

Talks, Lectures, Seminars & Courses, 2026



Dylan Warren-Davis
Medical Herbalist, Author, Teacher



Herbs & Herbal Medicine:

“Life & Work of Nicholas Culpeper” – Talk/Lecture

"Nicholas Culpeper - His importance to the Western Herbal Tradition" – Talk/Lecture

“Culpeper’s Astrologo-Physical Discourse” Talk/ Webinar

A deep dive into the symbolic and metaphysical ideas that are essential to understanding Culpeper’s herbal.

“The Physicians of Myddfai & Their relationship to Strata Florida Abbey” – Talk/Lecture

“Temperatures, Virtues & The Metaphysical Principles underlying the Western Herbal Medicine” – Talk/Lecture/Workshop

“The Symbolism of Herbs & the Hidden Language of Plants, in Art & Mythology” –
Introductory Talk/Lecture

“The Symbolism of the Rose” – Introductory Talk/Lecture

“The Art of Herbal Medicine & The Medicinal Potential of Weeds” – Introductory Talk/Lecture

“Herbal Medicine – Good Honest Medicine” – Introductory Talk/Lecture

“An Introduction to Medieval Herbal Medicine” - Introductory Talk/Lecture

This explores how modern herbalism is totally dissociated from the richness of our herbal tradition. This topic focuses on cultivating the imaginative tools needed to connect with and understand the cultural explosion of ideas within the Gothic era, in order to see just how sophisticated Medieval herbal medicine was. Contemporary herbalism needs to embrace rather than shun this wisdom.



“The Alchemy of Herbs – The Art of Physic” – Day Seminar/Webinar series

<https://www.aoneducation.co.uk/course/alchemyofherbs>

Exploring the traditional art of making medicines from herbs. The workshop reveals the depth of herbal knowledge that has been lost through a solely scientific perspective of herbs, reducing them to an assortment of chemicals. It will inspire participants with the knowledge that can be gained through reconnecting once more with the wisdom of nature.

This workshop will include: An historical perspective of alchemy & the alchemical perspective of herbs. How the Four Elements, Earth, Water, Fire & Air relate to herbs. How Planetary

Symbolism has been used to understand diseases, humours & parts of the body. Planetary signatures within the herbal kingdom & how they are used to understand the uses or virtues of herbs.

Solar herbs: including Mistletoe, Rosemary & Marigold. Lunar herbs: including Willow, Chaste tree & Wild lettuce. Mercurial herbs: including Fennel, Valerian & Lavender. Martian herbs: including Basil, Nettle & Ginger. Venusian herbs: including Meadowsweet, Yarrow & Elder. Jovial herbs: including Dandelion, Lime flowers & Hyssop. Saturnine herbs: including Comfrey, Heartsease & Horsetail.

The harvesting of herbs to optimize their virtues. The importance of this knowledge to contemporary herbal medicine.

“The Metaphysical Perspective of St John’s Wort & its treatment of melancholia” -
Lecture/Webinar Link

Melancholia is poorly understood today; it described so much more than what psychologists have come to define as depression. This lecture explores the richness of symbolic ideas contained in Albrecht Dürer’s Melancholia I of 1514, illuminating the wisdom of the sacred emotion. It reveals why St John’s Wort was uniquely chosen for treating melancholia.



The Physic Garden

In the Gothic era, many monastic institutions had physic gardens, which at their most basic level was a convenient location for the harvesting of herbs utilised by the monks and nuns. However, its design and planting were deliberately created to provide a teaching aid of herbal principles and ultimately a mnemonic of the individual properties of herbs, from where they were located in the garden. So, when a physician left the confines of the monastery, to practice physic in the community, they simply had to visualise where in the physic garden the herb was growing, to recall its medicinal properties.

