

MOONFLOWER HERB FEST



DIGITAL PROGRAM 2018



The Story of Moonflower

Once upon a time a girl picked her way down a dry, dusty, and lonely path.

She came to the edge of a stream and was scared to cross, but took a step in. The icy cold water swirled around her legs and she felt more and more unsteady but with each step she was sure she needed to, had to, complete the journey . She struggled to the other side and stumbled out into a secret place. The place where the moonflowers grow. A place of enchantment, where the wind whispered tales of our ancestors in the rustling leaves, where spirits spoke thru plants and rocks, and mushrooms giggled as she tiptoed by. It was as if she could hear and see for the first time, like a veil had been raised. The Earth was alive and speaking to her. Slowly she lifted her gaze up and around, and she realized she was not alone. Many others like herself were walking with her in the magick. She was part of everything. The woman then came together with all that had gathered in dance and song and celebrated the mysteries.....and all of the sacred that had been forgotten was remembered.

What is Moonflower Herb Fest?

Moonflower Herb Fest gathers herbalists and herb lovers together to celebrate and share their experiences with regional plant medicines, plant healing, and plant magic. Our mission is to strengthen the herbal community in our Central Texas home, connecting new and experienced herb lovers together to share information. We give special space to our elders & mentors who have studied for decades to be able to share deep and meaningful knowledge about plants. Though somewhat regional in focus, we seek to offer different cultural approaches and traditions that use plants today. We strive to offer a schedule of classes that will appeal to both beginners and advanced plant lovers alike with a special focus on our native herbs and traditions. Moonflower Herb Fest honors the time of year in which the veil becomes thin between worlds. At this time we pay respect to ancestors and those who have come before us. We have classes & ceremonies surrounding death & embracing the dark as much as the light sides of ourselves. Most importantly, as Maria Elena has taught us, we work to create a loving and authentic experience that connects us to each other, the magic inside each of us, Mother Earth, and the sacred feminine.

Founding and Direction

Nicole Telkes joined forces with her Scorpio herb sister, Beth Ebbing-Johnson, to honor their Scorpio mentor Maria Elena. The two friends were passionate about creating a herb festival that had a lot of heart and soul and founded Moonflower Herb Fest. In 2016, the maiden conference took place at the sacred land of Alma de Mujer in Austin, Texas over 3 days with teachers from around North America. The festival is now under the guidance of Nicole Telkes and Beth is on to new herbal adventures. Our team from 2016 was so amazing, we are working together to do it again.

A note from the Founder, Nicole Telkes

Many people often ask “What’s a Herb Festival Anyway? I mean, what exactly goes on there?” It’s so hard to explain what to expect but we are really excited to show you what it means! When you include education, music, art, and ceremony all surrounding medicinal plants, you end up with a day full of fun. We have brought some of the most unique and amazing healers and herb nerds in Texas together to celebrate local plants and the sacred feminine. Welcome to all of you, and have a wonderful time. I hope your heart is left full with all of the healing plants and people.

I want to take a minute to note that it takes a lot of hardworking people all year and a lot of dedication, perseverance and love to put this production together for you. In particular this festival would not be possible without the exceptional and hard work of Darlene Starr, Madeline Novak, and Sue Gore-Berryman. We have met every week this year ironing out details and getting the event together and I think I can speak for them when I say that we hope you have a fantastic time. I want to also thank Anneliese and Stephanie for picking up some key pieces to complete the vision, all of the teachers and clinical students at the Wildflower School assisting with first aid, and teachers assisting as well as our fantastic worktraders and sponsors. It takes all of together to bring this to you. Thank you for being here with us.

With Warmth and Love.
Nicole Telkes
Moonflower Herb Fest 2018



MOONFLOWER HERB FEST



Auditorium 1



Auditorium Lawn 2



Oak Grove Classroom 3



Oak Grove Classroom 4



Plant Walks

7:45

Registration

8:30 - 10am

Cycles and Plants: the day, month and year in healing - Will Morris

Strategies for Successful Herb Gardening in Central Texas - Jenny Perez

Materia Motus: Movement Based Herb Class - Brandi Jo Perkins

Boogieman and Bedfellow - Annelese Wainwright

Strange Flowers - Meg Houston
**Meet at Keynote area in rose garden

10-10:30am

Break

Honoring our Hormones with Herbs and Ceremony - Aremesia Haley

It's Not the Pollen... It's You! Herbal Allies for Allergies - Charlotte Kikel

Potentizing Herbal Medicine with Colloidal Gold - Esther Schroeder

Groning Ceremony - Carol-lee Fischer

Plant Walk - Nicole Talles
**meet at Tipi

10:30am-12pm

12 - 1:00pm

1-1:45pm

Lunch & Opportunity to visit Vendor Village
Keynote Address by Mary Ayodele in the Rose Garden



