



## Earth Medicine Institute

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July 17, 2013

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*Any information on these documents is subject to revision*

### ACKNOWLEDGMENTS

This work is possible only through the grace and kindness of my Hawaiian and Chinese teachers:

*Auntie Helen 'Ahia Walrath* our beloved Kupuna Hulu

*Kahu Kawika Ka'alakea*

Kaipo Kaneakua

*Uncle Bill Kanekoa*

*Uncle Joe Hamakua*

Kumu Dane Kaohelani Silva

Keoki Sousa

*Auntie Alice Kuloloio*

Auntie Rachel Kanekoa

*Auntie Nani Saffrey*

Shirfu Zhao Zhen-ping

Shirfu Pang Zhen-neng

*Shirfu Feng Chien*

Shirfu Liao Yang-tze

Shirfu Lucy Hu

Shirfu John Yeh

Lama Tarchin, Rinpoche

Lama Khardhi

Welcome.

We began the Earth Medicine Institute because we believe in the power of the medicines of the Earth.

We live in a time, and in a world, where everything is fractured. Our minds, families, bodies, medicine, society, and spirits are splintered. Our hearts have been dislodged from the Earth; our species has become dislodged from its mooring. It is time to reunite, to come home, to re-anchor to this planet.

In order to survive we must create psychological and spiritual structures that nourish us, and our Home, in profound ways. We bring together our paradigms under one umbrella of Earth-centered living. We create Earth-centered science, psychology, medicine, spirituality and agriculture. We do this to bring our minds into focus, reunite with our family, rejoin our tribe, heal our bodies and spirits, and create a living viable culture. We do this to recreate the sacred in our lives.

In our culture we bring our medicine and our spirituality back to our primary needs.

As mammals, our primary needs (in no particular order) are:

Breath

Touch

Movement

Nutritious Food

Clean Water

Warmth

Safety

Bonding

Sex

As humans, our primary needs (in no particular order) are:

Connection to Spirit

Creativity

Confrontation of the Great Mystery

Love

Rites of Passage

Personal and Collective Meaning in our Lives

Emotional Integration

Intellectual Stimulation

These needs are also our primary medicines. All other medicines follow these.

Our medicines bring us back to Center and help to heal the fractures in our lives. We use them to heal our traumas, our injuries, our families, and our karma. As the Earth Medicine Institute grows, we want to offer more and more classes to help us address these needs as healing modalities.

We want to co-create with you a new medicine, a medicine that uses all the tools that are available to improve our quality of life and that of those we love. Our focus will be plant medicines, but Earth Medicine is not just about plants. Earth Medicine is concerned with the reclamation of the sane core of our humanity and the health of our planet.

If you have something to teach or something to learn, join us.

Let us know what you think... and more importantly what you feel... about this.

Tell others.

Join us.



## Earth Medicine Institute

www.EarthMedicineInstitute.com ~ (808) 937-4218

### Wild Crafter Certification - 100 hours

**50 Hours Class Time ~ 30 Hours Student Projects ~ 20 Hours Internet Study**

**One weekends per month for five months**

**Program:** The EMI Wild Crafter certification is designed as a hands-on introduction to plant medicine and Earth awareness skills. It can be taken as a stand-alone certification or as a prerequisite for the Earth Medicine Institute's advanced training programs.

The Wild Crafter certification is a rewarding and exciting endeavor, but it is hard work and not a path for everyone. If you choose to step onto this path, then *commit* yourself to completing the certification. What you take from these classes will depend in large part on what you put into them.

**Attendance:** Attendance for all weekend classes is mandatory unless a student opts out of certification. Attendance at field trips is optional.

**Admissions:** Students are to be chosen as individuals and on merit.

**Classes:** Classes will consist of a minimum of 50 classroom hours of lecture and intensive hands-on training. Classes will be held one weekend per month for five months.

#### **Required Texts:**

1) *Medicine at Your Feet* by David Bruce Leonard available at class or at local health food stores.

**Student Projects:** Student projects will cover a minimum of 30 hours and are subject to prior approval. Student projects are mandatory and must be satisfactorily completed by the last day of class. Students will not be certified until projects have been completed and approved.

**Internet Study:** Internet study is comprised of 20 hours of study and must be satisfactorily completed by 3 months after the last class meeting. Students will not be certified until Internet study has been completed.

**Plant Study:** At the core of the EMI Wild Crafter certification is plants. We will study, and you will be responsible to know in depth, more than 30 Hawaiian plants. We will go over these plants and quiz you on them to help make them your friends.

