphic Fields • Plant Spirit Medicine • Fresh versus Dry Herbs
<p>Module 3: Potential Pathways & The Ethical Therapist</p> <p><i>Internal / External</i> \$250 PAYG 10-15 hours study</p>	<ul style="list-style-type: none"> • Get inspired! Where can you go from here? • Career Aspirations and options as a practitioner • Ethical Practice & Your Responsibilities • Hippocrates Principles • Code of Ethics: Core values and ethical practices • Liabilities, Risk & Insurance: Small Business Basics
<p>Module 4: The Herbal Compendium</p> <p><i>Attendance required for practical experience x 2 weeks</i> \$750 PAYG</p>	<ul style="list-style-type: none"> • Active Constituents • Herb Actions • Herbal profiles and collected knowledge of over 140 herbs and spices from across the globe summarizing:

25-35 hours of study	<ul style="list-style-type: none"> ○ Actions & energetics ○ Specific Indications ○ Magickal properties ○ Medicinal uses ○ Contraindications, benefits & warnings <p>Assessment: Personal reviews and complete your apothecary</p>
Module 5: Sacred & Holy Herbs Resins, Gums & Powders <p><i>Class attendance required x 1 week</i> \$400 PAYG 10-20 hours of study</p>	<ul style="list-style-type: none"> • Ayahuasca : San Pedro : Cacao : • Peyote : Iboga : Blue Lotus : White Lotus : Kava • Preparing a Sacred Cacao Blend • Experimenting with Blue Lotus • Frankincense : Myrrh : Copal : Dragon's Blood : • Shorea Robusta : Tragacanth : Arabic Gum : Australian Resins • Gold Dust : Powdered Pearl : White Clay : Sandalwood : Volcanic Ash : Charcoal • Magickal properties - Medicinal uses • Contraindications, benefits & warnings
Module 6: Keeping an Apothecary <p><i>Internal / External</i> \$250 PAYG 10-15 hours study</p>	<ul style="list-style-type: none"> • Storage, expiration & use • Safety & hygiene • Threats to your apothecary – rats, mice and bugs! • Do's and don'ts • Packaging and labelling
Module 7: Restricted & Deadly Herbs <p><i>Class attendance required x 1 week</i> \$750 PAYG 20-30 hours of study</p>	<p>Herbs to use with caution:</p> <ul style="list-style-type: none"> • Ephedra : Foxglove : Hemlock : Lobelia : Oleander • The Nightshade Family: Aconitum : Angel's Trumpet: Black Nightshade : Belladonna : Datura : Henbane : Mandrake • Magickal properties & Medicinal uses • History and Academic Research • Ethical Use, Safety & Awareness
Module 8: Using Herbs for Medicinal Purposes <p><i>Class attendance required x 3</i> \$750 PAYG 15-20 study hours</p>	<ul style="list-style-type: none"> • Teas & infusions • Tinctures, syrups & gummies • Salves, ointments and creams • Poultices, compresses and rinses • Oil and vinegars • Mouth washes and throat gargles • Smudges, inhalation and steam baths

	<ul style="list-style-type: none"> • Sitz baths, washes and soaks • Synergistic Blending for greater bioavailability using the Synergistic Blending Model • Create your own medicinal tea blend • Synergistic Blending for greater bioavailability using the Synergistic Blending Model • Create your own Recipe Book with 10 Herbal Medicine recipes
<p>Module 9: Using Herbs for Magick</p> <p><i>Class attendance required x 3 \$750 PAYG 15-25 hours of study</i></p>	<ul style="list-style-type: none"> • Amulets & talismans • Spells or intentions • Shadowcraft, protection & clearing • Fire ceremonies • Divination tools • Rituals & vision quests • Sprays, perfumery & anointing oils • Crone Magick • Smudging and incense • Synergistic Blending for the most potent Magick • Create your own Recipe Book with 10 Herbal Magick recipes
<p>Final Assessment</p> <p>Completion of this Assessment will Certify you as a Sacred Herbal Arts Practitioner.</p>	<ul style="list-style-type: none"> • Theory: Questionnaire to demonstrate your understanding of the learned content. • Practicals will be assessed throughout the course, but there will be 2 final practical assessments at the Final.



