

I've been reflecting on the Mt. Hood trip I did with you a couple of years ago and wanted to let you know how much it meant to me. I signed up for that class at the spur of the moment just because I knew I wanted to study with you in person (I'd done all of your CD sets by that point). I feel so grateful I followed my intuition as that trip continues to be THE most powerful herbal class experience I've ever had. I learned not only interesting facts and physical learnings of native plants but you also wove so many bigger themes into that course such as connecting with plants and connection with the entire ecology as well as healing, not just for people but also for the land. Years later I still think of that trip often and recall those many layers of learning. From wandering through old growth forests, to splashing in the river, to connecting with beautiful native plants I'd never seen before... Wow. Just reminiscing about that week makes it hard to believe we did all that!

Thank you for being a constant source of inspiration on many different levels.

Rosalee de la Foret

Clinical herbalist

Herbal Consultant at LearningHerbs.com

Blogger at www.MethowValleyHerbs.blogspot.com