2:00-3:30pm

Curanderismo: Healing the Healer - Rosa Tupina

Hawthorne, Rose, Mimosa, & Peach Herbs for the Heart Chakra - Ginger Webb

Native Herbalism - Filiberto Delgado

Shamanism and Drumming - Maria Elena Martinez

Plant Walk - Nicole Talles
**meet at Tipi

3:30-4:00 pm

Break

Doing the Hard Thing: Herbs for Spiritual Resilience - Mary Ayodele

Flying Ointments and Entheogens - Nicole Telkes

Unraveling the Mystery of Sexual Radiance - Maria Carbonell

A Journey through Grief - Beth Ebbing Johnson

Plant Walk - Beth Ebbing Johnson

4:00-5:30pm

5:45-6:45pm

Closing Ceremony with Rosa Tupina and Hvitizilmeztl Moon dancers in the Oak Grove

SCHEDULE



Code of Ethics
Welcome to Moonflower, we are glad you are here!
We kindly ask that you respect the rules of Zilker Botanical Garden and our festival.

- Leave No Trace, pack in what you pack out.
- Be respectful of animal and plant life.
- The following are prohibited:
 - open flames
 - alcohol/drugs
 - firearms
- photo/video of ceremony
- pets
- cell phone use during class.

MOONFLOWER HERB FEST



 Registration + Info

 Vendor Booths

 Classroom Spaces

1 Auditorium 1

2 Auditorium South Lawn 2

3 Oak Grove 3


4 Oak Grove 4


5 Plant Walks - Meet at Tipi

 First Aid

 Tea Tent


 Keynote / Music

 Lunch Pick Up

 Water

 Moonflower Altars

 ADA Restroom

 Restroom

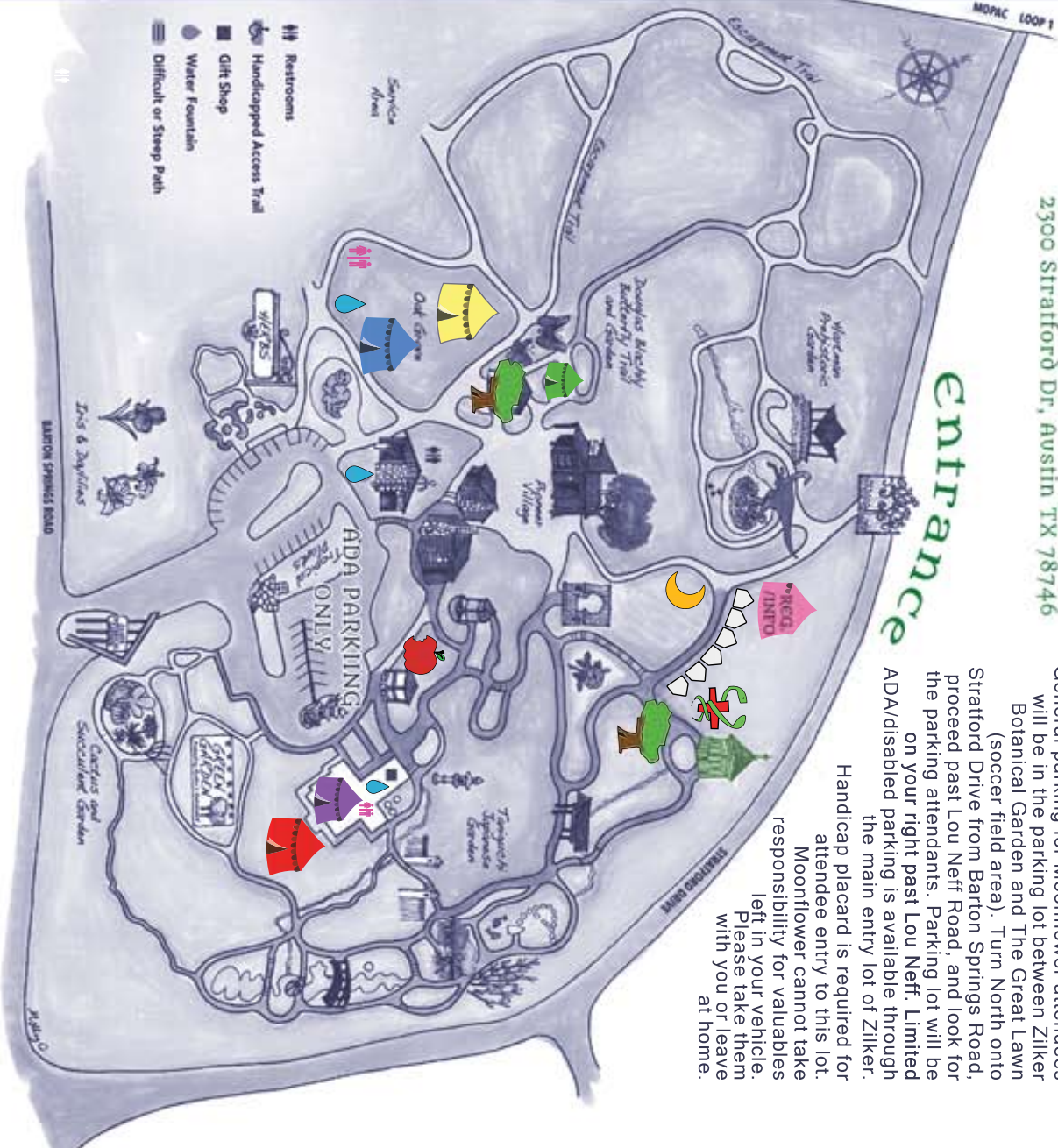
Stratford Parking Lot
2300 Stratford Dr, Austin TX 78746

