

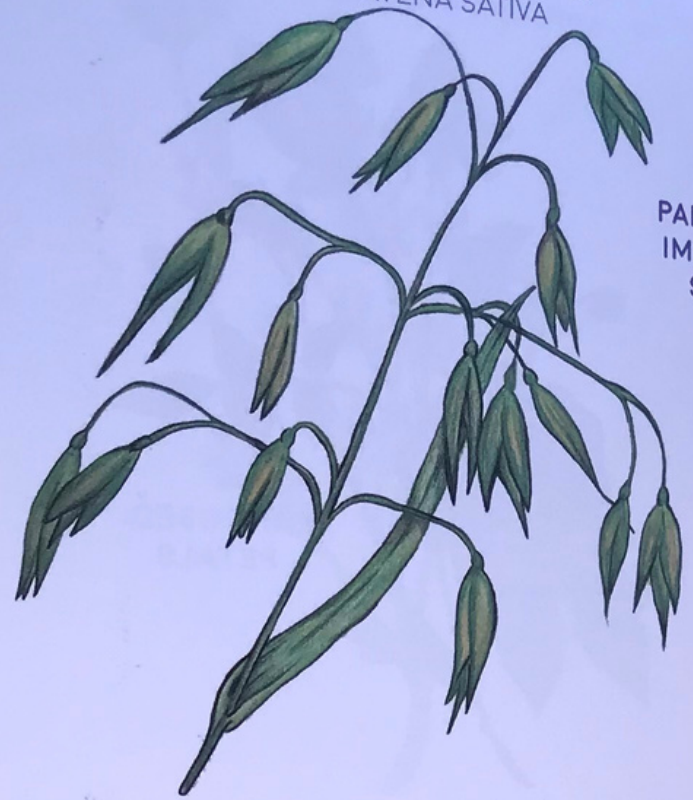


Project: THE JEWISH TEA EXPERIENCE
a monthly subscription. Each package included an herbal blend for each Hebrew month, along with seasonal teachings and mindfulness activities that connect with the theme of the month and the properties of the herbs.

Role:

- Cover Design
- Illustration
- Creative Direction
- Product co-design

MILKY OAT
AVENA SATIVA



PART USED:
IMMATURE
SEEDS

Oat tops are one of the best herbs for the nervous system. The nervous system is a communication system sending signals throughout the body - including between muscles, organs, and the brain. Oat tops are best consumed when fresh, but dried oat tops are still helpful allies for releasing the busy go-go-go energy left over from summer and back-to-school time.

What are your hands still holding from the year?
Can you let go a little?

MINT
MENTHA SPICATA



PART USED:
LEAVES

Another common, supportive plant friend is mint! Mint brings aromatics to an herbal blend, guiding us back to our sense of smell and into the body. Think of the potency of mint similarly to the blast of the shofar. Let mint cool and rattle your nervous system as you step forward into the new year. Mint is also an herb who helps us release excess heat gathered in the summer, so we can bring a serene mental state to our prayers and what is alive for us.

When you drink the tea, do you notice the cooling
mint releasing tension anywhere in your body or mind?

