

Plants, Health & Spirituality

COURSE NUMBER: GEO 3427

INSTRUCTOR: Maira Irigaray

LOCATION: Online

EMAIL: mirigaray@ufl.edu (preferred to be emailed by Canvas)

FACEBOOK PAGE FOR THIS CLASS: <https://www.facebook.com/Plants-Health-and-Spirituality-147303849388524/>

OFFICE HOURS AND LOCATION: Online upon scheduling

OBJECTIVES: To dive into the world of sacredness to learn about the origin of sacred plants used for healing the spirit and the body; the role of traditional healers, their practices and perspectives within their cultural context and the emerging market for health by the consumption of organic foods.

COURSE CONTENT: Plants used in treating the sick and enhancing health, both organic and spiritual, are explored with examples drawn from around the world. The course thus surveys plants used in healing, communicating with the supernatural, and in bringing aesthetic pleasure. The scope is international with an emphasis on understanding the sacred origins of many of today's "drug" plants such as marijuana and how cultural and ecological diversity have contributed to a rich array of plants domesticated for their ability to help users achieve altered states of consciousness. The role of traditional healers, their practices and perspectives, is discussed. The emerging market for organic foods is also explored within the context of a desire for healthier food while reducing damage to the environment.

Political, economic, and environmental issues surrounding the development of transgenic foods (derived from crops that have been developed with the use of recombinant DNA technology) are analyzed since movements have arisen in some countries to ban such foods on health grounds.

COURSE OUTLINE

DATE	WEEK	CLASS	RESPONSIBLE	PLACE
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Week 1	1 (T)	Introduction to Syllabus: PLEASE!!!!!! Make sure you download Zoom and learn how to enter on a conference call before hand as this is the only time I'll be answering to questions about the syllabus.	Instructor	Online
		<u>Zoom conference call #0</u>		
Week 1	1 (R)	Watch DMT the Spiritual Molecule/ watch mindfulness TED Talk	Student	Online
Week 2	2 (T)	Read articles on "Healing the body the mind and the spirit" (Topic 1) Watch "Heal"	Student	Online
Week 2	2 (R)		Student	Online
		Post Question or Critical Opinion from Topic 1 – Group #1 Monitor Read articles on "Superfoods and Supplements" (Topic 2)		
Week 3	3 (T)		Student	Online
		See PowerPoint and Watch "What the Health"		
Week 3	3 (R)		Students	Online
		Post Question or Critical Opinion from Topic 2 – Group #2 Monitor		
Week 4		Conference call	password 953704	Jan 30 th

Week 5	4 (T)	Read articles on “Medicinal Plants” (Topic 3) Read articles on “Organic Foods and GMO’s” – See PowerPoint (Topic 4)	Students	Online
Week 5	4 (R)		Students	Online
		Post Question or Critical Opinion from Topic 3 and 4 – Group #3 Monitor		
Week 6	5 (T)	Read articles on “Ayahuasca” (Topic 5)	Students	Online
		See Ayahuasca PowerPoint		
Week 6	5 (R)		Students	Online
		Post Question or Critical Opinion from Topic 5 – Group #4 Monitor		
Week 7	6 (T)	Read articles on “Cannabis and Tobacco” (Topic 6) Watch “Nation High”	Students	Online
Week 7	6 (R)		Students	Online
		Post Question or Critical Opinion from Topic 6 – Group #5 Monitor		
Week 8	7 (T)	Read articles on “Indigenous Culture and Conservation” (Topic 7)	Students	Online
Week 8	7 (R)	See Indigenous Culture and Conservation PowerPoint	Students	Online

Week 9		Post Question or Critical Opinion from Topic 7 – Group #6 Monitor Conference call	password: 953704	March 12 th
Week 10	8 (T)	Read articles on “Religious freedom and cultural heritage protection” (Topic 8) Read articles on “Shamanism” (Topic 9)	Students	Online
Week 10	8 (R)	Post Question or Critical Opinion from Topic 8 and 9 – Group #7 Monitor	Students	Online
Week 11	9 (T)	Read articles on “Visionary consciousness and sacred plants” (Topic 10) See Visionary consciousness and sacred plants PowerPoint	Students	Online
Week 11	9 (R)	Post Question or Critical Opinion from Topic 10 – Group #8 Monitor	Students	Online
Week 12	10 (T)	Read articles on “Ibogaine” (Topic 11) Watch Ibogaine Listed Video	Students	Online
Week 12	10 (R)	Post Question or Critical Opinion from Topic 11 – Group #9 Monitor	Students	Online

