



## About Me

WHO IS TESIA LOVE?

## About You

WHO'S IN THE ROOM?

## OUR TIME TODAY

- Overview of Grief & Loss
- Means of Support
- Materia Medica
- Recipes & Suggestions
- Q & A

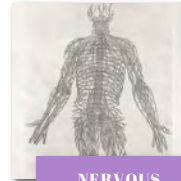
## OVERVIEW of grief & loss

## TYPES OF GRIEF

Normal Grief  
Complicated Grief  
Acute Grief  
Anticipatory Grief  
Traumatic Grief



## Body systems



NERVOUS



DIGESTIVE



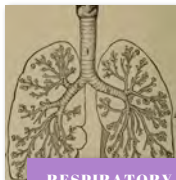
MUSCULO-SKELETAL

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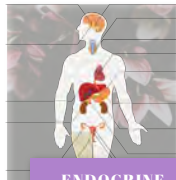
## Body systems



CARDIOVASCULAR



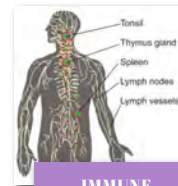
RESPIRATORY



ENDOCRINE

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## Body systems



IMMUNE

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## STAGES OF GRIEF

Denial  
Anger  
Bargaining  
Depression  
Acceptance

## AYURVEDIC VIEW

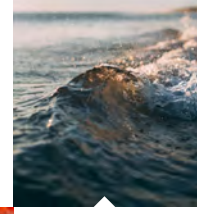
The knowledge of life

# Five Elements

PANCHA MAHA BHUTAS



FIRE



EARTH

AIR



WATER



## ETHER

subtle  
cold  
clear  
light



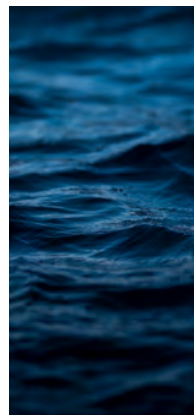
## AIR

mobile  
cold  
dry  
clear  
light  
rough



## FIRE

hot  
sharp  
clear  
spreading



## WATER

moist  
soft  
cool  
smooth  
flowing



# EARTH

heavy  
dull  
hard  
gross  
stable



## Vata & Grief

Feelings of emptiness  
Ungrounded  
Anxiety  
Fear  
Overwhelm



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## Support Vata

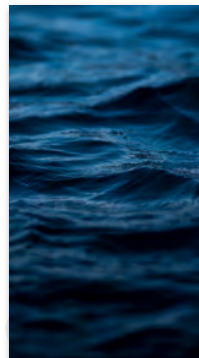
Grounding  
Warmth  
Stability



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## Pitta & Grief

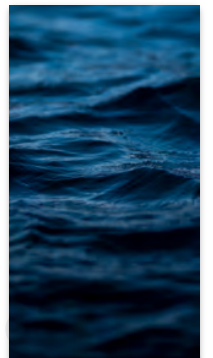
Anger  
Rage  
Overdrive  
Digestion of the Experience



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## Support Pitta

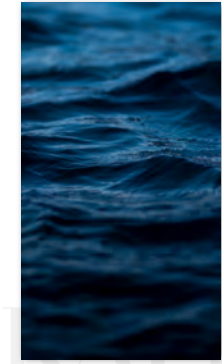
Cooling  
Support / Stability



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## Kapha & Grief

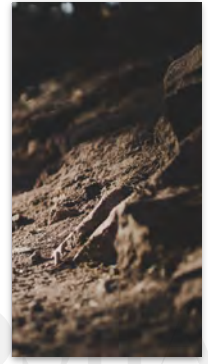
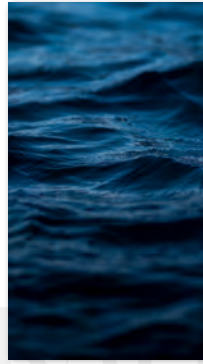
Feeling heavy  
Stuck  
Depression  
Withdrawal



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## Move Kapha

Lighten  
Brighten  
Stimulate  
Clear



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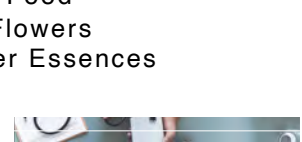
## MEANS *of support*

COMMUNAL. CLINICAL.