The Jewish Tea Experience booklet cover



אײר IYAR

THE JEWISH
MONTHLY TEA
EXPERIENCE

אײר IYAR
TEACHING & GATHERING GUIDE

The Jewish Tea Experience booklet cover



THE JEWISH
MONTHLY TEA
EXPERIENCE

SHVAT שבט

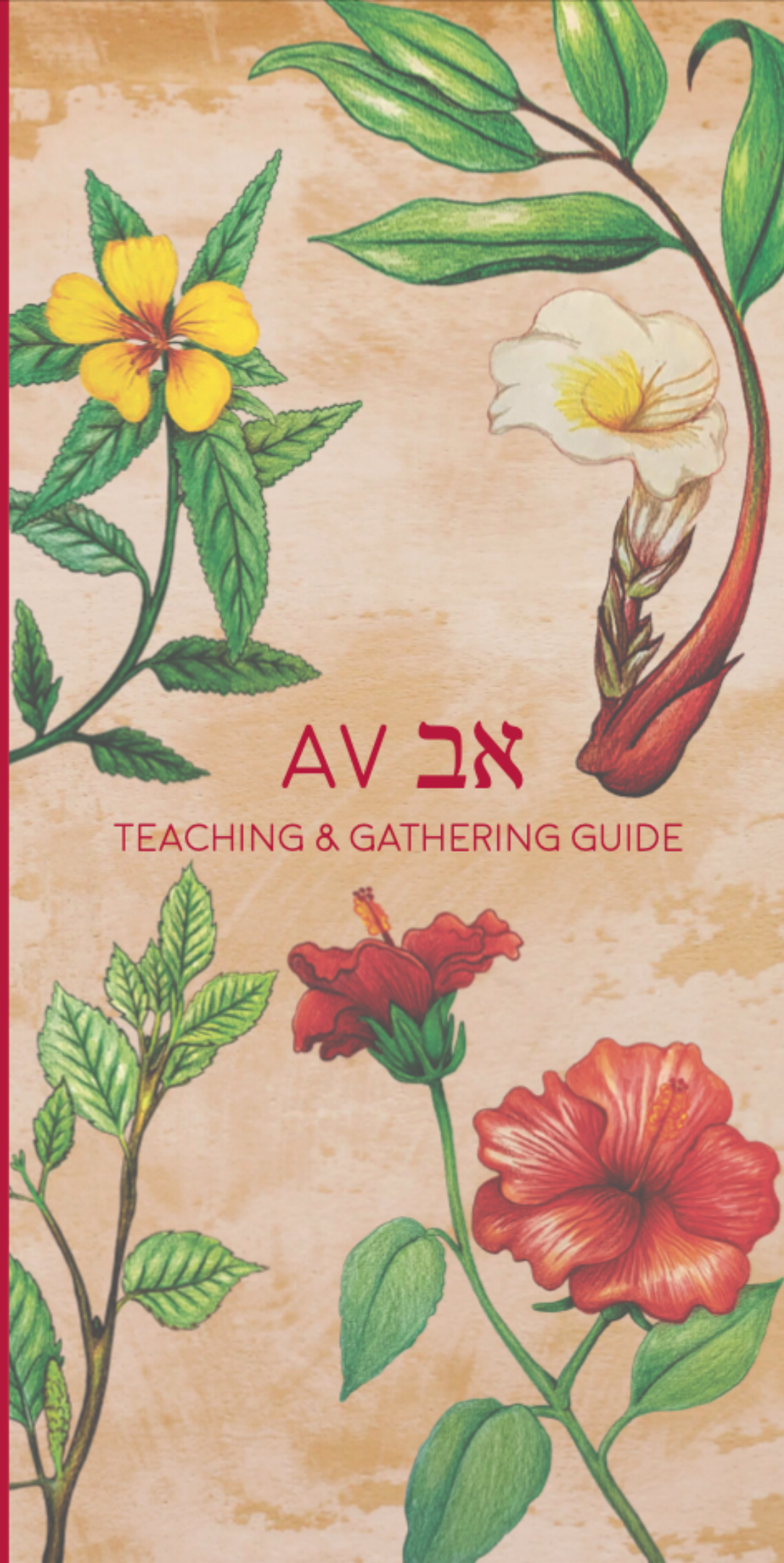
SHVAT שבט

TEACHING & GATHERING GUIDE

The Jewish Tea Experience booklet cover

THE JEWISH
MONTHLY TEA
EXPERIENCE

אב AV



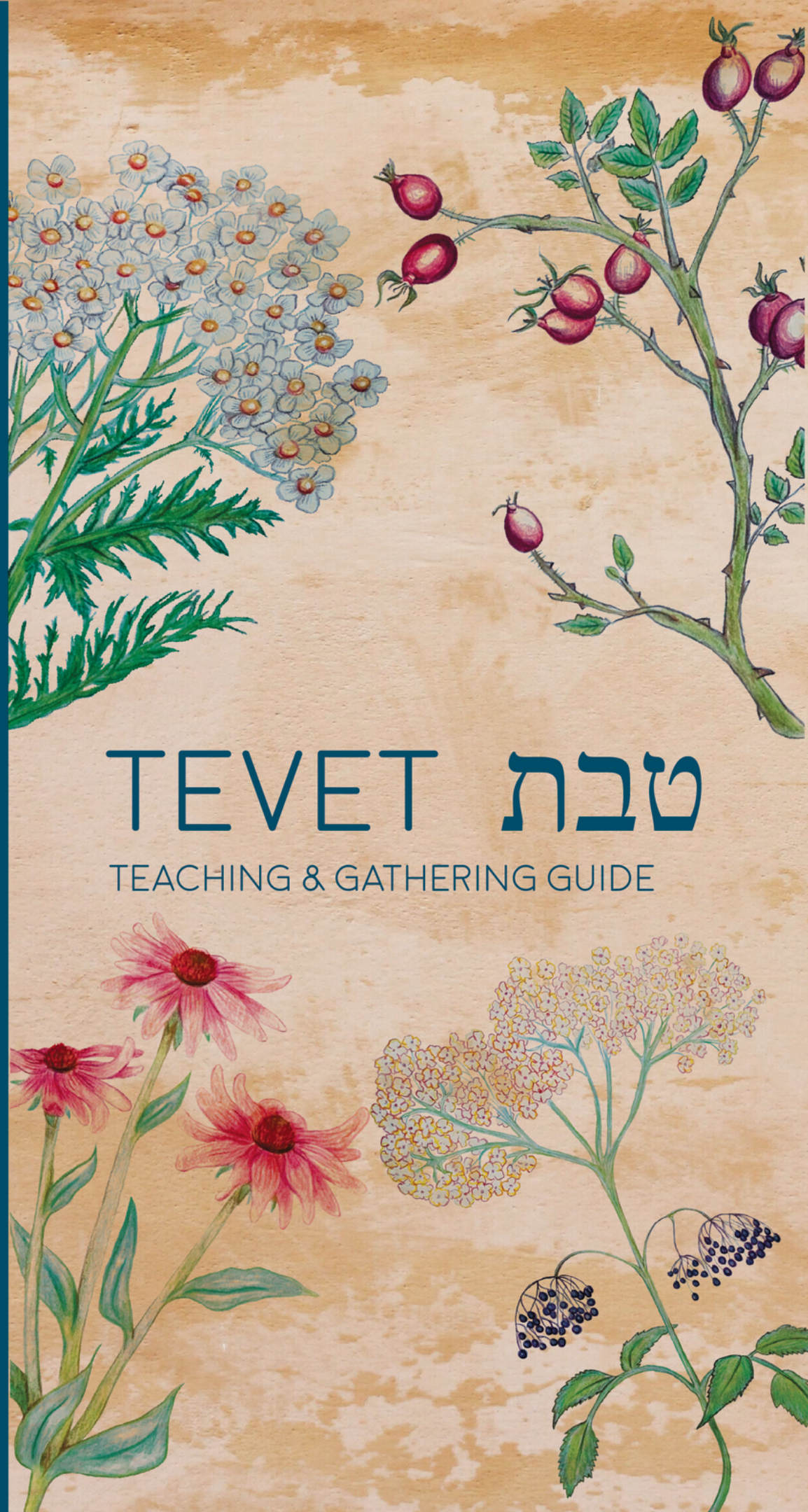
אב AV

TEACHING & GATHERING GUIDE

The Jewish Tea Experience booklet cover

THE JEWISH
MONTHLY TEA
EXPERIENCE

טבת TEVET

