



## Earth Medicine Institute

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## 2019 MAUI PLANT MEDICINE IMMERSION INFORMATION PACKET

*Any information on these documents is subject to revision*

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### 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

### **2019 Maui Plant Medicine Immersion 36 Hours Class Time ~ Plus Field Trips**

**Program:** The EMI Plant Medicine Immersion is designed as a hands-on introduction to plant medicine and Earth awareness skills.

The Immersion is a rewarding and exciting endeavor, but what you take from these classes will depend in large part on what you put into them.

**Attendance:** Attendance for all weekend classes is optional, but we do not give any refund for unattended classes or field trips.

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

**Classes:** Classes will consist of a minimum of 36 classroom hours of lecture and intensive hands-on training. Classes will be held 6 hours per day for three consecutive weekends. Each island where the program is offered will have its own separate classes and Coordinator.

#### **Required Texts:**

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

**Plant Study:** At the core of the EMI Plant Medicine Immersion is plants. We will study more than 20 Hawaiian plants. We will go over these plants and quiz you on them to help make them your friends.

**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 he/she 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 the Coordinator 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.

**Location & Cost:** Location TBA. The cost of the Earth Medicine Institute 2019 Plant Medicine Immersion is \$899 plus tax, textbooks and materials. Pre-approved discounts may apply.

## Wild Crafter Certification General Class Format

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

Check In & Accountability

Students Review

### Morning Material

Stillpoint

Lunch

### Afternoon Material

### Plant Studies

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

## POTENTIAL PLANT IMMERSION LIST

*Ageratum conyzoides* (maile hohonu) herb \*

*Aleurites moluccana* (kukui) herb

*Aloe vera* (aloi / lu hui) gel, sap

*Bidens pilosa* (kīnehi / xian feng cao) herb

*Capsicum frutescens* (nīoi) fruit

*Cecropia obtusifolia* (guarumo) leaf (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) 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* ('ihi mākole, 'ihi `ai)

*Oxalis martiana* ('ihi pehu)

*Pandanus tectorius* (hala) aerial root fruit pollen

*Persicaria capitata* (shi mang cao) \*

*Piper methysticum* ('awa / kava kava)

*Pipturus* spp. (māmaki)

*Plantago lanceolata* (laukahi / che qian cao) herb

*Plantago major* (laukahi / che qian cao) herb

*Portulaca oleracea* ('ākulikuli) herb \*

*Psidium guajava* (kuava / guava) \*

*Ricinus communis* (koli) TOPICAL ONLY \*

*Solanum americanum* (pōpolo) leaf, fruit SOME TOXICITY

*Trametes versicolor* (yun zi / turkey tail) herb

*Usnea* spp. ('umi koa)

*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*.