Earth Medicine Institute
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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)

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**Wild Crafter Certification General Class Outline**
Your classes may have different dates, sequences, and topics.
Any information on these documents is subject to revision

<table>
<thead>
<tr>
<th>Date</th>
<th>Class</th>
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<tbody>
<tr>
<td>Class 1</td>
<td>Morning ~ 10 am - 1 pm</td>
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<td>• <strong>Introduction ~ Policies</strong></td>
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<td>• Plant Anatomy</td>
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<td>• Nomenclature &amp; Clinical Herbalism</td>
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<td>Afternoon ~ 2 pm - 5 pm</td>
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<tr>
<td></td>
<td>• Dosages</td>
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<td>• Plant Families</td>
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<td>• Medical Terminology</td>
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<td>Class 2</td>
<td>Morning ~ 10 am - 1 pm</td>
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<td>• Plant Studies</td>
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<td>• Ways to Ingest Plant Medicines</td>
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<td>• Gathering Physiology</td>
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<td>• Gathering Protocols</td>
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<td>Afternoon ~ 2 pm - 5 pm</td>
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<td></td>
<td>• Gathering Bundle</td>
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<td>• Offering Platter</td>
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<td>Optional Field Trip</td>
<td>Plant Walk</td>
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<tr>
<td>Optional Field Trip</td>
<td>Plant Walk</td>
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<td>Class 3</td>
<td>Morning ~ 10 am - 1 pm</td>
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<tr>
<td></td>
<td>• Quiz</td>
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<td>• Plant Studies</td>
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<td>Time</td>
<td>Course Content</td>
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<td>2 pm - 5 pm</td>
<td>• Inflammation&lt;br&gt;• Injury / First Aid Theory&lt;br&gt;• Lungs, Sweat, Colds, Flu</td>
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<td>• Injury / First Aid Theory&lt;br&gt;• Lungs, Sweat, Colds, Flu</td>
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<th>Class 4</th>
<th>Morning ~ 10 am - 1 pm &lt;br&gt;• Plant Studies&lt;br&gt;• Topical Uses of Plants&lt;br&gt;• Medicine Making Poultices&lt;br&gt;• Guest Instructor: Medicine</th>
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<tr>
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<td>Afternoon ~&lt;br&gt;• Medicine Making Oils &amp; Salves</td>
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<th>Optional Field Trip</th>
<th>Plant Walk</th>
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<tr>
<th>Class 5</th>
<th>Morning ~ 10 am - 1 pm &lt;br&gt;• Quiz&lt;br&gt;• Lungs / Immune / Tonification</th>
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<td>Afternoon ~ 2 pm - 5 pm &lt;br&gt;• Guest Instructor: Breath&lt;br&gt;• Herbal Cosmetics&lt;br&gt;• Plant Studies</td>
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<th>Class 6</th>
<th>Morning ~ 10 am - 1 pm &lt;br&gt;• Guest Instructor&lt;br&gt;• Infections</th>
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<td>Afternoon ~ 2 pm - 5 pm &lt;br&gt;• Medicine Making Tinctures&lt;br&gt;• Plant Studies</td>
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<tr>
<th>Optional Field Trip</th>
<th>Plant Walk</th>
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<th>Class 7</th>
<th>Morning ~ 10 am - 1 pm &lt;br&gt;• Midterm Exam&lt;br&gt;• Bodywork&lt;br&gt;• Gua Sha&lt;br&gt;• Calming Herbs&lt;br&gt;• Medicine Making Pills</th>
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<td>Afternoon ~ 2 pm - 5 pm &lt;br&gt;• Guest Instructor&lt;br&gt;• Formula Design</td>
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| Class 8                                      | Morning ~ 10 am - 1 pm  
|                                            | • Plant Studies  
|                                            | • Food Medicine & Wild Edibles  
|                                            | • Toxicity  
|                                            | • Seeing the World with Your Tongue  
|                                            | • Spice Rack Herbs  
| Afternoon ~ 2 pm - 5 pm                    | • Introduction to Daoism and Chinese medicine  
|                                            | • Guest Instructor: Food  
|                                            | • Plant Studies  

Class 9                                      | Morning ~ 10 am - 1 pm  
|                                            | • Student Project Presentations  
| Afternoon ~ 2 pm - 5 pm                    | • Exam Review  

Class 10                                     | Morning ~ 10 am - 1 pm  
|                                            | • Exams  
| Afternoon ~ 2 pm - 5 pm                    | • Graduation, Open House, and Presentations  

2012 WILD CRAFTER PLANT CURRICULUM

Ageratum conyzoides (maile hohono) herb *
Aleurites moluccana (kukui) herb
Aloe vera (aloi / lu hui) gel, sap
Bidens pilosa (kïnehi / xian feng cao) herb
Capsicum frutescenes (nïoi) 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 ('ölena / 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 paradisica (mai'a / banana) root, sap
Oxalis corniculata (creeping woodsorrel / 'ihi mākole, 'ihi `ai)
Oxalis martianna (wood sorrel / '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