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COST:

\$2799 (valued at over \$8,475!)

INTRODUCTORY OFFER \$2299 for 2026

Note: There will be an additional cost of \$179 plus postage for printed materials if you do not wish to receive documents by email. These printed materials will be complimentary to anyone who has attended the Introductory Workshop in 2022/2023.

PAYMENT OPTIONS:

A \$499 non-refundable deposit is required upon each enrolment

Upfront payment – Reduced cost \$1899 payable by direct deposit, credit card or cash.

Afterpay – \$499 upfront then \$575 x 4 repayments

Weekly repayments - \$499 upfront then \$60 - \$120 per week over 15 -30 weeks (relaxed/accelerated study options)

Pay-As-You-Go – Upfront deposit of \$499, then pay per module as you go. This is the most expensive option, but if you complete the course within 12 months, we will credit you \$1,000!

LENGTH OF COURSE:

300 hours (15-30 weeks)

This is a self-paced course and you have up to 30 weeks to complete assessments with the option to extend. Most classes are internal and are interactive with the ability to ask lots of questions! Non-interactive classes can be delivered externally.

MODE OF DELIVERY:

Combination Internal and external (Hybrid)–

This is a hybrid course which involves a combination of live lessons, reading, personal research, group discussions, online collaboration and 1:1 coaching.

There will be 10 mandatory lessons that require physical attendance. Some lessons will not require in-person teaching and may only require self-paced reading at home, or you can choose to attend the class virtually.

LOCATION:

Lessons will be delivered at Carpe Diem in Port Adelaide. Classes will be held on Mondays between 9.30am and 4.00pm.

ASSESSMENTS:

Depending on the module, you will usually have 2 weeks to complete an assessment. These may be completed in your own time, or part of a classroom exercise.

FINAL ASSESSMENT:

Theory assessment – space will be held for individuals completing their assessment and will need to be witnessed by the teaching instructor. You may complete the final assessments in person or online via video call.

Practical assessment – may be done at home and uploaded by video link or video call.

Assessments will require a minimum score of 80% to pass. Opportunities to resubmit will be available and extra support is available if you are having difficulty with some assessments or course content.

TEXT BOOKS:

You will be required to purchase text books in this course. Additional cost should be no more than \$200. Some texts are available online in PDF format at reduced costs.

REFUND POLICY:

A non-refundable deposit of \$499 is required upon enrolment. You will receive each Module weekly. If you decide to formally withdraw at any time, please notify us in writing via email at contact@anoiswellness.com and we will consider refunding any lessons that have not been completed or modules that have not yet been shared. Please allow 7-10 days for refunds and cancellations.

COMPLAINTS PROCEDURE:

A grievance procedure is a means of dispute resolution to address complaints by employees, suppliers, and customers. A copy of our complaints procedure is available on our website www.anoiswellness.com

STUDENT CONSENT AND INTAKE FORM:

Our Student Intake and Consent Form is available on our website here: <https://www.anoiswellness.com/shadowcraftschool>

This needs to be completed before intake, as there is a maximum of 25 spaces available per year. Registrations to submit your interest are open now.

STUDENT ENROLMENT DATES:

We will be accepting applications for new students wishing to begin in 2026 from December 2025. Successful applicants will be notified by the 1st February 2026. Classes will begin Monday 16th March 2026 (may be subject to change). You will need to fill out the Student Intake and Consent form on the website.

You have 15 to 30 weeks to complete your certificate depending on the payment option you have chosen (or up to 12 months if you are choosing the Pay as you Go option). Classes are only held for 15 consecutive weeks from March 2026. The 30 week option simply allows more time to complete assessments and make payments.

