1A/2A (repeat): Native American Ceremonial Herbs & Spices

Karen Waconda- Lewis, BS

Saturday, July 8, 2017
1:00 p.m. – 2:30 p.m.
2:45 p.m. – 4:15 p.m.
Native American Ceremonial Herbs and Spices

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Our Native Philosophy
• Changes in the “Life Force”
• Spiritual, Mental, Emotional, Social, Environmental and Physical
• “Life Force” effects energy field in all living entities
• All are connected

Connections=Relations
• Blood Relations & Extended Families
• Tribe/community/work
• Similar Doings
• Body and Relations to the Four Elements
  ○ Fire – Initiator and thought/ Brain, nervous system
  ○ Air – Sending a message/breath, lungs
  ○ Water – Emotions and essence of life/ lung, kidneys, blood
  ○ Earth – Grounding/ skin, bones, heart
Fishing

Hunting

Fire Element - Spices

- Spark the mind and heart connection
- Cleansing and detoxification the mind
- Purifying the mind and nervous system
- Calming the mind and nervous system
- Preparation on foods – i.e. roasting, simmering
### Fire – nervous system, brain

- Mood swings, memory, stress, limb, needle sensation on limbs, exhaustion, fear, anger, shock, dizziness, moody, muscle weakness
- Balance of work and play, calm, love of life, full of life, joy and wholesome

- Orange, pine, lavender, valerian, lemon, cedarwood
- Chili-peppers, garlic, wild celery, onions, angelica, peppermint, sprouted greens/lettuce, dandelion, pine needles

### Air- Sending a message: Lungs, Breath

- Tobacco
- Prayers
- Aroma therapy
- Smoked, tea, compress
- Joy, hope, acceptance, I choose life
- (-) despair, grief, sadness, crying, rejection

- Mountain Tobacco
- Sage, cedar
- Echinacea, ginger, Milkweed, mullein, licorice, garlic, wild onions, dandelion, peppermint, pine, rose hips, clove, nutmeg, eucalyptus

### Water – Emotions, Essence of Life

- Bathing, steam, sauna, soaks, compress, sweat lodge, teas, poultice
- Moving forward, next adventure, proud of self and accomplishments, I choose life
- (-) stuck, fear of failure, criticism, shame, disappointment

- Bruising – lavender, mullein, plantain, juniper, parsley, arnica, yarrow, berries, angelica – high antioxidants
- Kidneys, bladder – juniper, corn-silk, aloe, bearberry, dandelion, golden rod, geranium
Earth - Grounding

- Ceremonies, meditation, walking/running, hot/cold therapy, massage, drumming
- Bones, skin, deep organs
- Insomnia, rashes, ulcers, arthritis, muscle spasms
- Childhood trauma, stuck anger, imbalance with environment and home
- Forgiveness, grateful, relaxation

- Dandelion, peppermint, birch, willow, pine, cedar, sage, fir trees, burdock, stinging nettle, peppermint, ginger
- Deep rooted plants
- Long life thriving plants
- Plant with many layers

Ceremonies: Medicine Wheel

- Ceremonies: Sweat lodge
Ceremonies: Native American Church

Over all, Observe the following

- Acceptance, Letting go, seeing and hearing
- Gratitude, learning and honoring
  - Self, family, extended relations, and others
- Speaking, loving and service
- Living, working and mindful activity, meditation
- Involve in “Team” for healing to occur
- Provide markers for accomplishment, Initiation = marks it and allows to move forward

Creator is Caring and Listens, Learn to trust in the process of healing