Entrance

Parking

General parking for Moonflower attendees will be in the parking lot between Zilker Botanical Garden and The Great Lawn (soccer field area). Turn North onto Stratford Drive from Barton Springs Road, proceed past Lou Neff Road, and look for the parking attendants. Parking lot will be on your right past Lou Neff. Limited ADA/disabled parking is available through the main entry lot of Zilker.

Handicap placard is required for attendee entry to this lot. Moonflower cannot take responsibility for valuables left in your vehicle. Please take them with you or leave at home.



CLASS DESCRIPTIONS

8:30-10AM

Cycles and Plants: the day, month, and year in healing with Will Morris

THIS CLASS WILL EXPLORE THE RELATIONSHIP BETWEEN CYCLES OF THE DAY, MONTH, AND YEAR TO HEALTH CONDITIONS AS DEMONSTRATED IN CONVENTIONAL MEDICAL RESEARCH. It is surprising the degree to which conventional medicine demonstrates the effect of the three most important cycle phenomena in astrology. We will explore the use of the cycle for the purposes of developing herbal treatment strategies based upon plant parts and therapeutic categories. This approach has roots in many indigenous cultures, and adds profoundly to the efficacy of herbal medicine. CLASSROOM: AUDITORIUM 1

Strategies for Successful Herb Gardening in Central Texas with Jenny Perez

WHETHER YOU ARE NEW TO GARDENING OR A GARDENING ENTHUSIAST, THE CENTRAL TEXAS CLIMATE IS UNIQUE AND SOMEWHAT CHALLENGING FOR SUCCESSFUL PLANT CULTIVATION. Learn about resources and strategies for successful herb cultivation including site location, soil, seeds, and seaweed! Harvesting and post-harvest handling tips will be discussed as well as the concept of value-added products. This class is designed to keep central Texas gardeners inspired while working smarter and not harder. CLASSROOM: AUDITORIUM LAWN 2

Materia Motus: Movement Based Herb Class with Brandi Jo Perkins

AN EXPERIENTIAL CLASS EXPLORING THE SUBTLE ENERGY OF PLANT MEDICINE THROUGH MOVEMENT. Attendees will be encouraged to create a 3-part movement sequence after taking a mystery herb. As we are motivated to move through the energetics of the plant, our body will become a blueprint for its translation, that will become a mantra. The movement will become mantra for calling upon this plant in the cellular memory. It's a fun way to get to know yourself and the plants in relationship. Please wear loose fitting clothing. CLASSROOM: OAK GROVE

Boogieman and Bedfellow with Anneliese Wainwright

BAD CASE OF THE BLUES? "I WAS SO ANGRY, I COULD SCREAM!" BUT WHAT HAPPENS WHEN YOU CAN'T SCREAM? Let's talk about the boogieman under the bed....anger! **insert monster here!**...and what happens when the injury of repressed anger on your energetic body manifests as depression. **insert crying person in bed all day here** We will tell you all about lifestyle, dietary, and herbal support to help you start feeling better. Together we will learn some practices to incorporate into your daily life to jump start your own work and healing. We will send you home with somatic goodies, and ideas of favorite herbs to continue exploring this new perspective. CLASSROOM: OAK GROVE 4