Full time students, or those choosing an “accelerated” study should expect to complete it in 15 weeks. Part time students, or those choosing the “relaxed” option, should expect to complete up to 30 weeks from the start time.

STUDENT STUDY PLAN

30-Week "Relaxed" Plan vs. 15-Week "Accelerated" Plan

Study Ideas	Accelerated Plan/Full time Up to 15 weeks	Relaxed Plan/Part-time Up to 30 weeks	Pay-As-You-Go Up to 12 Months
Study time per week	15-20 hours per week	8-10 hours per week	Attend classes, and extra study can be performed at any time
Total weeks	15 weeks	30 weeks	52 weeks
Pace	Fast and immersive	Gentle and consistent	Relaxed
Reflection time	Shorter reflections, faster application	Plenty of time to absorb and reflect	Intermittent
Assessments	As you complete a module	As you complete a module	As you complete a module
1:1 Mentoring	Stricter time management, but flexible access	1:1 support may require appointments to be made	1:1 support may require appointments to be made
Completion time	Up to 15 weeks	Up to 30 weeks	Up to 12 months

PROPOSED CLASS SCHEDULE (may be subject to change)

March 16, 2026 – July 27, 2026

This schedule shows your essential class dates based on the Accelerated Plan (held on Mondays). We've made sure to skip South Australian public holidays! You'll see that big project modules like Module 4 (The Compendium) and Modules 8 & 9 (Medicinal and Magickal Formulations) have multiple sessions. This gives us crucial class time to check in on your complex projects and make sure you're on the right track!

Date (Monday)	Module Allocation	Attendance	Session Focus / Key Deliverable
March date TBA	MEET AND GREET	<i>Voluntary</i>	Meet your facilitator and get familiarised with your learning environment for the next few months. A perfect opportunity to ask plenty of questions!
Mar 16, 2026	MODULE 1	<i>Internal / External</i>	Kick-off! We'll dive into the Global Herbal History and go over your first assignment.
Mar 23, 2026	MODULE 2	<i>Class attendance required</i>	Learning Taxonomy and Morphology. Hands-on TASTE Method Demo!
Mar 30, 2026	MODULE 3	<i>Internal / External</i>	Ethical Practice and Liabilities Comprehensive Lecture. Review of the Hippocratic Principles.
Apr 6, 2026	MODULE 4 (1 of 2)	<i>Class attendance required</i>	Initiation: Herbal Compendium. Active Constituents and Herb Actions (Scientific Foundation).
Apr 13, 2026		PUBLIC HOLIDAY	South Australian Public Holiday: Easter Monday. Catch up on reading and assessments this week – begin reading your next module if you wish.
Apr 20, 2026	MODULE 4 (2 of 2)	<i>Class attendance required</i>	Herbal Compendium. Active Constituents and Herb Actions (Energetic Foundation).
Apr 27, 2026	MODULE 5	<i>Class attendance required</i>	Sacred Plants and Resins: Ethical Use, Cultural Context, and Resin Incense Preparation Demonstration.
May 4, 2026	MODULE 6	<i>Internal / External</i>	Apothecary Management: Storage Protocols, Hygiene