## MEANS *of support*

Teas  
Tinctures  
Churnas  
Essential Oils  
Food  
Flowers  
Flower Essences



## MATERIA *medica*

An exploration of the plants for grief & loss



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## HAWTHORN

(*crataegus spp.*)

TASTE: Sour, Sweet

TEMP.: Heating

ACTIONS: Vasodilator, Antispasmodic, Hypotensive, Diuretic, Carminative, Stimulant, Antioxidant

FORM: Tincture, Tea, Decoction, Powder/Capsule



# MIMOSA (ALBIZIA)

*(albizia julibrissin)*

TASTE: Sweet, Bitter

TEMP.: Cooling

ACTIONS: Nervine, Vulnerary, Analgesic

FORM: Tincture, Capsules

# ROSE

*(rosa spp.)*

TASTE: Bitter, Astringent, Pungent, Sweet

TEMP.: Cooling

ACTIONS: Nervine Tonic, Anti-inflammatory, Alterative, Emmenagogue, Carminative

FORM: Tea, Tincture, Powder

# LINDEN

*(tilia spp.)*

TASTE: Sweet

TEMP.: Cooling

ACTIONS: Nervine Tonic, Vasodilator, Hypotensive, Diaphoretic, Anti-spasmodic, Anti-inflammatory, Demulcent, Astringent