To this purpose the orientation, design and geometry of the garden were carefully considered to enhance its educational role. In essence the physic garden was a mandala of Elemental, Humoral and seasonal correspondences, which symbolically connected with the Hippocratic & Galenic teachings - which provided the basis of medieval medicine. According to the wealth of the institution, the design of the ranged from a simple cross shape within a circular circumference to layouts of highly sophisticated geometric construction, reflecting the cosmology of the Medieval Three World View. The planting of herbs within the garden was done in accordance with their Planetary virtues and Temperatures.

Building a physic garden would provide a wonderful opportunity, to reconstruct and explore the principles of physic. It will bring alive the history of the metaphysical connection to medicinal herbs, enabling and enable people to appreciate how herbal medicine is intricately linked to

Nature. Its construction would enable students to gain a practical insight into the history of herbal medicine and a major focal point of interest.

“The Physic Garden” - Introductory lecture

An introduction to the importance of the Physic Garden within the monastic system of the Gothic era. It will show how their designs and planting embodies the humoral teachings of Hippocrates and the temperatures of Galen. The designs typically incorporated in their geometry the metaphysical ideas of the era. Not just a source of herbs to harvest, the gardens provide a teaching aid of herbal therapeutic principles and ultimately a mnemonic of the individual properties of herbs, from where they were located in the garden. The physic gardens were thus the embodiment of the relationship of herbs and their healing properties to being in tune with the nature and the seasons - forming many layers of herbal understanding.

- 3-day seminar series:

History of the Gothic era, cultural explosion within the monasteries - implications for the practice of physic or herbal medicine. Topics covered include: Metaphysical cosmology of the Medieval three world view. Seven liberal arts. Hippocrates - His life on Kos. An explanation of his Humoral physiology, that became basis of physic for 2,000 years. Galen - Applying humoral ideas to Hermetic teachings, he developed the temperatures of herbs; Hot, cold, wet & dry. Alchemical perspective of Herbs. *Labora majora & Labora minora*. Plants as symbols of Spiritual development. Euclid - Geometry - its role in architecture, understanding the plant world, links to garden design. An explanation of the Ourscamp illustrations of herbs. Herbs - Temperature and Virtues 1 Solar, Lunar & Mercurial Herbs. Herbs - Temperature and Virtues 2 Martian & Venusian Herbs. Herbs - Temperature and Virtues 3 Jovial & Saturnine Herbs

The Physic Garden - Metaphysical perspectives of their geometric layout and planting. Strata Florida Abbey - Architectural & Archaeological clues of the depth of Herbal Knowledge formerly taught at the Abbey. Its links to the legendary Physicians of Myddfai.



“The Living History of Western Herbal Medicine” – Day Seminar / 8-part Webinar series

<https://www.aeoneducation.co.uk/course/livinghistory>

Exploring the living history of Western herbal medicine, as told by 8 key herbs within the herbal kingdom. This fascinating workshop will explore the uses of each herb and explain its contribution to the tradition. It will be a sort of living archaeology of herbal medicine, showing how different cultural influences, from Egyptian, Greek, Roman, Celtic and Anglo-Saxon have all contributed to the overall philosophy of European herbal tradition, still found in the names of herbs used by herbalists today.

A few examples of herbs to be included in the day: White Horehound is connected to Horus in the Egyptian pantheon. Rosemary or rose of Mary is linked to the Virgin Mary. Angelica is linked to St Michael and the angelic order. Centaury and its link to the myth of Chiron the centaur, with the links to the Hippocratic tradition and the temple on Kos. The plane tree and the teaching of the humours.

Docks were used for teaching about humoral principals: Yellow dock and its connection to the choleric humour. Red or bloody dock and its connection to the sanguine humour. Blue dock or common mallow and its connection to the phlegmatic humour. Black medic and its connection to the melancholic humour.

It will also include the Celtic use of mistletoe and the Druidic celebration of the winter solstice and St John's wort for celebration of the summer solstice. The latter herb being also linked to the Crusades. The day will explain the metaphysical philosophy and ideas behind these herbs, bringing this knowledge alive again for the 21st century.