			Standards, and Project Setup Demonstration.
May 11, 2026	MODULE 7	<i>Class attendance required</i>	Initiation: Restricted and Deadly Herbs Foundational Safety Protocols and Historical Context.
May 18, 2026	MODULE 8 (1 of 2)	<i>Class attendance required</i>	Medicinal Art Practical Application: Tincture/Salve Preparation Demonstration and Synergistic Blending Principles.
May 25, 2026	MODULE 8 (2 of 2)	<i>Class attendance required</i>	Medicinal Art Practical Application: Tincture/Salve Preparation Demonstration and Synergistic Blending Principles.
Jun 1, 2026	MODULE 8 & 9	<i>Class attendance required</i>	Medicinal recipes and Beginning using herbs for Magick
Jun 8, 2026		PUBLIC HOLIDAY	South Australian Public Holiday: King's Birthday. Catch up on reading and assessments this week – begin reading the next module if you wish.
Jun 15, 2026	MODULE 9	<i>Class attendance required</i>	Magickal Art Practical Application: Ritual Design and Incense/Perfumery Formulation Demonstration.
Jun 22, 2026	MODULE 9	<i>Class attendance required</i>	Magickal Art Practical Application: Ritual Design and Incense/Perfumery Formulation Demonstration.
Jun 29, 2026	EXTRA STUDY		Come in for extra study of to fine tune your skills if you wish
Jul 6, 2026	FINAL ASSESSMENT		Final Examinations for those choosing the Accelerated Learning Option
Jul 17 th , 2026 (Friday)	SUBMISSION OF PRACTICAL	FINAL SUBMISSION DEADLINE	Official Course Completion. Submission of all Final Projects and Practicals
AUGUST	GRADUATION!		Celebration for everyone who successfully completed the course!

Note: The Final Assessments and Submissions may be extended to 14th November at the latest, for those choosing the “Relaxed” study option. A Graduation will be held late November/early December for anyone choosing this option.

COMPLETION:

Upon completion you will receive a Certificate of Attainment, be eligible for insurance with certain providers and your name will be listed on our website showing that you are a Certified Professional in the Sacred Herbal Arts. You require a minimum of 80% grade to pass and minimum 80% attendance.

LEARNING OUTCOMES

Sacred Herbal Arts Practitioner Program

Qualification Level: Professional Practitioner Program
(Intermediate/Advanced Holistic Herbal & Sacred Arts)

Total Hours: 300 hours

Upon successful completion of the Sacred Herbal Arts Practitioner Program, graduates will demonstrate a broad and integrated understanding of herbal medicine, energetic healing, and sacred magickal practice. They will apply both scientific and intuitive knowledge in ethically grounded, culturally aware, and safety-focused professional contexts.

1. Historical & Cultural Mastery

Knowledge and Skills:

Students will:

- 1.1 Analyse and compare the medicinal, ritual, and magickal uses of herbs across at least 14 ancient and indigenous traditions (e.g., Celtic, Norse, Aztec, Incan, Siberian, Ayurvedic, African, and Chinese).
- 1.2 Interpret cultural symbolism and deities associated with herbal traditions to ensure authenticity and respect in ritual and healing work.
- 1.3 Identify key historical figures and explain their contributions to modern herbalism, ethnobotany, and holistic medicine.
- 1.4 Reflect on the continuity of herbal traditions, recognising how ancient plant wisdom is integrated into modern ethical and sustainable practice.

Performance Indicators:

- Written or oral comparative report on selected cultural herbal traditions.
- Research project profiling three historical herbal figures.
- Practical demonstration or written reflection showing culturally respectful use of herbs in ritual or therapeutic contexts.

2. Scientific & Practical Skills

Knowledge and Skills:

Students will:

- 2.1 Identify and classify plants accurately using the Seven-Step Taxonomic Hierarchy and determine related species within families.
- 2.2 Describe plant morphology and anatomy, recognising the role of different plant parts in herbal and energetic medicine.
- 2.3 Differentiate between fresh and dried herbs, assessing quality, vitality, and energetic resonance.
- 2.4 Prepare and document a range of herbal preparations—including teas, tinctures, syrups, ointments, poultices, vinegars, oils, compresses, and washes—according to professional standards of measurement, ratio, and hygiene.
- 2.5 Apply the Synergistic Blending Model to enhance both therapeutic bioavailability and magickal potency.
- 2.6 Toxicology, Restricted & Poisonous Herbs

Students will:

- Research and analyse academic and toxicological literature regarding restricted or poisonous herbs (e.g., Foxglove, Hemlock, Belladonna, Datura, Mandrake, Aconite, Ephedra, Oleander).
- Compare traditional and scientific understandings of these herbs to evaluate risk, safe handling, and energetic symbolism.
- Demonstrate awareness of legal and ethical boundaries in discussing, displaying, or referencing restricted plants.