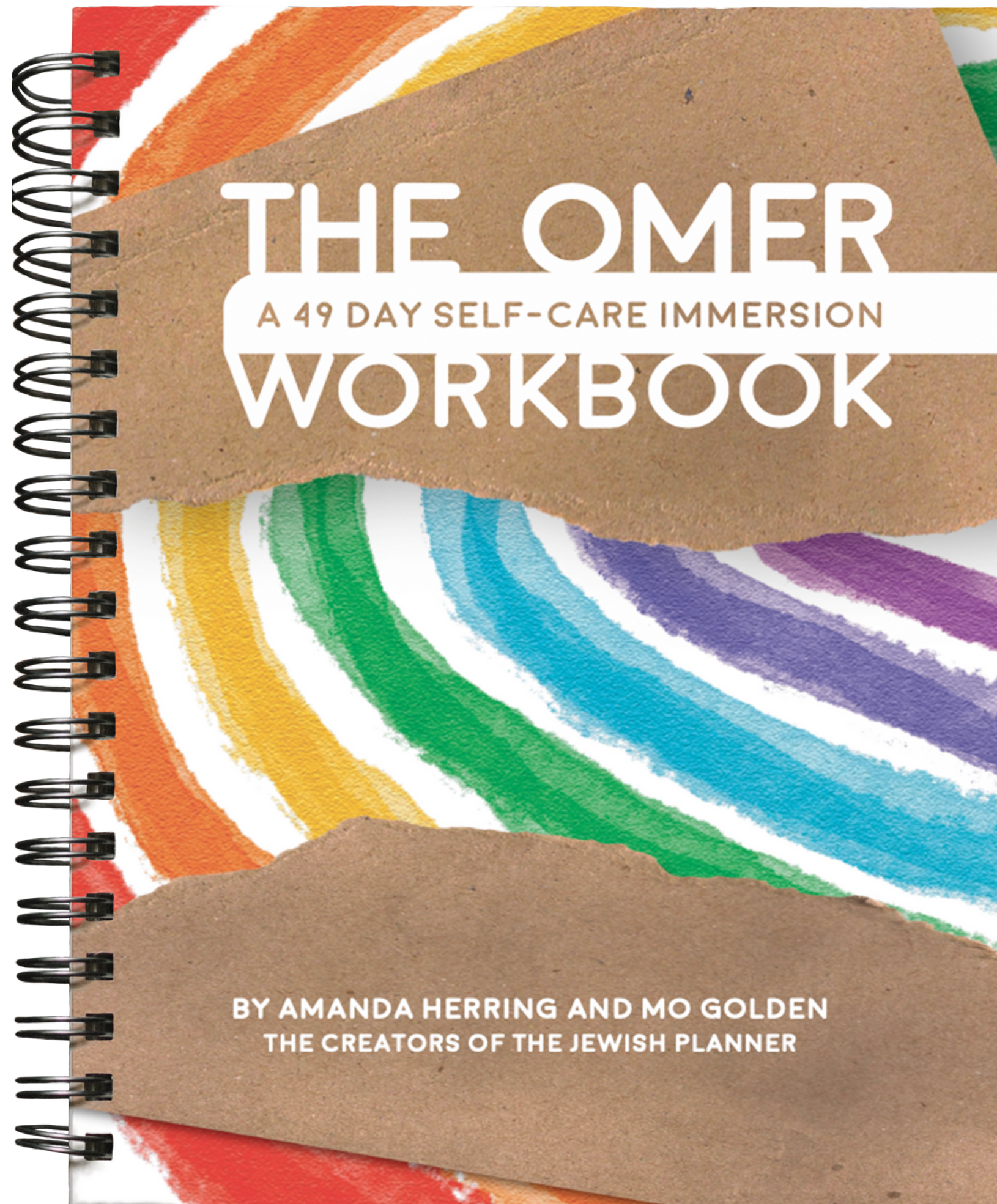


טבת TEVET

TEACHING & GATHERING GUIDE



A selection of the original colored pencil illustrations from The Jewish Tea Experience



Project: THE OMER WORKBOOK
a 49-day self-care workbook with illustrations,
journaling exercises, and art based activities.

Role:

- Cover Design
- Illustration
- Creative Direction
- Product co-design

2 editions, over 2 years
goldherring.com



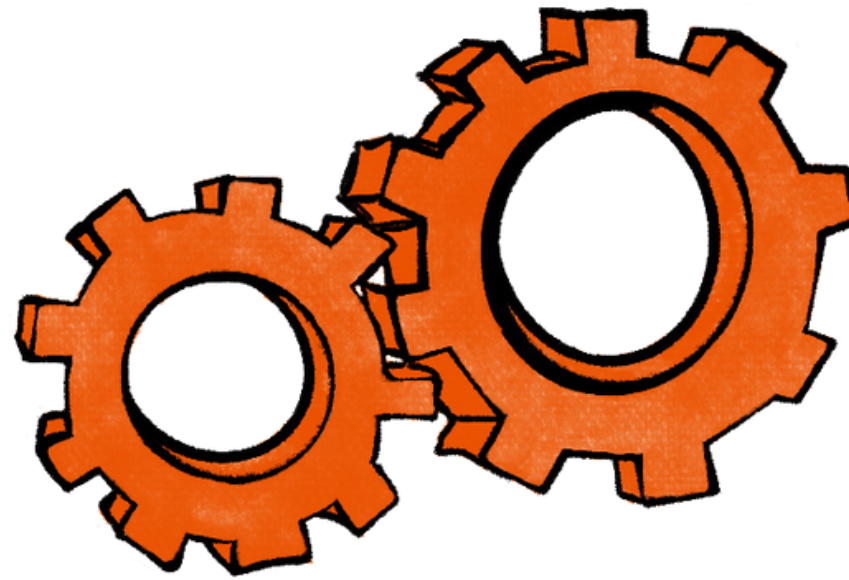
The ancient Jewish mystics, the Kabbalists, saw the counting of the Omer as a period of refining the inner self in order to be prepared for the receiving of the Torah at Shavuot. During these seven weeks, the Jewish people transformed from being slaves of Pharaoh at Passover to being a people prepared to take on the commandments and responsibilities of building a new nation at Mount Sinai. As the Jews are commanded at Passover to imagine as though each of us were a slave and now free, so should each individual move from mere liberation to acceptance of responsibility. From the enslaved to the acceptance of a new life purpose.

