



LIVING MEDICINES

Founded by

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Turtle Lodge – My Prayer

by David Kukkola

“Let it be known and heard, carried by the Sacred Winds of the Four Directions, by my Sapmi voice, “Children of the Wind and Sun,” that the Turtle Lodge now being constructed in Fairfax, CA, is a symbol of the sovereign rights and spiritual freedoms for the indigenous peoples of the world. The Turtle Lodge's purpose is to increase awareness of the necessity to preserve our sacred relationship to the Land we live on, to respect and honor the indigenous cultures that inhabit our world, and to protect our sacred sites.” I stand firm in my commitment to preserve the sovereign rights of all of our peoples.

In October of 2009, the Ross Fire Department shut down our ceremonial lodge in Fairfax. The reason cited was that there are no outdoor fires allowed in Marin County. In order to circumvent this issue, I decided to build a lodge with a firebox inside the lodge much like my ancestors from Sapmi, now known as Scandinavia, and heat the stones inside the lodge. Finally in February of 2010, I obtained permission from the Fairfax building department and the Ross Fire department to begin the building of our new lodge. We are in the last stages of construction and in navigating new town issues that have ensued, we want to clarify to our community that all ceremonies will be private, limited to a very small number of friends and family members, and by invitation only. Please contact us personally for more information. ✧

Autumn: Season of Completion

Element: Metal

Theme: Returning to the Source; Inward, Soul Searching

by Tamara Wolfson

The Autumn season is characterized ironically by both the bounty and peak abundance of the earth's harvest and simultaneously by the inward flow of our life force. This period marks a time of fruition resulting from all our labors of both body and mind however it also launches an invitation to dive deep within as a symbolic experience of energetic closure. Nature can teach us via active observation, about the pivotal qualities and movements of our natural rhythms as they parallel changes in the seasons. This observation can help us connect with ourselves and become more aware of the cycle between self-expansion and the full energetic expression of summer's light compared to the contraction of light, warmth and a returning to our innermost source. As Metal is formed deep within the veins of the earth, the Autumn season represented by this element, symbolizes the decent into our core being. This season provides an opportunity for insight, focus and the healing of deep loss. Simultaneously, Autumn is represented in the moment to moment experience of breath during respiration. Each inhalation is an opportunity to reconnect with the richest most nourishing aspects of our very hearts while taking in the gestalt of the world around us and each exhalation an opportunity to let go and make an offering or contribution to the world.

To observe the transformation of a deciduous tree as it adapts to less water, less light and greater cold is a remarkable experience. The tree



prepares in advance for winter and avoids unnecessary damage by storing its precious nutrient, chlorophyll and withdrawing from its most energy demanding function of maintaining it's foliage. Nature offers us guidance here for how our own body's system is shifting and the lifestyle changes we need to make in order to be in greater harmony with our environment. It is true that the seasonal changes within our bodies are not as dramatic as a tree losing its leaves, however the changes are there in more subtle ways. For example, although our hair doesn't all fall out like leaves, it does lose moisture and even though our skin doesn't change color, it does get dryer, tighter and colder.

All over the world, cultures celebrate this time of year with unique rituals and food. On the Isles, this is the time of Samhain. The light begins to change and the air becomes cool and dry. It is the end of summer and a time to study the "dark mysteries". It is the time represented by the Crone or dark mother who represents the transformation of our life experiences into deeper wisdom. It is theorized that the numerous great stone circles built throughout the Isles were an aid in the contemplative decent into the underworld of oneself and a decent into the energies of the death

process. In Greek mythology, this is a time marked by the decent of Persephone, returning to the underworld to comfort the dead and Demeter, the great Earth mother, causing the cold winds to blow as a sign of her loss and grief. In our neighboring country of Mexico, it is a season when Dia de los Muertos, the day of the dead is celebrated and the ancestors are brought back to life and honored. A day when the dead return to be fed and feast with treats such as marzipan skulls and hot chocolate spiced with chili peppers and cinnamon to nourish them.