Strange Flowers: The Nature of Being Queer with Meg Houston

IN THIS TIME TOGETHER WE WILL EXPLORE WHAT IT MEANS TO BE QUEER, AND HOW THIS UNIQUE EXPRESSION IS REFLECTED ALL THROUGHOUT NATURE. With space to share our own experiences and predilections around this topic, we will unpack the stiff boxes of identity our culture categorizes us in, with the hopes of communal healing and newfound understanding around the topic. The latter part of this gathering will focus on bioregional + queer plant allies for ritual, protection, elevation, and nervous system support. All are welcome, whether you consider yourself a part of the LGBTQIA community or an ally who wishes to learn more around this topic. Come as you are. CLASSROOM: MEET AT KEYNOTE LOCATION

CLASS DESCRIPTIONS

10:30AM-NOON

Honoring our Hormones with Herbs and Ceremony with Aremesia Haley

HORMONES ARE THE CHEMICAL MESSENGERS BETWEEN THE SYSTEMS OF THE BODY. What messages are our hormones sending us? What are they telling us about our physical and energetic selves? How can we create a deeper sense of self and healing by listening to our hormonal messages? This workshop will cover: A basic understanding of hormonal health and the endocrine system. How the body and spirit are impacted by a disruption in the hormonal system. How the hormonal system can be supported by herbal therapy. The benefit of ceremony on the hormones and their messages. CLASSROOM: AUDITORIUM 1

It's Not the Pollen... It's You! Herbal Allies for Allergies with Charlotte Kikel

JUST BECAUSE SOMETHING IS COMMON DOESN'T MEAN IT'S NORMAL. Many times we feel like victims when it comes to suffering from seasonal allergies. Yes, some environments are more challenging than others, but the first step to healing is to realize that we are participants and the co-creators of our lives. This class will address the things we do that contribute to allergic physiology, as well as how to help you build your natural medicine cabinet so you can be as prepared as possible when the next seasonal stressor hits. There is hope! CLASSROOM: AUDITORIUM LAWN 2

Potentizing Herbal Medicine with Colloidal Gold with Esther Schroeder

LIVE DEMONSTRATION OF HOW TO MAKE COLLOIDAL GOLD AND USE IT TO EMPOWER ALL HERBAL MEDICINES We can close with a short meditation focused on developing golden consciousness, and a brief introduction to how it fits into alchemical theory. CLASSROOM: OAK GROVE 3

The Crone: A Ceremony with Carol-Lee Fischer

THIS AGE OLD CEREMONY EMPOWERS WOMEN WHO HAVE STARTED MENOPAUSE AND OLDER TO CLAIM THE TITLE OF "WISE WOMEN" AND ACCEPT THEIR RIGHTFUL PLACE IN THE WORLD, WITH JOY AND CELEBRATION. This ceremony is open to maidens, and women of all ages to come witness and honor the new crones . This interactive ceremony includes chant, dance, blessing, and calls upon each crone to share the wisdom they have learned in their many years of experience. This is a time of taking a new name, as we move beyond the middle years to the time of being old, wise, and powerful. CLASSROOM: OAK GROVE 4

CLASS DESCRIPTIONS

2:00-3:30PM

Curanderismo: Healing the Healer with Rosa Tupina

CURANDERISMO IN MEXICO IS BASED ON AZTEC, MAYAN, AND SPANISH INFLUENCES. The ancient native cultures believed that a delicate balance existed between health, nature, and spirituality. Illness occurred when one of these areas was out of balance. The use of nature's resources was very important to the native cultures. In the fifteenth century, the Huaxtepec garden in Mexico, Tenochtitlan was developed by the Aztec Tlahtoani (Appointed Leader) Moctezuma I. This garden was a collection of several thousand medicinal plants. The Aztec priests and priestesses used this garden to perform research on the medicinal properties of the plants. There are rescued codices that reflect this knowledge. When the Spanish invaders under the leadership of Hernan Cortez came to Mexico in the sixteenth century, they destroyed the garden and all of the priests & research because the Catholic Church considered these "sciences" to be blasphemous and satanical. Although the written knowledge was destroyed, the plant wisdom was remembered, passed down by the native peoples, and became an integral part of Curanderismo. The Spanish missionaries who were sent to the New World introduced the native peoples to the Catholic religion and European healing philosophies. Prayers to Catholic saints were soon integrated into healing rituals. Curanderismo is used to treat ailments arising from physical, psychological, spiritual, or social conditions. Illness is said to be caused by either natural or supernatural forces. This workshop will focus and concentrate on identification of the most common plants used for ailments that have been identified in common households and have been passed down from generation to generation and you can find in most Mexican homes up to this day. CLASSROOM: AUDITORIUM 1