The kabbalists teach about ten sefirot, or elements of the Divine, which are also found within each of us. As each human is created in the divine image, so too do we each have Divine aspects within ourselves, such as chesed (Lovingkindness) or gevurah (boundaries). The Kabbalists believed that when we focus on these different Divine aspects within ourselves during the Omer, we can spiritually prepare and refine our inner selves to receive the Torah at Shavuot. They focused on the lower seven sefirot for the Omer, which are those of creation and the physical world (the upper three are associated with higher heavenly realms). Each week of the Omer we are challenged to work on one element of the divine within ourselves, building up from week one — chesed or Lovingkindness, to week seven — malkhut / shekhina or sovereignty and leadership. Within each week, we can look at a sefira within a sefira. This is where it can get a little confusing. Every day of week one, we focus on chesed or love and each day of the week, we explore love through the lense of one of the seven sefirot. Then in week two, we explore gevurah, looking at gevurah through the lense first of chesed, then each of the seven in turn through the week. The chart on the right shows this pattern visually.

These sefirot can also be laid out spatially onto the physical body with the upper three going on the head, and the lower seven on the arms, torso, legs, hips, and feet. We will talk a bit about this physical map during the workbook, so here's an example for you to get an idea of the layout.



	day 1 chesed	day 2 gevurah	day 3 tiferet	day 4 netzach	day 5 hod	day 6 yesod	day 7 malkhut/ shekhina
Week 1 chesed							
Week 2 gevurah							
Week 3 tiferet							
Week 4 netzach							
Week 5 hod							
Week 6 yesod							
Week 7 malkhut/ shekhina							