“The “Missing Philosophy” of the Western Herbal Tradition” – Day Seminar

Exploring Western Herbal Philosophy from medieval times to the present day. In the medieval monasteries learning of all sorts was encouraged, the monks and nuns copied and translated large numbers of manuscripts. The philosophical works of Aristotle, Plato, the Corpus Hermeticum, Euclid's geometry and other texts were all incorporated to varying degrees into Catholic theology. Out of it emerged the Three World View of the medieval world, the Seven Liberal Arts which ultimately underpinned theology, law and medicine. The writings of Hippocrates and Galen naturally dove-tailed into the evolving cosmology.

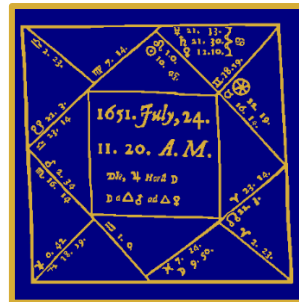
Consequently, herbal medicine flourished within the Gothic era, with monks and nuns tending to the sick as a part their service in the community. It was this knowledge within the medieval era that Culpeper was trying to recreate in his writings for the common good of people, without the barrier of having to be classically trained in order to study it.

The workshop will look at the political factors that have conspired against the loss of this knowledge, including the Black Death, the Dissolution of the Monasteries and the birth of the Pharmaceutical Industry.

It will elucidate this inherent philosophy as seen in a decumbiture chart, looking at the assessment of a patient's vitality, its strength in relation to the disease, the nature of the illness, its course and prognosis, and last but not least the principles of sympathy and antipathy used to select herbs to strengthen the vitality and counter the illness.

Learn how the vital force provides the interrelationship between the physician, patient & the virtues of herbs. It will explore techniques for assessing the functioning of the vital force, from cheiromancy, physiognomy and pulses.

A unique opportunity to hear about the Western herbal tradition as a living philosophy. An outline of the principles of decumbiture. How the palmar lines reflect a person's consciousness. This metaphysical knowledge provides a striking contrast to the limitation of the current pharmacological perception of herbs.



Medical Astrology:

Decumbiture means “to go and lie down.” This is the medical astrology that was determined by when a person falls ill and goes to lie down. Nicholas Culpeper used decumbiture to make judgements about the nature of illness and how he selected the appropriate herbs for their treatment.

“The Moment of Illness” - An Introduction to the Art of Decumbiture – Talk/Lecture

“The Art of Decumbiture” - 10 Session Foundation Decumbiture Course

“The Art of Decumbiture” - 10 Session Applied Decumbiture Course

“The Metaphysical insights of Humoral Physiology” - Talk/Lecture



Cheirromancy:

Cheirromancy is the art of Hand Reading in which all aspects of a person's hand are considered including the shape, skin texture, lines and fingers, to gain an accurate picture of a person's talents, potentials and whether they are being exercised to the fullest. Within medieval medicine, cheirromancy was a very important part of diagnosis in the 15th and 16th centuries. A physician was not considered properly trained unless they understood the principles involved in Hand Reading.

“The Diagnostic Potential of the Hand Reading” - An Introduction to the Art of Cheirromancy – Talk/Lecture

“Hand-reading for herbalists - an introduction to Cheiromancy” –

Talk/Lecture/Seminar/Workshop"

The lines on the palm are flows of Vital Force intricately connected to the patient's consciousness. To medieval physicians, interpreting their formations was an essential part of their diagnostic skill. This workshop will explain and explore some of the many features and formations found in palms and demonstrate how this is clinically relevant today to gain a truly holistic perspective of a patient.

“The Cosmology of the Hand” - An Introduction to the Art of Cheiromancy – Talk/Lecture

“The Spiritual Path as Reflected in the Hand” – Talk/Lecture

This inspiring lecture will explore how hand reading has been used to illuminate the inner journey of self-awareness, from both an oriental and western perspective. It will explore the palmar symbolism of Mudra, the ritualized hand positions found in statues of the Buddha and other deities, used to silently communicate spiritual teachings that are incorporated into yogic and meditative practices.