FORM: Tea, Tincture

# LEMON BALM

*(melissa officinalis)*

TASTE: Pungent, Sweet

TEMP.: Cooling

ACTIONS: Nervine Tonic, Diaphoretic, Carminative

FORM: Tea, Tincture, Powder/Capsule

# MOTHERWORT

*(leonurus cardiaca)*

TASTE: Bitter, Pungent

TEMP.: Cooling

ACTIONS: Nervine, Diaphoretic, Diuretic, Alterative, Emmenagogue

FORM: Tea, Tincture, Powder/Capsule

# SKULLCAP

*(scutellaria lateriflora)*

TASTE: Bitter

TEMP.: Cooling

ACTIONS: Nervine (tonic), Mild Nervine Sedative, Analgesic, Anti-Spasmotic

FORM: Tea, Tincture, Powder/Capsule

# PASSION FLOWER

*(passiflora incarnata)*

**TASTE:** Bitter,

**TEMP.:** Cooling

**ACTIONS:** Nervine, Diuretic

**FORM:** Tea, Tincture, Powder/Capsule

# BORAGE

*(borago officinalis)*

**TASTE:** Astringent, Sweet

**TEMP.:** Cooling

**ACTIONS:** Nervine, Diaphoretic, Diuretic, Demulcent, Anti-inflammatory

**FORM:** Tea, Tincture

# BLUE VERVAIN

*(verbena hastata)*

**TASTE:** Bitter

**TEMP.:** Cooling

**ACTIONS:** Nervine (tonic), Anxiolytic, Hypotensive, Anti-spasmodic, Diaphoretic

**FORM:** Tincture, Tea

# WOOD BETONY

*(stachys officinalis)*

**TASTE:** Bitter, Pungent, Sweet, Astringent

**TEMP.:** Cooling

**ACTIONS:** Nervine Tonic, Astringent, Carminative, Anti-spasmodic

**FORM:** Tea, Tincture

# CHAMOMILE

*(matricaria chamomilla)*

**TASTE:** Bitter, Pungent

**TEMP.:** Cooling

**ACTIONS:** Nervine Tonic, Carminative, Antispasmodic, Analgesic, Diaphoretic

**FORM:** Tea, Tincture, Powder/Capsule

# TULSI (HOLY BASIL)

*(ocimum tenuiflorum)*

**TASTE:** Pungent

**TEMP.:** Heating

**ACTIONS:** Nervine, Diaphoretic, Anti-spasmodic, Antibacterial

**FORM:** Tea, Tincture, Powder/Capsule

# LICORICE ROOT

*(glycyrrhiza glabra)*

**TASTE:** Sweet, Bitter

**TEMP.:** Cooling

**ACTIONS:** Nervine (tonic), Demulcent, Alterative, Anti-Inflammatory

**FORM:** Tea, Tincture, Powder/Capsule

# ASHWAGANDHA

*(withania somnifera)*

**TASTE:** Bitter, Astringent, Sweet

**TEMP.:** Heating

**ACTIONS:** Nervine Sedative / Tonic, Adaptogen, Rejuvenative, Astringent

**FORM:** Decoction, Powder/Capsule

# BRAHMI

*(bacopa monnieri)*

**TASTE:** Bitter, Astringent, Sweet

**TEMP.:** Cooling

**ACTIONS:** Nervine Tonic, Nervine Sedative, Alterative, Anti-spasmodic, Diuretic, Astringent, Analgesic

**FORM:** Powder, Decoction

# GOTU KOLA

*(centella asiatica)*

**TASTE:** Bitter, Sweet, Pungent

**TEMP.:** Cooling

**ACTIONS:** Nervine, Rejuvenative, Alterative, Diuretic

**FORM:** Tea, Decoction

## MATERIA *medica*

An exploration of the plants for grief & loss

Hawthorn leaf & berry  
Mimosa (Albizia)  
Rose  
Linden Leaf + Flower  
Lemon Balm  
Motherwort  
Skullcap  
Passion Flower  
Borage  
Blue Vervain  
Wood Betony  
Chamomile  
Tulsi (Holy Basil)  
Licorice Root

Ashwagandha  
Brahmi (Bacopa)  
Gotu Kola  
Guduchi (Giloy)  
Cinnamon  
Ginger  
Bhringaraj  
Shankapushpi  
Arjuna  
Cardamom  
Fennel Seed  
Sesame Seed  
St. John's Wort

Oat Straw  
Milky Oat Seed  
Peppermint  
Spearment  
Catnip  
Elecampane  
Angelica  
Mullein  
Elder Flower & Berry  
California Poppy  
Rosemary  
Thyme  
Lavender  
Sage

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## MATERIA *medica*

An exploration of the plants for grief & loss

### ESSENTIAL OILS

Rose  
Lemon Balm  
Chamomile  
Lavender  
Peppermint  
Spearment  
Bergamot  
Sweet Orange  
Tulsi (Holy Basil)  
Eucalyptus  
Rosemary  
Sage

Sandalwood  
Vetiver  
Clary Sage  
Lemongrass  
Jasmine  
Lemon  
Neroli

### FLOWER ESSENCES

Star of Bethlehem  
Borage  
Rose  
Helichrysum  
Bleeding Heart  
Pink Yarrow  
Forget-Me-Not  
Love-Lies-Bleeding  
Explorer's Gentian

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## RECIPES

*suggestions*

### ESSENTIAL OIL BLEND

*uplifting*

**Diffuse:** 3 drops Rosemary EO,  
2 drops Peppermint EO, 1 drop Lemon EO

**1 oz Spray:** 3 drops Rosemary EO,  
2 drops Peppermint EO, 1 drop Lemon EO,  
Distilled water

### ESSENTIAL OIL BLEND

*soothing*

**Diffuse:** 3 drops Rose, 2 drops Tulsi (Holy Basil), 1 drop Jasmine, 1 drop Sandalwood

**1 oz Spray:** 3 drops Rose, 2 drops Tulsi (Holy Basil), 1 drop Jasmine, 1 drop Sandalwood, Distilled water

### HEART-MIND SOOTHER TEA

1 part Linden Leaf & Flower  
1 part Lemon Balm  
1 part Tulsi (Holy Basil)  
1/2 part Fennel Seed

### READY TO BUY PRODUCTS



### References

*The Yoga of Herbs*; David Frawley, Vasant Lad  
*The Way of Ayurvedic Herbs*; Kerta Purkh Singh Khalsa, Michael Tierra  
*Body Into Balance*; Maria Noel Groves  
*The Complete Illustrated Holistic Herbal*; David Hoffmann  
HerbRally.com Theherbalacademy.com  
MountsinRoseHerbs.com Commonwealthherbs.com  
7song.com HerbalReality.com  
Heart.org Pestflowers.com  
Wintergreenbotanicals.com

*Q&A*

Any questions about today's content?