

Nancy Herrick

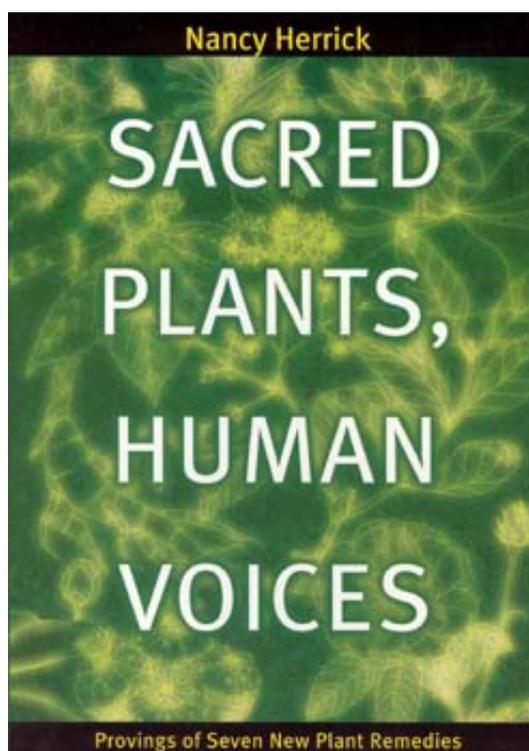
Sacred Plants - Human Voices

Reading excerpt

[Sacred Plants - Human Voices](#)

of [Nancy Herrick](#)

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Ginseng Themes

American and Korean Ginseng Roots

* *Calm/Capable/Determined*

* *Courageous*

* *Emotional/Incapable*

* *Self-acceptance/Self-worth*

* *Confident/Assertive*

* *Self-denigration*

* *Community/Connection*

* *Solitude/Alone*

•* *Energetic/Industrious*

* *Flowing*

* *Tired/Exhausted*

* *Travel*

* **Red**

Calm/Capable/Determined

#1 . . . Can take on anything that comes along . . . Feel good—calm, capable, though many things on my mind. . . . Mind working well—logical when discussing/debating.

#7 Calm, relaxed. Nothing seems to bother me. Happy and very emotional and sensitive towards my children.

#1 Thinking clearly. Good perspective on my work—had to work with someone I don't like . . . Seem to be able to maintain my cool pretty much with ease. . . . Able to take appropriate action when things are a bit in turmoil.

#8 . . . I stayed up all night with my son, stroking his head, telling him I loved him, was worried for him but was completely calm. Wanted him to sleep in my bedroom so I could check on him. This was the end of my trip. . . .

#7 Mind positive—little things are not bothering me. Even after working night shift and not sleeping. My twenty-month-old threw cereal all over the floor and then squirted lotion all down the hallway and in the kitchen. I didn't really care. . . . Increase in patience and tolerance, more than usual. Calmer. The dog dug up the yard but I didn't yell.

#7 Dream: I was hiking/camping in the desert with a large group of people. It was very dusty and dry, and the whole landscape was a peach-orange color. I went into my tent and it was like walking into my bedroom at home. My baby was lying on the bed and there was a very large rattlesnake next to her. The next thing I did was try to grab the snake. Then someone else was trying to grab the snake's neck with a pole. I then stopped and told the snake that I would give her anything she wanted as long as she left and didn't harm my baby. The snake agreed. I was then outside in the desert somewhere. The snake was in front of me and she was huge. She was as big as me but with a bigger head. She had huge red eyes. I asked her what she wanted and she said, "Lipstick." So we discussed what shade would be best for her. She picked a lipstick out. I helped her put it on. She said, "Thanks," and left.



Emotional/Incapable

#8 . . . Visited my old therapist. She said it was like a black cloud over me, she has never seen me like this. People come up to me and tell me I look different, depressed.