Week 13	11 (T)	See Power Point created by guest on Whole Food Plant-Based Nutrition	Students	Online
				Online
		Read articles on “Peyote and Psychedelic Mushrooms” (Topic 12)		
Week 13	12 (T)		Students	
		Post Question or Critical Opinion from Topic 12 – Group #10 Monitor		
Week 14		Conference call	Password: 953704	April 16 st

CLASS PARTICIPATION:

Every week the students will receive a set of papers to read about the topics covered during this 16-week course. A total of 12 topics will be listed with at least 2 readings under each topic. These Topics will be divided between 10 Groups for monitoring the discussion. Students **MUST** read all readings and Watch all videos, posting by the end of each week a one question or critical opinion in relation to the readings or another person’s post (no longer than half a page). Students from Monitoring Group also need to monitor postings, answer questions and create a debate online. This summary shall be shared with the whole class on the discussion board and students can interact. Class will meet for a conference call at the ZOOM platform 3 times during the semester to further discussion. Class participation will entail posting weekly by Friday 5pm, interacting and during monitoring week, responding to people’s questions and helping to spur the debate and showing up for the zoom conference call that will happen 3 times during the semester. Students will also be required to make a short video to introduce themselves during the first week of class. This will account for 40% of the grade being separated in 2 parts:

Part 1: Question Post/ Critical Opinion and group monitoring (30%) (10 posts total being 3 points per post)

Part 2: Post and introductory Video about yourself during the first week of class (10%)

ACTIVITY 1: SACRED PLANTS – Video presentation: Students will be required to choose 1 sacred plant not covered during classes. Each one shall have a different plant, and students are

encouraged to choose a plant that can be found locally. Everyone will be required to record in video their plant presentation and upload to share with the class before our first conference call on January 30th. I will assign peers to evaluate your video. This activity accounts for 15% of the grade.

ACTIVITY 2: FARMERS MARKET INTERVIEW: Students will be required to go to the local Farmers Market and interview 2 local farmers. Details of the interview and the whole assignment is provided on Canvas. This activity accounts for 15% of the grade. There will also be no specific deadline for this activity. It shall be completed before our conference call on April 16th.

ACTIVITY 3: MEDITATION AT ANY PLACE OR STUDIO IN TOWN: Students will be required to participate in one meditation class or group and describe their experience on a 1 to 2- pages written document adding a selfie at the place. This activity accounts for 15% of the grade. It shall be completed before our conference call on April 16th.

ACTIVITY 4: COOKING A VEGAN MEAL: Students will be required to cook a vegan meal, and post on a discussion board and on the facebook page of the class the recipe, the properties of the ingredients and a photo of them with the final dish. This activity accounts for 15% of the grade. It shall be completed before the conference call on March 12th.

GRADING POLICY

Class Participation: 40 points

Assignment #1 (Sacred Plants video): 15 points

Assignment #2 (Farmers Market Interview): 15 points

Assignment #3 (Meditation): 15 points

Assignment #4 (Cooking a Vegan Meal): 15 points

Total: 100 points

Late Assignments or Posts will incur on a 50% cut on the grade.

Grades are not curved. No incomplete grades are given. Grades are assigned as follows:

Grade	%
A	93 - 100
A-	90 - 92
B+	87 - 89
B	83 - 86
B-	80 - 82
C+	77 - 79
C	73 - 76
C-	70 - 72
D+	67 - 69
D	63 - 66
D-	60 - 62
	0 - 59
F	

RECOMMENDED TEXTBOOKS (NOT REQUIRED)

Davis, Wade. 2010. *Shadows in the Sun: Travels to the Landscapes of Spirit and Desire*. Shearwater (ISBN 9781597263924).