At this time, we can recognize a shift in how we think, feel and interact with the world around us. During the season of falling leaves, we are also falling, that is falling inward. We don't have as much dynamic force and energy, there can be a greater sense of grief, loss and sadness as our emotions are intimately connected with the environmental changes. In Chinese medical thinking, this season is connected with the lungs. We may experience ourselves weeping more or feeling more melancholy and if we have chronic lung conditions, we may notice them to be more pronounced at this time. There have been studies linking a seasonal depression called Seasonal Affective Disorder to changes in light intensity beginning in Autumn and continuing throughout the winter months. This condition from a Chinese medical perspective is linked to a deficiency

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HEALING PRAYER

**To the great azure Medicine Buddha,
This I pray,
Through all illness
May the negative karma and obscurations
of this and past lives be purified,
May the demons who take away ones life force be repelled,
May the sufferings of all beings cease,
May the blessings of the Buddha radiate in the ten directions,
May the Sun shine down upon you,
Warming your face and heart,
May recovery come quickly,
May you be peaceful and happy!!!!**

Tamara Wolfson



Autumn: Season of Completion

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in the strength of the lungs in addition to an imbalance of the Water and Fire elements within the body.

We are most familiar with the lungs in disharmony connected with colds and flu or with smoking conditions, however after thousands of years of observation, Chinese medicine throws a broader pathophysiological net connected with the lungs. Chinese medicine expands lung conditions to include symptoms such as dry skin, dry nails and lips, dry throat and nose, no perspiration or too much, nasal polyps, sinusitis, skin rashes, hair loss, constipation, headaches, stiffness in the spine and muscles, allergies, fatigue, and strong feelings of depression. In addition to the lungs, Metal is ruled by the large intestine, an organ which regulates the discharge of physical impurities and influences our mental capacity for acceptance and letting go. Large intestine patterns include symptoms of diarrhea and constipation plus conditions such as diverticulitis, colitis, ulcerative colitis, irritable bowel syndrome, polyps and carcinoma of the rectum or colon.

Recognizing some of these conditions as either seasonal or related to the Metal element can offer tools for prevention and self-treatment of all the various lung and large intestine imbalances. *



The Sacredness of Words

by David Kukkola

Part I

“As soon as you feel yourself *against me* you have ceased to understand my position and consequently my arguments! You have to be the victim of the *same passion!*” — Friedrich Nietzsche

We are about to enter some thorny territory, possibly dangerous. There is a barbed wire fence strung taught and posted with “no trespassing” signs. The only requirement is that we go there; crawl down under, without any of your personal agendas, prejudices or judgments. We are headed down, into the world of the Soul and the Gods through the use of words and language.

Language, the use of words, and our Relationship to the Land we live on are the bedrock for all of our cultures, past and present. Included in the make-up of land-based cultures, we find Art, Music, Poetry, Dance, and Food; key threads of an evolving tapestry of Self, Family, and Community life. The capital letters are intentional as are the ones that occur throughout this essay. They seem to pop-out of the page, as if to symbolize something greater, create impressions and stimulation for the imagination. Capital letters, as used by the Ancients, announce the arrival of the Gods and Goddesses into this world and acknowledge the existence of our collective unconscious.

This imagined complex terrain is different in comparison to the monotheistic practice of Christianity and the worshiping of one God. Here, in this thorny place of the soul, we find the many; the Good, the Bad, and the Ugly. Here, we find ancient roots tied into our Mother Earth as they continue to feed our remaining ancient cultures and the pagans of today. Here, we find the sacredness of words and do not treat language as some nominalists would have us believe. “Words are empty vessels and have no soul!” they would demand. But words do soothe us and give us comfort. There are angelic powers within the spoken word, and let us not forget, words burn flesh too! Words are the emissaries, the message bearers between two souls. Here, we

find the sacred in all things, living and inanimate, and state that life is a soulful experience laden with metaphors and mythical reenactments.

Here, we pray and sing to the Water Spirit so that she may remain pure, quench our thirst, and bring moisture to the Waiting Seed People. Here, we pray and sing to the Sister Clouds in the Heavenly Sky who temporarily obstruct Father Sun, the eldest Brother, from shining through; yet, Father Sun is there, nibbling on the Sister Clouds while the Secret Winds nudge them onwards to new Territory. The Sister Clouds create the Moving Shadows, our shadows, and bring the Thunder Gods and Lightning Spirits to crack our hardened shells. The Thunder Gods give birth to the descending Fertile Rains so the Waiting Seed People, some nestled in our Red Blood Hearts, can awaken, burst open, and fulfill their true nature.

Polytheistic cultures, known as animistic, honor and give respect to the many Gods and our Ancestors. It is through them we discover eternity and have been given the bones that hold our body, and a body that lives in the Soul. We could look back on history and see what other ways capital letters were used by different polytheistic cultures, pagans, or cultures that found Soul in living and inanimate objects.