Performance Indicators:

- Literature review summarising at least three academic papers or credible research sources.
- Comparative report or presentation on historical versus modern toxicology findings.
- Practical demonstration or written explanation of safe handling protocols.

3. Esoteric & Spiritual Practice

Knowledge and Skills:

Students will:

- 3.1 Interpret the Doctrine of Signatures to understand symbolic connections between plant form, function, and healing role.
- 3.2 Assess plant energetics using the TASTE Method and complementary energetic systems.
- 3.3 Apply esoteric principles such as Morphic Fields, Plant Spirit Medicine, and Plant Memory to deepen intuitive understanding and energetic communication.
- 3.4 Explore consciousness in nature, examining evidence and philosophies regarding plant sentience, emotion, and memory.

3.5 Design and perform sacred crafting rituals, including the creation of amulets, talismans, incense, perfumes, anointing oils, and ritual blends aligned with spiritual intention and energetic harmony.

Performance Indicators:

- Submission of a Plant Spirit Journal documenting meditation and intuitive communication experiences.
- Practical assessment of crafted sacred tools or ritual items with explanation of purpose and energetic reasoning.
- Reflective essay on plant consciousness integrating both scientific and metaphysical perspectives.

4. Apothecary Management & Professional Practice

Knowledge and Skills:

Students will:

4.1 Establish a functional apothecary, demonstrating safe and sustainable storage, labelling, and stock management.

4.2 Apply hygiene, safety, and pest-prevention protocols suitable for small-scale herbal operations.

4.3 Identify and mitigate environmental risks, such as contamination, infestation, or degradation of herbal materials.

4.4 Develop professional practitioner resources, including a comprehensive Herbal Medicine & Magickal Recipe Compendium.

Performance Indicators:

- Submission of a personal apothecary setup plan or photographic evidence of workspace.
- Completion of a labelled herbal collection with expiry, origin, and safety data.
- Submission of a professional recipe compendium featuring at least 20 original formulations (10 medicinal + 10 magickal).

5. Ethics, Business & Practitioner Readiness

Knowledge and Skills:

Students will:

5.1 Interpret and apply the Hippocratic Principles and a professional Code of Ethics to their practice.

5.2 Demonstrate understanding of liability, insurance, and client risk within holistic and spiritual health contexts.

5.3 Develop professional identity and career vision, identifying possible pathways (consultation, product creation, teaching, retreat facilitation, etc.).

5.4 Reflect on practitioner boundaries, ensuring personal wellbeing and responsible energetic exchange in client or ritual settings.

Performance Indicators:

- Completion of an Ethics and Risk Awareness Statement or code of practice document.

- Short written plan or oral presentation outlining career pathways and goals.
- Case study exploring ethical decision-making in a practitioner context.

6. Integration & Assessment

Final Competencies:

Graduates will demonstrate their learning through:

Practical assessments throughout the program (herbal preparation, blending, ritual creation, apothecary setup).

Written or oral evaluations demonstrating theoretical comprehension.

A final integrative assessment, combining scientific, cultural, and spiritual perspectives to show readiness for professional certification as a Sacred Herbal Arts Practitioner.

Graduate Outcomes

Upon completion, graduates will be able to:

- Apply integrated knowledge of herbalism, energetics, and magickal practice within ethical and safety-based frameworks.
- Critically analyse both historical and scientific information, including toxicology research, to support informed practice.
- Confidently create, blend, and apply herbal remedies and ritual formulations.
- Design and maintain a professional apothecary space.
- Uphold strong ethical, cultural, and environmental standards in all aspects of their work.
- Operate with autonomy, creativity, and professional judgment as a practitioner, educator, or holistic facilitator.