**Exams:** Students must pass all quizzes and exams with a grade of 75% or higher in order to become certified.

**Guests:** Each enrolled student may bring one guest to one day of class per certification. The guest must sign a waiver. Please contact your EMI Coordinator ahead of time, giving her the name of the guest and the class that guest will be attending.

**Field Trips:** Field trips are optional and held at the discretion of the instructors. Field trips are included in the price of tuition and will be scheduled the Friday before or the Monday after our weekend class. You must notify me ahead of time if you plan on attending a field trip. You must be in good physical condition to go on field trips. Travel costs to and from field trips are not included in tuition. We retain the right to deny field trip participation to any student for any reason and without warning. Do not bring minors to field trips without prior permission.

**Cost:** The cost of the Earth Medicine Institute 100 Hour Wild Crafter Certification is \$1399 plus textbooks and materials. Pre-approved discounts may apply.

## Wild Crafter Certification General Class Format

Oli (Chant), Pule (Prayer), Qigong (Breathing)

Check In & Accountability

Students Review

### Morning Material

Stillpoint

Lunch

### Afternoon Material

### Plant Studies

Check out & Stretch, Pule (Prayer), Hawai'i Aloha (Song)

## Wild Crafter Certification General Class Outline

Your classes may have different dates, sequences, and topics.

Any information on these documents is subject to revision

Date	Class
<b>Class 1</b>	Morning ~ 10 am - 1 pm • <b>Introduction ~ Policies</b> • <b>Plant Anatomy</b> • <b>Nomenclature &amp; Clinical Herbalism</b>  Afternoon ~ 2 pm - 5 pm • <b>Dosages</b> • <b>Plant Families</b> • <b>Medical Terminology</b>
<b>Class 2</b>	Morning ~ 10 am - 1 pm • <b>Plant Studies</b> • <b>Ways to Ingest Plant Medicines</b> • <b>Gathering Physiology</b> • <b>Gathering Protocols</b>  Afternoon ~ 2 pm - 5 pm • <b>Gathering Bundle</b> • <b>Offering Platter</b>
<b>Optional Field Trip</b>	<b>Plant Walk</b>
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<b>Optional Field Trip</b>	<b>Plant Walk</b>
<b>Class 3</b>	Morning ~ 10 am - 1 pm • <b>Quiz</b> • <b>Plant Studies</b>

	<ul style="list-style-type: none"> <li>• <b>Inflammation</b></li> </ul> <p>Afternoon ~ 2 pm - 5 pm</p> <ul style="list-style-type: none"> <li>• <b>Injury / First Aid Theory</b></li> <li>• <b>Lungs, Sweat, Colds, Flu</b></li> </ul>
<b>Class 4</b>	<p>Morning ~ 10 am - 1 pm</p> <ul style="list-style-type: none"> <li>• <b>Plant Studies</b></li> <li>• <b>Topical Uses of Plants</b></li> <li>• <b>Medicine Making Poultices</b></li> <li>• <b>Guest Instructor: Medicine</b></li> </ul> <p>Afternoon ~</p> <ul style="list-style-type: none"> <li>• <b>Medicine Making Oils &amp; Salves</b></li> </ul>
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<b>Optional Field Trip</b>	<b>Plant Walk</b>
<b>Class 5</b>	<p>Morning ~ 10 am - 1 pm</p> <ul style="list-style-type: none"> <li>• <b>Quiz</b></li> <li>• <b>Lungs / Immune / Tonification</b></li> </ul> <p>Afternoon ~ 2 pm - 5 pm</p> <ul style="list-style-type: none"> <li>• <b>Guest Instructor: Breath</b></li> <li>• <b>Herbal Cosmetics</b></li> <li>• <b>Plant Studies</b></li> </ul>
<b>Class 6</b>	<p>Morning ~ 10 am - 1 pm</p> <ul style="list-style-type: none"> <li>• <b>Guest Instructor</b></li> <li>• <b>Infections</b></li> </ul> <p>Afternoon ~ 2 pm - 5 pm</p> <ul style="list-style-type: none"> <li>• <b>Medicine Making Tinctures</b></li> <li>• <b>Plant Studies</b></li> </ul>
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<b>Optional Field Trip</b>	<b>Plant Walk</b>
<b>Class 7</b>	<p>Morning ~ 10 am - 1 pm</p> <ul style="list-style-type: none"> <li>• <b>Midterm Exam</b></li> <li>• <b>Bodywork</b></li> <li>• <b>Gua Sha</b></li> <li>• <b>Calming Herbs</b></li> <li>• <b>Medicine Making Pills</b></li> </ul> <p>Afternoon ~ 2 pm - 5 pm</p> <ul style="list-style-type: none"> <li>• <b>Guest Instructor</b></li> <li>• <b>Formula Design</b></li> </ul>