Here, we find the animistic powers within me but not mine. We are given Necessity, Fate, and Fortuna. We find the mythological Gods: Psyche, Eros, Zeus, Hera, Persephone, Dionysus, Titanic, Artemis, and Hades; enacted or experienced throughout our life. Underneath the veil of our heroic ego, we are claimed by Love, Joy, Tragedy, and Sorrow as they grab and toss us into the Sea of Life. These ever-present invisible forces are emotive, inescapable, and timeless. They are the makers of your soul and are regarded as “the Little People” or “the Great Ones.” Regardless of your location or status, they have touched us all, govern our lives and alter our consciousness; maybe they in fact hold our destiny.

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Season of Descent: Esoteric Thoughts on the Death Process and the Transmutation of the Five Elements in Chinese Medicine and Tibetan Buddhism

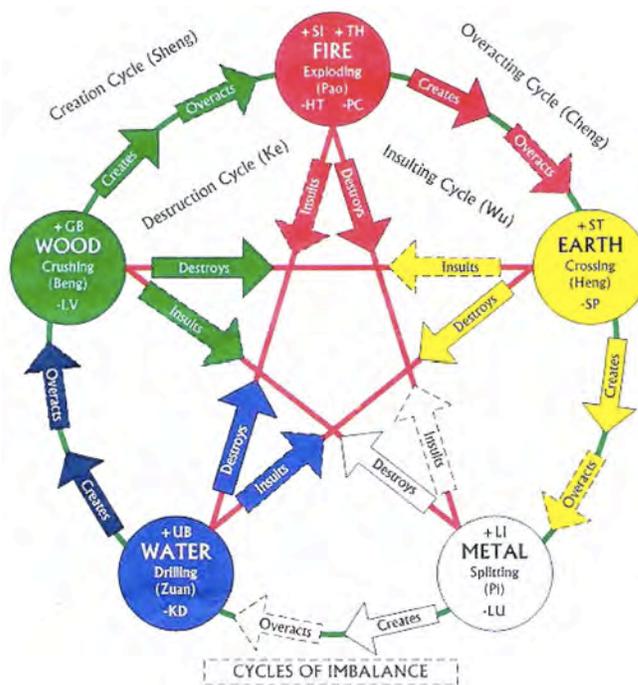
by Tamara Wolfson

Tibetan Buddhist theory recognizes an energetically based body through which "wind" or Qi and "drops" or Vital Essence moves. This subtly body contains 72,000 passageways for these winds and droplets travel and one essential focus of Dharma/Buddhist practice is to remove obscuration from these channels via the yogic manipulation of breath, visualization and mantra. The basic idea is that it is our attachment to conceptual reality or dualistic thinking that creates knots in these pathways and leads to suffering be it physical, mental or spiritual. It is the work of a practitioner to loosen these energetic knots and by doing so completely, stabilizing an experience of pure awareness or enlightenment.

According to this system of thought, it is, I believe, the actual moment of death which serves as the groundwork for manifesting the highest state of consciousness. A mental state referred to as the "Clear Light" occurs at the moment the Five Elements: Fire, Earth, Metal, Water and Wood dissolve into the bodies central channel in the form of a red drop created at the navel and a white drop at the crown. These two droplets then travel simultaneously toward the center of the body and converge at the heart manifesting the greatest possibility for awakening the mind. It is my understanding that all meditation practice is fundamentally a preparation for this moment. In Magic and Mystery in Tibet, Alexandra David-Neel discusses these kinds of practices. When these drops reach the heart chakra and meet the "indestructible drop" or ethereal soul (Hun) in Chinese, they then travel together carrying the very subtle mind and wind to the next incarnation. The bliss of the drops flowing in the central channel is said to be one hundred times greater than that of any physical sensation, therefore, meditation practices incorporating sexual passion have been regarded as essential in preparing for death and liberation simultaneously. Also, falling asleep is another opportunity to practice preparing for death as there is a "natural light" experience right before dreaming.