Hawthorne, Rose, Mimosa & Peach Herbs for the Heart Chakra with Ginger Webb

LOVE AND GRIEF: WE DESIRE ONE AND RESIST THE OTHER BUT THEY ARE BOTH PART OF THE HUMAN EXPERIENCE AND ARE BOTH CENTERED AT THE HEART CHAKRA, THE NERVOUS SYSTEM PLEXUS THAT PULSES IN THE MIDDLE OF THE CHEST. In this class, we will discuss the human experiences of grief, alienation, loneliness, and attachment, as well as unconditional love and acceptance, and explore how our herbal allies can support us while we navigate these feelings. CLASSROOM: AUDITORIUM LAWN 2

Native Herbalism with Filiberto Delgado

IN TRADITIONAL MEDICINE, LEARNING AND THE USE OF PLANTS IS VERY BROAD, BECAUSE IT REQUIRES WISDOM GLEANED FROM A DEEP UNDERSTANDING OF ASTRONOMY, HISTORY, AGRONOMY, CHEMISTRY, AND PHILOSOPHY. All of this comes from being in the "laboratory" of daily life. Graduations, or examinations of herbal and healing knowledge do not require passing written tests, but is a lifelong journey. This class will bring you herbs and healing practices from traditional peoples of Southern Mexico, and how traditional peoples use herbal knowledge in day-to-day life. CLASSROOM: OAK GROVE CLASSROOM 3

Shamanism and Drumming with Maria Elena Martinez

Join us to find and work with your power animal in this shamanic drumming workshop. Participants will either find their power animal or do more work with them in this journey. CLASSROOM: OAK GROVE 4

Plant Walk with Nicole Telkes

Join Nicole to walk the park and learn about native and medicinal plants unique to our region. Meet at Tipi.

CLASS DESCRIPTIONS

4:00-5:30PM

Doing the Hard Thing: Herbs for Spiritual Resilience with Mary Ayodele

ACTING FROM CONSCIENCE IS NOT ALWAYS EASY. This class will cover strategies to build resilience from overcoming hardships in our lives. We will explore herbs and rituals coming from the africana cosmology to help bring a better flow into our lives.

CLASSROOM: AUDITORIUM 1

Flying Ointments and Entheogens - Nicole Telkes

TAKE A WITCHY JOURNEY: THE AGE OLD TRADITION OF FLYING OINTMENTS, THE HISTORY, INGREDIENTS, AND HOW TO MAKE THEM. An Ointment will be demoed and you will get to try it. We will also cover some common entheogenic/visionary plants, and the pros and cons associated with experimentation.

CLASSROOM: AUDITORIUM LAWN 2

Unraveling the Mystery of Sexual Radiance with Maria Carbonell

YOU MAY KNOW A WOMAN WHO HAS "IT". SHE CAN WEAR A RICE SACK AND STILL OOZE JUICINESS AND BEAUTY. Both men and women are drawn to her, even better she draws in her desires through her magnetism, an energy that is cultivated from within. We explore the new paradigm of health where sexual health is about vitality, radiant beauty, and naturally feeling in your feminine. This session will include a brief introduction to Ayurveda and "the sensual woman medicine cabinet" of top herbal aphrodisiacs and aromatic potions to increase vitality and sensuality.

CLASSROOM: OAK GROVE CLASSROOM 3

A Journey through Grief with Beth Ebbing Johnson

GRIEF CAN LOOK MANY DIFFERENT WAYS AND EVERYONE PROCESSES DIFFERENTLY. What might work for me might be different for you. In this class we will cover ways you may wish to start your healing journey. Vibrational energies of flower & gem essences. Energetics of heart healing plants, along with the some of the "Go to" essential oils to help shift grief. We will also discuss a bit about what it might look like to walk alongside the dying as a death doula CLASSROOM: OAK GROVE 4

Moonflower Herb Fest

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THE AUM NATION