<p><b>Class 8</b></p>	<p>• <b>Plant Studies</b></p> <p>Morning ~ 10 am - 1 pm</p> <ul style="list-style-type: none"> <li>• <b>Food Medicine &amp; Wild Edibles</b></li> <li>• <b>Toxicity</b></li> <li>• <b>Seeing the World with Your Tongue</b></li> <li>• <b>Spice Rack Herbs</b></li> </ul> <p>Afternoon ~ 2 pm - 5 pm</p> <ul style="list-style-type: none"> <li>• <b>Introduction to Daoism and Chinese medicine</b></li> <li>• <b>Guest Instructor: Food</b></li> <li>• <b>Plant Studies</b></li> </ul>
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<p><b>Class 9</b></p>	<p>Morning ~ 10 am - 1 pm</p> <ul style="list-style-type: none"> <li>• <b>Student Project Presentations</b></li> </ul> <p>Afternoon ~ 2 pm - 5 pm</p> <ul style="list-style-type: none"> <li>• <b>Exam Review</b></li> </ul>
<p><b>Class 10</b></p>	<p>Morning ~ 10 am - 1 pm</p> <ul style="list-style-type: none"> <li>• <b>Exams</b></li> </ul> <p>Afternoon ~ 2 pm - 5 pm</p> <ul style="list-style-type: none"> <li>• <b>Graduation, Open House, and Presentations</b></li> </ul>



## 2012 WILD CRAFTER PLANT CURRICULUM

- Ageratum conyzoides* (maile hohono) herb \*
- Aleurites moluccana* (kukui) herb
- Aloe vera* (aloi / lu hui) gel, sap
- Bidens pilosa* (kīnehi / xian feng cao) herb
- Capsicum frutescenes* (nīoi) fruit
- Cecropia obtusifolia* (guarumo) leaf (KAUA'I & BI ONLY) \*
- Centella asiatica* (pohe kula / gotu kola) herb
- Coix lachryma jobi* (pū'ohe'ohe / jobs tears)
- Commelina* spp. (honohono / ya zhi cao) herb
- Cordyline suffruticosa* (la'i / ti) herb
- Curcuma longa* ('ōlena / tumeric / jiang huang) rhizome, tuber
- Cymbopogon citratus* (wāpine / lemongrass) herb
- Desmodium* spp. (puapilipili) leaves
- Hibiscus rosa-sinensis* (aloalo / hibiscus) flower
- Hibiscus tiliaceus* (hau) flower, inner bark \*
- Mimosa pudica* (hilahila / sleeping grass) BOIL
- Morinda citrifolia* (noni) leaf, fruit, root
- Musa paradisiaca* (mai'a / banana) root, sap
- Oxalis corniculata* (creeping woodsorrel / 'ihi mākole, 'ihi `ai)
- Oxalis martianna* (woodsorrel / 'ihi pehu)
- Pandanus tectorius* (hala) aerial root fruit pollen
- Persicaria capitata* (pink knotweed / shi mang cao) (MAUI & BI ONLY) \*
- Piper methysticum* ('awa / kava kava)
- Pipturus* spp. (māmaki)
- Plantago lanceolata* (plantain/ laukahi / che qian cao) herb
- Plantago major* (broad leaf plantain/ laukahi / che qian cao) herb
- Portulaca oleracea* (purslane / 'ākulikuli) herb \*
- Psidium guajava* (kuava / guava) \*
- Ricinus communis* (castor / koli) TOPICAL ONLY \*
- Solanum americanum* (black nightshade / pōpolo) leaf, fruit
- Trametes versicolor* (yun zi / turkey tail) herb (MAUI & BI ONLY)
- Waltheria indica* ('uhaloa) herb
- Zingiber officinale* ('awapuhi pākē / ginger) fresh rhizome

\* These plants are not in *Medicine at Your Feet: Healing Plants of the Hawaiian Kingdom*, they are on a separate hand out.

## **Student Projects**

Student projects should be designed to facilitate curiosity, generate knowledge, and contribute to the general well being of the community. Projects should take a minimum of 30 hours to complete.

Students will give a 15-minute presentation of their project on the last weekend of the certification. Students will not be certified until they have completed and presented their project and had it approved.

### **Ideas for Student Projects**

Plant Press / Plant Notebook

Design a Plant Based Product

Garden

Research ~

A Plant

Biology

Psychology

Environmentalism

Permaculture

Food as Medicine

Traditional Medicines

Hawaiian, Chinese, or another Culture

Do a species inventory of an area and research the plants and their uses

Keep a Plant Journal

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