This will be contrasted by the western journey of the soul through the planetary spheres, the lessons that the soul needs to undergo in order to be released and become illuminated. It will show how the structure and lines of the hand provides clues as to what lesson an individual is undergoing and how well the lesson is being learnt. Changes in the lines of the hand occur when a person undergoes changes in their life, affecting their consciousness; for better and for worse.

“The Art of Cheiromancy” - 10 Session Foundation Course

Learn the Ancient Principles of Hand Reading & explore the fascinating features of the hand. Find out the wealth of knowledge that is reflected in your own hand, as well as, how it can be used for the enrichment and fulfilment in life. No previous experience is required.

“The Art of Cheiromancy” - 10 Session Intermediate Course

“The Art of Cheiromancy” - 10 Session Advanced Course

“An Introduction to Cheiromancy” - 10-part webinar series

<https://www.aoneducation.co.uk/course/cheiromancy>

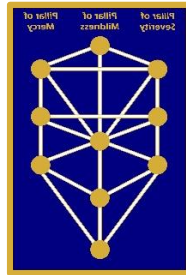


Vital Force:

“Metaphysical Perspectives of the Vital Force” - Talk/Lecture

“Traditional Herbal Medicine & The Limitations of Conventional Pharmacology” -
Talk/Lecture

“Quantum Biology, Healing & Imaging of the Vital Force” - Talk/Lecture/Workshop



Alchemy & Cabala:

“The Alchemical Principles of Salt, Sulphur & Mercury in Spagyric Medicine” – Talk/Lecture

“An Introduction to Spagyric Medicine” – Talk/Lecture/Workshop

This is an opportunity to understand the metaphysical ideas behind Spagyric Medicine. The subtle art of making spagyric tinctures preserves more of the vital force from the mother herb than conventional tincture manufacture, thereby potentiating the herbs influence on the body. Spagyric tinctures - a key part of the Western herbal tradition, derives from a time before reductionist chemical ideas had devolved from alchemy. The Art of Spagyria offers a radically different and more profound understanding of how herbs influence the body compared to the conventional pharmacological of herbs. Spagyric medicine was expounded by the maverick physician Paracelsus and later incorporated into the extended writings and translations of Nicholas Culpeper.

The Workshop include:

Elements, Humours and the Alchemical principles.

The loss of our understanding of the vital force, with the birth of reductionist chemistry.

The placing of Mankind and the herbal kingdom within the Hermetic Three World view.

The Planetary influence on the virtues of herbs and the preparation of Spagyria.

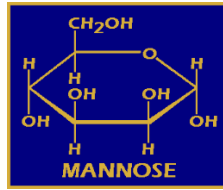
The metaphysics of spagyric medicine and precision in the administration of herbs.

Use herbs with a renewed confidence of understanding the Western herbal tradition.

“The Monas Heiroglyphica – Exploring the Sacred Symbol of Dr John Dee” – Talk/Lecture

Conceived during a time of religious uncertainty in England, Dee saw the Monas as means of integrating and harmonizing spiritual ideas. To this end his composite symbol contains a plethora of Elemental, Planetary, Alchemical and Mathematical ideas.