Schultes, Richard Evans, Albert Hofmann, and Christian Rätsch. 2001. *Plants of the Gods: Their Sacred, Healing, and Hallucinogenic Powers*. Inner Traditions International (ISBN 0892819790).

ADDITIONAL RESOURCES FOR PREPARING PRESENTATIONS AND TERM PAPERS (NOT REQUIRED)

Balick, Michael J., Elisabetsky, Elaine, and Lairs, Sarah (Editors), 1996. *Medicinal Resources of the Tropical Forest: Biodiversity and its Importance to Human Health*. Columbia University Press, New York.

Luna, Luis Eduardo and White, Steven F. 2000. *Ayahuasca Reader: Encounters with the Amazon's Sacred Vine*. Synergetic Press, Santa Fe, New Mexico.

Ott, Jonathan. 1993. *Pharmacotheon: Entheogenic Drugs, their Plant Sources and History*. Natural Products Co., Kennewick.

Rätsch, Christian. 2005. *The Encyclopedia of Psychoactive Plants: Ethnopharmacology and its Applications*. Park Street Press, Rochester, Vermont.

Schultes, Richard Evans. 1988. *Where the Gods Reign: Plants and People of the Colombian Amazon*. Synergetic Press, Oracle, Arizona.

Schultes, Richard Evans and Raffauf, Robert F. 1990. *The Healing Forest: Medicinal and Toxic Plants of the Northwest Amazonia*. Dioscorides Press, Portland, Oregon.

Schultes, Richard Evans and Raffauf, Robert F. 1992. *Vine of the Soul: Medicine Men, their Plants and Rituals in the Colombian Amazon*. Synergetic Press, Oracle, Arizona.

Simoons, Frederick J. 1998. *Plants of Life, Plants of Death*. University of Wisconsin Press, Madison.

Stamets, Paul. 1996. *Psilocybin Mushrooms of the World*. Ten Speed Press, Berkeley.

Wilbert, Johannes. 1987. *Tobacco and Shamanism in South America*. Yale University Press, New Haven. 4

Zoom Meetings Information

Meeting 1:

Maira Irigaray is inviting you to a scheduled Zoom meeting.

Topic: Class Discussion 1

Time: Jan 30, 2020 09:30 AM Pacific Time (US and Canada)

Join Zoom Meeting

<https://zoom.us/j/117025681?pwd=OHRvMjg5T3ZXbHFvVGJXQ1JoRGxxUT09>

Meeting ID: 117 025 681

Password: 953704

One tap mobile

+16465588656,,117025681# US (New York)

+14086380968,,117025681# US (San Jose)

Dial by your location

+1 646 558 8656 US (New York)

+1 408 638 0968 US (San Jose)

Meeting ID: 117 025 681

Find your local number: <https://zoom.us/j/117025681>

Meeting 2:

Maira Irigaray is inviting you to a scheduled Zoom meeting.

Topic: Class Discussion 2

Time: Mar 12, 2020 09:30 AM Pacific Time (US and Canada)

Join Zoom Meeting

<https://zoom.us/j/831797327?pwd=ZTNRa3VtUmRuaDI5YUFzVGltZTdVUT09>

Meeting ID: 831 797 327

Password: 953704

One tap mobile

+16465588656,,831797327# US (New York)

+14086380968,,831797327# US (San Jose)

Dial by your location

+1 646 558 8656 US (New York)

+1 408 638 0968 US (San Jose)

Meeting ID: 831 797 327

Find your local number: <https://zoom.us/u/acabBKvtf>

Meeting 3:

Maira Irigaray is inviting you to a scheduled Zoom meeting.

Topic: Class Discussion 3

Time: Apr 16, 2020 09:30 AM Pacific Time (US and Canada)

Join Zoom Meeting

<https://zoom.us/j/895873090?pwd=ellYVFhlcVhZaEEzakZlNmh2NTNUdz09>

Meeting ID: 895 873 090

Password: 953704

One tap mobile

+16465588656,,895873090# US (New York)

+14086380968,,895873090# US (San Jose)

Dial by your location

+1 646 558 8656 US (New York)

+1 408 638 0968 US (San Jose)

Meeting ID: 895 873 090

Find your local number: <https://zoom.us/u/acabBKvtf>

