

A LETTER OF INTENTION:

An Ethic of Care

WELCOME, FRIEND, INTO THE WORK WE'LL DO TOGETHER.

I'M SO EXCITED TO WALK WITH YOU!

You are holding this letter of intention - this ethic of care that defines the relationship between us - because you have chosen to look deeper into the ecology of your own body. In a world that often treats symptoms like isolated events, we are choosing a different path - we are choosing to see the whole landscape of your body, to listen to its story, and learn its language, together.

As we begin this journey, I want to share the intentions that anchor my practice at Feral Hollow. This will guide our time together and shape our work.



I. The Art of Listening

Our journey together is anchored in listening. In our sessions, I commit to holding a space of deep, non-judgmental witness. I am here to listen not just to your symptoms, but to the story of your life and the language of your body. In return, I invite you to listen to the subtle shifts within yourself - the quiet "yes" of a nervous system settling or the "no" of a flare. We are learning to speak the language of your unique biology.

II. The Spirit of the Offering

Healing is a reciprocal act. Every herb in your protocol and every piece of nutritional wisdom comes from a lineage of land and teachers. To honor this, I invite you to participate in a practice of reciprocal relationship. Whether it is offering a pinch of dried herbs back to the earth or a moment of gratitude before a meal, these small acts of reciprocity turn a wellness strategy into a sacred relationship. If this thought or practice is new to you, don't worry! We'll explore reciprocity more in our work together, and I'm always available for questions.



III. Tending the Root and the Resilience

My intent is to provide you with a dual-lens approach to your vitality, bridging clinical work with daily life.

- The Root. We will use the tools of Functional Nutrition to assess and track your biochemistry and untangle the origins of your chronic patterns. We'll nourish the foundational systems of your body while we ground our work here in symptom trackers, flare plans, and nutritional strategies. Together, we'll explore body literacy, food as a sacred relationship, and how you move through the world.
- The Resilience. We will call upon our botanical allies and plant kin to strengthen your capacity and restore your vitality. We'll brew teas and take tinctures, explore the ritual of traditional remedies, and integrate the wisdom of the land and your ancestors into your daily life.

"In some Native languages, the word for plants translates to 'those who take care of us.'"
- Robin Wall Kimmerer

IV. Progress Over Perfection

There's the saying, "Nature does not rush, yet everything is accomplished." I witness the truth of this every season on the sanctuary, and it is the pace we will honor in your own body. This work is not a search for a quick fix or a rigid, restrictive lifestyle. Instead, we are identifying sustainable rhythms that allow you to move through the world with more ease, less reactivity, and an accumulation of vitality over time.

We'll focus first on finding stability and then expand into developing a deep, rooted resilience. This process unfolds at the pace of your body it cannot be rushed, but the unfolding itself is a vital part of any healing work.

Just like I acknowledge your humanity, I also know that I am not perfect. Our work together is a living collaboration, and I am always learning from you and our plant kin inside of the spaces we hold together. While I'm an expert collaborator I bring my own perspectives, background and limitations and will also occasionally get things wrong. You are the only true expert on your own lived experience, and I trust you. I trust your body, and I'll listen to any feedback you - or your body - give me.

By beginning this work, you are not just a "client." You are the steward of your own journey, and it is entirely your own to enjoy. It can look like anything you want it to be, and I am honored to walk alongside and witness you for this part of your path.

In care,

River Marshall

Feral Hollow Botanical Sanctuary