The Omer Workbook sephirot icons, digital illustration



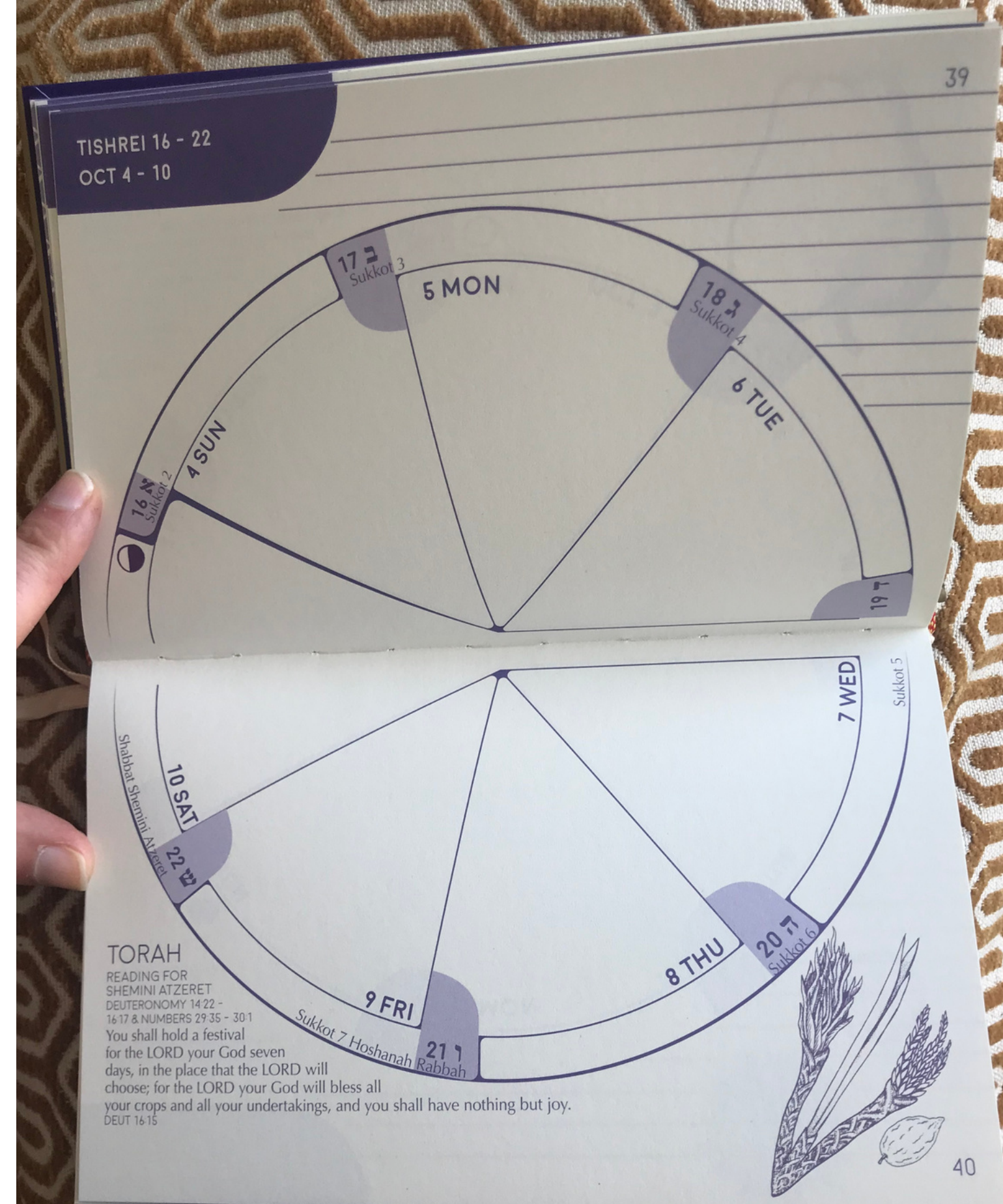
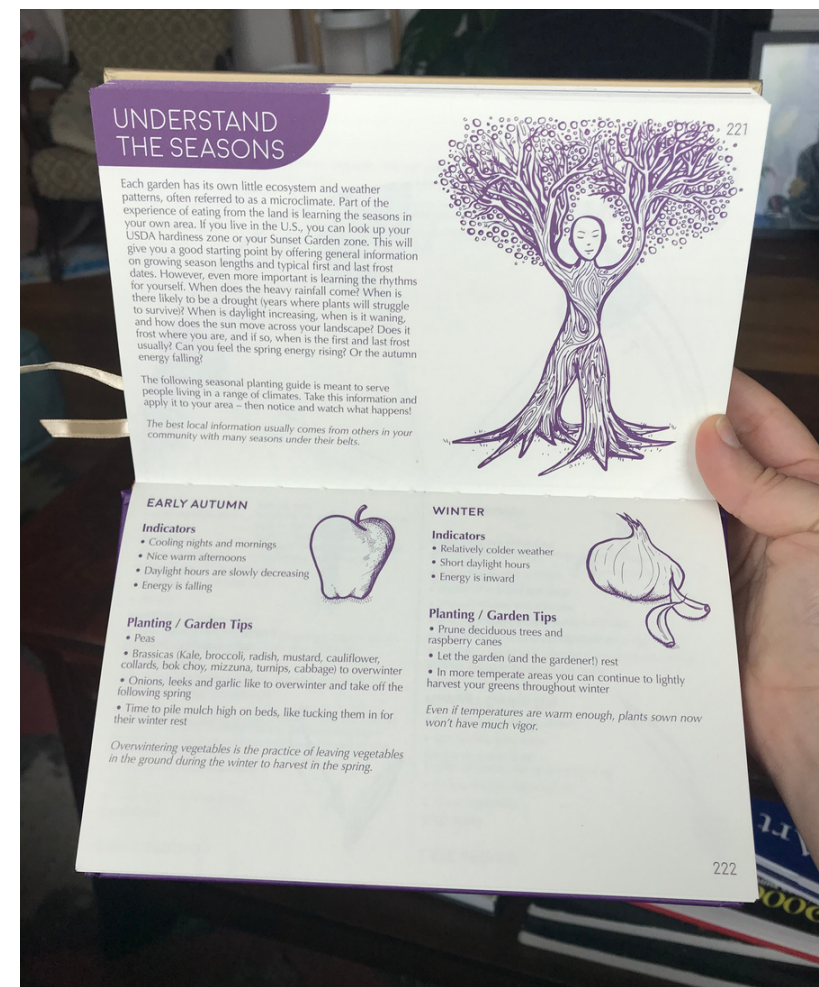
Project: THE JEWISH PLANNER
a weekly planner that integrates Hebrew and Gregorian dates and connects the Jewish year to natural cycles.