#2 Mistakes in writing, evening at 9:30 p.m., at city council meeting. The worst were while someone was watching me (mistakes in writing are common for me, but not usually this bad). Mistakes in speaking when asked a question by councilmember. Couldn't say "homeowner," said "ho-nomer" twice, and couldn't get it correct.

#1 Don't seem to have patience this morning. Things annoy me. A woman that I know, when I asked how she'd been doing, decided to tell me all. I wanted to have my morning coffee in peace. . . . Essentially don't have patience for people. I am being unfriendly.

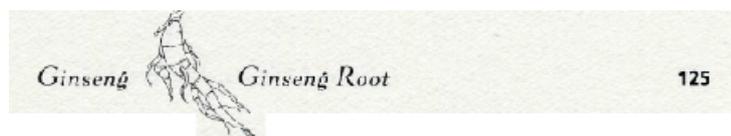
#3 C. and I did lots of "processing" in relationship. Very emotional. Both sobbing—"very easily to emotions." Shared with C. feelings of fear of true intimacy.

#1 While studying in the library felt unnerved—threatened when people walked behind me.

#3 Dream: Eating mushrooms, hallucinating, fear of "out of control."

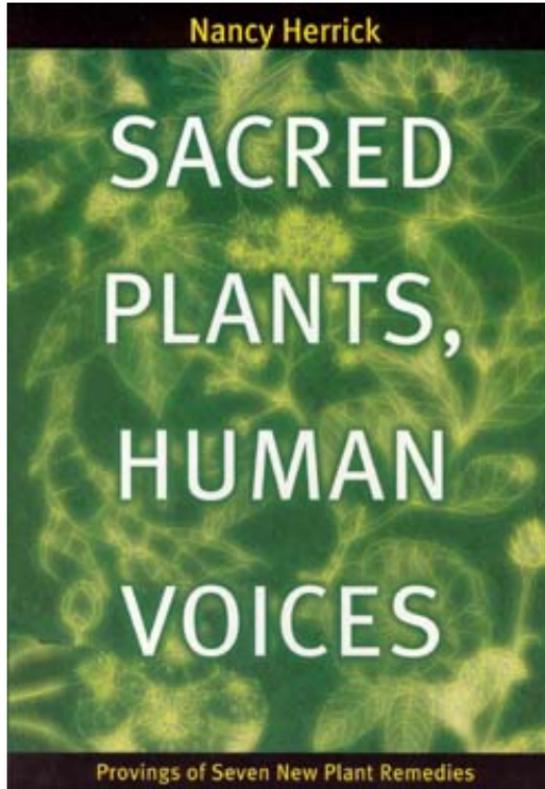
#5 My life is about change and I'm scared—a new baby, a new job. I'm working two days a week 180 miles from where I live now.

#8 . . . This is what my son said about me at one point, "What's the matter with you? You are jumpy, you have attitudes. It's like how my friends describe their mothers when they have their period. You are cranky. You're a dickhead. It seems like you hate the world. Usually you are a very kind mom and willing to help us. Now we really have to need you. You're real moody." Because the emotions were just coming out, there was no control.



MIND	<p>ABILITY, increased ACTIVITY, increased AFFECTIONATE ANXIETY; conscience, of someone walks behind him studying, while; agg. AUDACITY AVERSION; newspaper or television news, to small talk, to BITING; nails CAPABLE CAREFREE CHARMED with description of beauties of nature CHEERFUL happy, very emotional, sensitive CHILDREN; desires to play with COMFORT; sensation of COMPANY; aversion to, agg.; presence of; people intolerable to her solitude, fond of desire for CONCENTRATION; difficult in a haze CONFIDENCE; <i>feels capable</i> increased self, in CONTENTED flowing feeling, all is well self, with CONTENTED; himself, with CONTRADICTION; intolerant of CONVERSATION; desire for COURAGEOUS DANCING with excitement DARKNESS; desire for DELUSIONS; imaginations at the edge of a rock body enlarged separated from expanded, he is great person, he is invulnerability, of large, he is while in shower out on a limb powerful, he is</p>
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