



Community Education

Summer 2024

Cleansing Your Space with Herbs

Instructor: Erin Harwood

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Course Description:

Immerse yourself in the ancient art of herbal purification with a focus on using smoke and burning herbs. Learn respectful techniques for using herbs to cleanse and harmonize your space without cultural appropriation. Delve into different herbs that can be used, explore their significance, and discover how to create a serene environment through mindful practices. Create your own herbal wand or loose herbal blend in class. Join us to honor traditions and cultivate positive energy in your life.

Learning Outcomes:

- **Understand Herb Uses and Methods of Cleansing:** Students will learn about the uses and meanings of various herbs, along with different methods for using them to cleanse and harmonize their spaces.
- **Inspiration and Guidance from Plants:** Students will gather inspiration and guidance from the plants themselves, understanding how to intuitively select and use herbs for purification.
- **Cultural Heritage and Traditional Use:** Students will explore stories and ideas of traditional herb use in Irish and Scottish heritage, gaining insight into the cultural significance and historical practices. They will know how to find resources for their own cultural background.
- **Practical Application and Confidence:** Students will feel confident incorporating herbal purification practices into their daily lives and homes, using the techniques learned in class.
- **Create Personalized Herbal Tools:** Students will create their own herbal wand or loose herbal blend, personalized to their needs and preferences, while learning hands-on techniques.

- **Mindful and Respectful Practices:** Through discussion and provided resources, students will understand how to practice herbal purification mindfully and respectfully, avoiding cultural appropriation.

Course Schedule:

Tuesday August 20th, 6 pm to 8 pm

Selected Bibliography/Resources:

Resources will be provided in class

Class Evaluation: Class evaluations are sent by email. Sometimes the email will be delivered to your “junk mail,” but we can assure you it’s from Clark College only. Your responses are completely anonymous. If you do not see your evaluation immediately after class, look in your junk mail and send it to your email address. If you do not receive an evaluation please Call 360.992.2939.

Inclement Weather:

If the College cancels due to icy conditions you can find this on the college website www.clark.edu ~ If Community Education concludes that the weather is too hazardous we may also decide to cancel this class. In that case you will receive both a phone call and email. Make certain that we have your correct contact information by viewing the class roster.

Looking for classes? Visit our Community Education webpage:

www.clark.edu/cce/