Role:

- Cover Design
- Illustration
- Creative Direction
- Product co-design

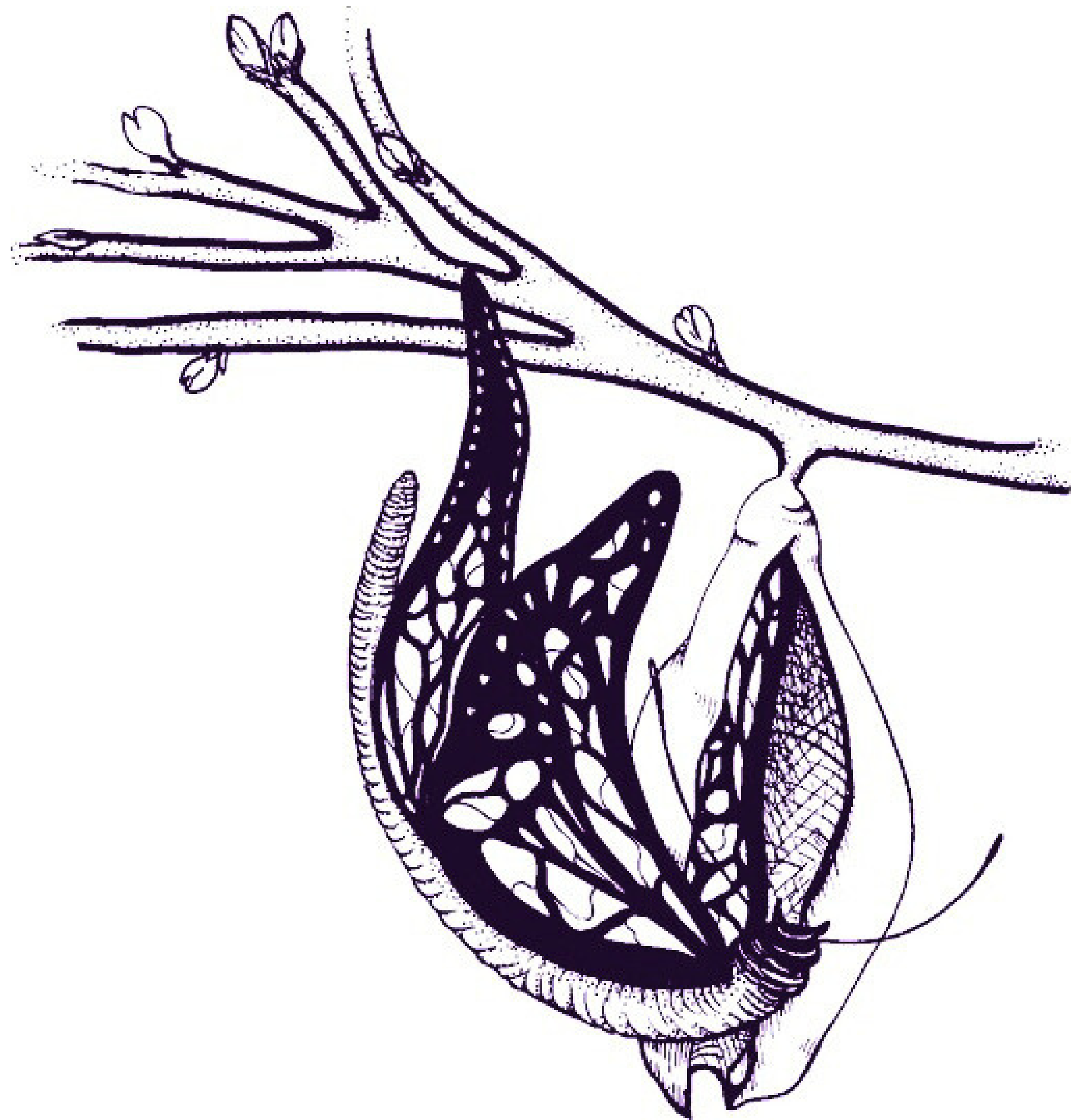
*4 editions, over 4 years
2019-2023
goldherring.com*

- The Hebrew day starts at sundown, presenting a unique design challenge that was solved by formatting the week as a wheel.
- The Hebrew calendar is based on the seasons and natural cycles. So, the planner incorporated a planting guide, and other guidance for connecting our sense of time with the seasons.