In Buddhist philosophy, the after death states are basically divided into three categories. The first stage is the actual process of dying, the dissolution of the

elements and the possible Clear Light experience. If one does not liberate at this phase, the Intermediate period manifests with visions of deities, first peaceful then wrathful, followed by an experience of assessment. If one has no training with these kinds of images, other more familiar images may be witnessed or some combination of sounds, lights and rays can be experienced. The kinds of unpleasant, wrathful experiences will be directly related to where and how one is attached in this life. Another way to look at it would be in terms of ones Five Element imbalance and which kinds of energetic habits have consistently manifested in ones life...they will continue to appear after death. For example, if anger, a Wood imbalance has been the primary emotion of a lifetime, then anger, in an energetic form will be prevalent in the afterlife. In the third stage, the consciousness descends and selects a new body to be born into. Interestingly, in the Tibetan system, one has the potential to immediately experiences the highest state of consciousness and then as the time after death increases, consciousness progressively contracts until one finally takes rebirth. In the Judeo-Christian belief system, the soul slowly ascends after death, gradually passing several tests until one is approved or not, to enter the "kingdom of God". It is so interesting that the two traditions are completely opposite! Ultimately, the transformation into a complete light body appears to be the sign of pure awakening as this was experienced and witnessed for both Jesus and many great Buddhist practitioners. May we all encourage for ourselves and others the "Light" within the dark places of our hearts! *



Honeybees & their Sacred Medicine

by Tamara Wolfson

Honeybees have played a vital role throughout history, not only for what they produce but also for what they inspire and have come to represent. They have been seen as symbols of truth, purification, industriousness, love, royalty and mystical ability. In addition, the bee society has been characterized as a harmonious, well-organized family where all participants work for the common good and are ruled by one sovereign being. Some might say a possible model for the ideal human society. The Mayan peoples certainly believed this to be so. They were so devoted to the honeybee that the meaning of word for bee in Mayan, *cab*, was synonymous with "beehive", "honey", "earth", "village", "nation" and "world."

The honeybee family can contain up to 60,000 members. The hive maintains shared and rotating tasks from food gathering and child rearing to sophisticated engineering that is appropriate to the age, strength and knowledge of each individual bee. They are an amazing example of teamwork, social interactions and complex communication. In fact, the language of bees is shared through a complex dance which provides information about nectar and pollen locations up to three miles away from the hive. From studying this behavior, we know bees have intricate memories and the ability to communicate intricate information. Pheromones are also used by all the different members of the group to relay specific information about the queen, brood, food storage, feeding needs, defense, etc. They are not functioning randomly but discussing continuously how to best serve the community.



Bee products have been used to enhance human health as far back as the Mesolithic era (circa 10,000-3,000 BC). Apitherapy, or "bee therapy" (*api* is from the Latin *apis* meaning bee and *therapy* from the Greek word meaning "caring service") is the medicinal use of products made by honeybees. Growing scientific evidence suggests that various bee products promote healing by improving circulation, decreasing inflammation, and stimulating a healthy immune response. The six precious bee medicinals are bee venom, honey, bee pollen, royal jelly, propolis and beeswax.

Bee venom therapy was practiced in ancient Egypt, Greece, and China—three Great Civilizations known for their highly developed medical systems. Hippocrates, the Greek physician known as the "Father of Medicine", recognized the healing virtues of bee venom for treating arthritis and other joint problems. In addition, conditions such as multiple sclerosis, wounds, pain, gout, shingles, burns, allergies, tendonitis, and infections have all found help from the hive.

Honey can be used as a great energy source and has significant antibacterial qualities. Great for sore throats and to soothe coughs. It is also great as a topic to assist wound healing. One interesting note, foraging bees visit 5 million flowers

to produce 1 pint of honey. Precious indeed!

Collected in tiny pouches on the back of the honeybee's legs, pollen is the male portion of the flower. It is the seed needed to activate the plant's production of fruit, grains, legumes and vegetables. Without these pollinators we would be losing about 40% of our food supply. Pollen is an incredible source of vitamins, minerals and amino acids. Generally, one gram of pollen will have 9.2 milligrams of B1, 18.5mg of B2, 5mg of B6, 200mg of niacin, 30-50mg of pantothenic acid, 7-15mg of Vitamin C, 10mg Beta Carotene, 3.4–6.8mg of folic acid and trace amounts of Vitamin E. About ½ ounce of pollen will provide all amino acid needs, the building blocks of proteins, for one day. Pollen has been noted for treating allergies; it is best to find local pollen for this treatment.

Royal Jelly is the mother's milk of the Queen bee. This is the food that turns the bee into a Queen. It contains all the B-complex vitamins, plus Vitamin A, C, D, and E, as well as enzymes, RNA, antibacterial and antiviral qualities. I generally prescribe this very special product in the severest of health cases as one pound of royal jelly consumes the lives of 1,000 three-day-old Queen bees.