“The Planetary Spheres and the Hermetic Evolutionary Journey of the Soul” – Talk/Lecture



Glycobiology:

“Glycobiology – The Healing Sugars” - An introduction to the Essential Sugars” -

Talk/Lecture

“Essential Sugars & Cellular Communication” - Talk/Lecture

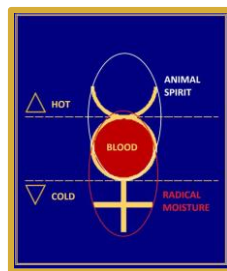
“Essential Sugars, New Biology & Epigenetics” - Talk/Lecture

“The New Biology, Epigenetics & the Dangers of GMO’s” - Talk/Lecture

“Glycobiology – Its Relevance to Nutrition & Herbal Medicine” - Day Seminar

“Herbal & Nutritional Approaches to treating Autism and Asperger’s Syndrome” –

Talk/Lecture/Workshop



Metaphysical Physician:

Though the course is aimed at medical herbalists, it is open to anyone who has an interest in the history of Western herbal medicine. Objectives - Herbs have been used for thousands of years, yet the metaphysical principles on which herbal medicine has been based are no longer understood, even derided, within a modern scientific perspective of herbal medicine. The MP course is aimed at the presenting the full spectrum of the knowledge that doctors and herbalists used in medieval times. It reveals a level of sophistication that most medical historians have totally failed to grasp and largely dismissed. Topics Included: Historical overview of medicine since Norman era to the present day. Medieval 3 World View & associated symbolism. Creation, cosmology & astrology. The decline of the symbolic awareness, as science adopted reductionist thinking. Cultivating symbolic awareness and intuitive perception. As above, so below. Principles of Alchemy - labora majora & labora minora. Salt, sulphur & Mercury. Exploring the relationship of consciousness with matter. Alchemical perspectives of herbs & visualisation of the virtues of herbs. Principles of Spagyric medicine. Solve et coagula. Humours, temperaments & disease. Techniques of Diagnosis - literally meaning “the knowledge that is perceived through” the body -the principles of physiognomy, cheiromancy and pulse will be explained. Decumbiture - literally meaning “to go and lie down,” is a form of astrology is unique to Western medicine. It explores the symbolic perspective in time of the onset of an

illness, including an assessment of the patient's vitality, the nature of the disease and the principles of using herbs sympathetically or antipathetically. The therapeutic principles shown by decumbiture provides a subtler use of herbs than most herbalists use today. Many of the concepts still used in medicine today are derived from this astrology. The course concludes with seeing this knowledge alive again within the context of modern herbal medicine.



Dylan Warren-Davis:

The knowledge that Dylan brings to these topics is drawn from a variety of different sources and experiences. He has been involved with yoga and meditation for more than 40 years. From the time he first qualified as a medical herbalist in 1982; having seen the serious limitations of the pharmacological explanation of the way herbs work, Dylan has sought out the metaphysical knowledge upon which the Western Herbal tradition has been based. It was a lengthy journey, spanning several decades of research, through Hermetic, Cabalistic, Alchemical and Astrological knowledge. Having practiced herbal medicine for over 40 years he is now ready to present this long forgotten and much needed foundation of the Western Herbal Tradition. By combining traditional herbal wisdom with the latest insights of quantum biology, glycobiology, epigenetics and cellular communication, whole herbs can be seen offer so much more therapeutic potential than isolated drugs. Rather than just being sources of drugs, herbs should be seen as having a multitude of different properties ranging from supplying specific components of nutrition to orchestrating genetic expression and harmonization. Dylan has travelled widely, studying the floras of Britain, Mediterranean and Australasia.

As well as having practised herbal medicine, he has worked in the herbal industry, from large scale tincture manufacturing to advising companies on herbal formulations.

Dylan has completed writing a book based on four decades of research entitled **“The Metaphysical Physician - The Complete Guide to the Metaphysical and Symbolic Basis of the Western Herbal Tradition,”** to be published by Aeon Books, Autumn 2026. He has presented A parallel 8-part webinar series, entitled, **The Living History of Western Herbal Medicine**, available to download. <https://www.aoneducation.co.uk/course/livinghistory> He is currently on the faculty of the Excelsior School of Herbal Medicine, in Belfast.

Dylan is available to present any of the above topics in the UK, or by Zoom. Other countries by negotiation. Please email him for more information on d.warren-davis@outlook.com or call on 01558 668766