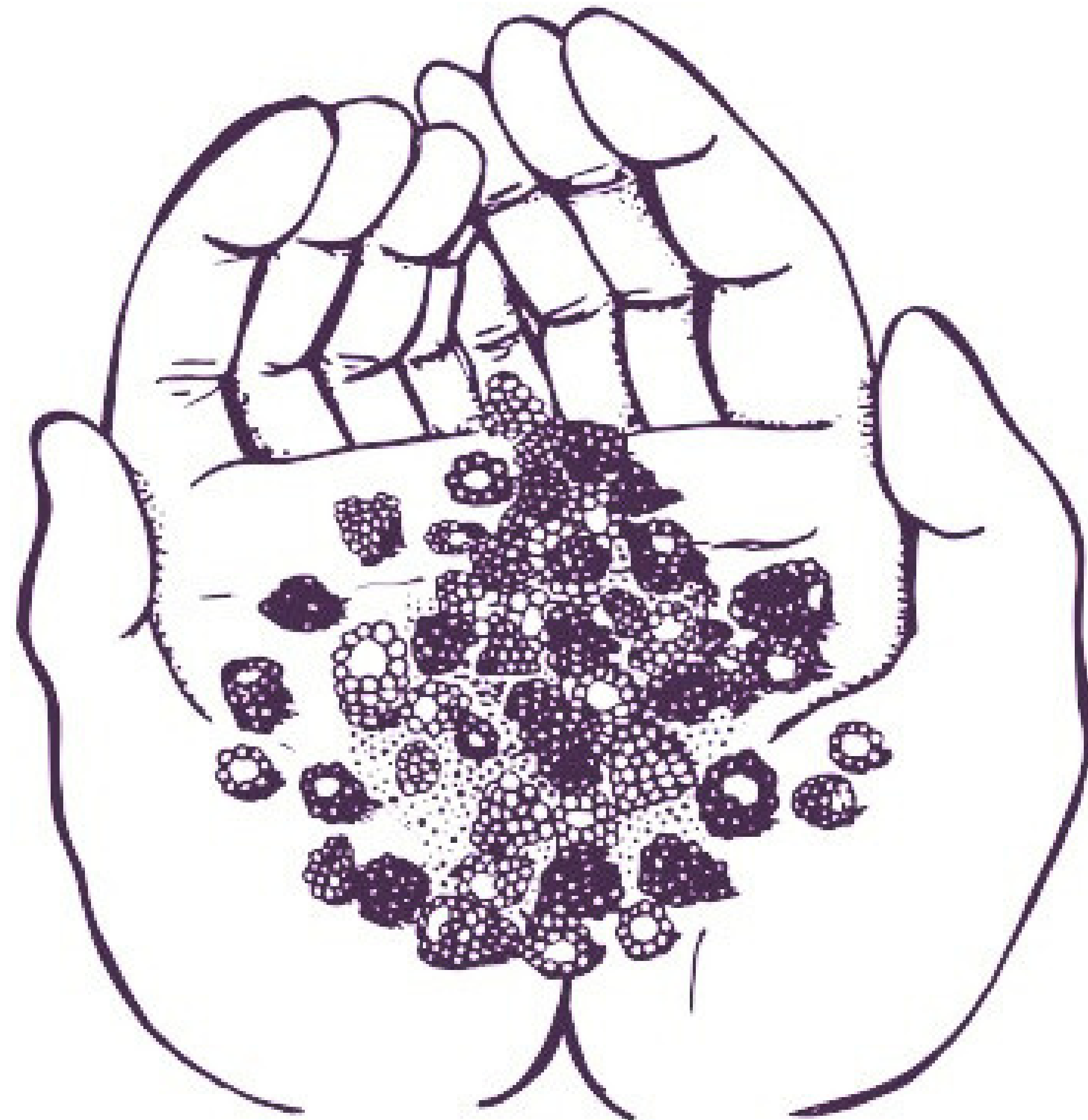




Line Drawing Illustration from The Jewish Planner.



Line Drawing Illustration from The Jewish Planner.



Line Drawing Illustration from The Jewish Planner.



Line Drawing Illustration from The Jewish Planner.



Project: NIGHT FOREST
an interactive game ritual of
memories and self-discovery.

Role:

- Experience co-design
- Illustration

2017

HeartoftheDeernicorn.com



Night Forest cards, line drawing Illustrations printed in metallic ink.