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The Autumn Table

by Tamara Wolfson

Sour is the essential dietary flavor of the season. Sour's effect on the body mimics the astringent quality of the season and, as nature is in a state of contraction during this time, eating of the sour flavor assists the body in closing inward and protecting the center from energetic leakage while also tightening the tissues.

In the world of food, acids are responsible for the sour flavor. Our three main acid sources are citric, tannic and ascorbic acids. Citric acid breaks down minerals and is helpful with digestion. It stimulates bile flow and the breaking apart of fats and proteins thus contributing to liver health. Citric acid can be found in grapefruits, lemons, limes, oranges and pineapples. These are strong cleansing foods. They are anti-microbial and powerful decomposers. They can help clean house inside your body as well as outside. Tannic acid is the one acid found in tea. It is helpful with reducing inflammation, stopping bleeding, treating burns and wounds. Tannic acid has been found to be helpful treating cold sores due to its anti-viral capacities. In addition, tea can be helpful with the digestion of fats, promote overall digestion and is great as an after dinner drink. Remember, don't take your iron supplements with a cup of black tea, the tannic acid will block the iron absorption. Ascorbic acid is another source of the sour flavor. Its main function is to protect the body from cellular damage and support wound healing along with immune function. The highest sources of vitamin C can be found in kiwi, chili peppers, black currants, oranges,



lemons, limes, papaya, strawberry, bell pepper, broccoli, brussel sprouts, kale, mustard greens, cauliflower, parsley and thyme.

In addition, fermented foods are sour and strongly support the health and balance of the intestinal tract by re-populating it with beneficial bacterial. They include foods such as: yogurt, kefir, kim-chee, sauerkraut, kombucha, miso, brined pickles of all sorts.

Fermented Brined Pickles

Time frame: 1-4 weeks

Special Equipment:

Ceramic crock
Plate that fits inside crock or bucket
Large stone
Cloth cover

Ingredients (for 1 gallon):

4 pounds mixed veggies: cucumber, carrot, cauliflower, green beans
6 tablespoons sea salt
2 to 3 heads garlic, peeled
1 handful fresh grape, cherry, oak leaves
1 pinch black peppercorns
1 tsp. each mustard seed and dill seed

Process:

Clean and cut veggies into 1 inch pieces. Dissolve sea salt in $\frac{1}{2}$ gallon of water to create brine solution. Stir until salt is thoroughly dissolved.

Place leaves and herbs at the bottom of the crock. Add veggies.

Pour brine over the veggies, Place the (clean) plate over them, then weigh it down with a clean rock. If the brine doesn't cover the weighed-down plate, add more brine mixed at the same ratio of just under 1 tablespoon of salt to each cup of water.

Cover the crock with a cloth to keep out dust and flies and store it in a cool place.

Check the crock every day. Skim any mold from the surface, but don't worry if you can't get it all. If there's mold, be sure to rinse the plate and weight. Taste the pickles after a few days.

Enjoy the pickles as they continue to ferment. Continue to check the crock every day.

Eventually, after one to four weeks (depending on the temperature), the pickles will be fully sour. Continue to enjoy them, moving them to the fridge to slow down fermentation. *

Honeybees & their Sacred Medicine

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Propolis is strong antibiotic glue used by the bees to repair their hive and seal the nest from invasion. The beehive is one of the most sterile environments found in nature. Propolis is made from the resin of the poplar and fir trees mixed with enzymes, pollen and wax from the bees. It is highly antimicrobial and a natural form of penicillin. Great for inflammations, infections, swellings, skin issues, sore lips and gums and sore throats!

Wow, they surely are blessings in this world and how about this for an idea...What is the flavor of the land where you live? How does it taste?
Simply eat some of the local honey made by the bees from your local flowers and you shall see! ✱



The Sacredness of Words

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Give me beauty in my inward Soul,
for outward beauty
I am not likely to have.
May I reckon the wise to be wealthy
and those who see as the artist
to be like the Gods.
Make me content with what I have
but not self-satisfied.
Let me give more than I get,
love more than I hate,
and think more of living
than of having lived...
Anything more?
This prayer, I think, is enough for me.
Socrates

Part II (next issue)

Modern western culture has created its own design and provokes some investigation into its psychology. ✱

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