

# A SPOONFUL OF MEDICINE FOR OURSELVES AND FOR THE EARTH

BY MARTHA LUCIER

**C**an human conflict and disharmony cause natural disasters? This question keeps surfacing as I notice the magnitude with which natural and human disasters are occurring. In a two-week period avalanches in B.C smothered several skiers. A ravaging fire in a concert arena snuffed out many young lives. Seven crewmembers of the Columbia Space Shuttle failed to return and an earthquake in China killed hundreds of people. Thousands fled their homes in Newfoundland when a local watercourse flooded its banks, and snow fell in Jerusalem, which is rare. I know I am not alone in noticing that our world is out of balance. It doesn't have to be so. We are all carriers of Medicine for the Earth and each of us can make a difference.

According to Sandra Ingerman, author of *Medicine for the Earth: How to Transform Personal and Environmental Toxins*, "All ancient traditions teach that our inner state of consciousness is reflected back to us by our outer world." Many ancient cultures and indigenous people maintain the belief that we are intimately connected to the earth. Chief Seattle, in his famous speech in 1854, warned us that what we do to the earth, we do to ourselves. The reverse can also be said, what we do to ourselves we do to the earth.

Ingerman tells the story of a rainmaker who is invited to come to a Chinese village, to bring rain, for the village is experiencing drought. The rainmaker requests a cottage far from the village, and asks not to be disturbed. Three days later, rain and snow falls on the village. The rainmaker explains that he did not bring the rain. As he felt immediately infected by the imbalance of the village people upon his arrival, he took refuge to balance himself, which then balanced the outside world around him, and it rained. It is time for us to tend to our relationships, emotions, and beliefs to bring balance and harmony back into our lives and into the world around each of us.

In *Medicine for the Earth*, the author shares a formula for a spiritual practice called "transmutation." Ingerman explains, "this ancient practice is about learning how to merge with our own divinity to change what the alchemists call, heavy leaded consciousness into gold, light consciousness."

Imagine gathering with friends around a sacred fire. It is nighttime, and the stars burn brightly above our heads. The moon shines down on us, as

we hold the intention to purify what ails us, and bring peace and healing to ourselves and to the earth. The names of people and situations in need of healing are tenderly placed in a bowl. A container of distilled water, which has been polluted with ammonium hydroxide, also sits near the bowl on our altar. It has a ph level of 12, (5 ph levels above distilled water). A healer steps into the circle, and begins calling in the spirit that lives in all things. A breeze gently touches our faces as a loon calls to its mate. We are reminded of our connection to nature's spirits, the elements, and our ancestors. Breathing deeply, listening to the healer's rattle we feel a presence enter our circle. We stand together, encircled by the spirits who have come to our aid. A drum begins to play and we are invited to connect with the divine within us all. We give voice to our ancient

song. Like a gentle breeze, peace washes over us. The sound and vibration melts away the pain we hold onto. It is clear that within us shines a bright light of magnificence. As our songs diminish we hear once again the crackle of the fire, knowing that at some level we have changed.

We test the ph level of the water. It has decreased from a ph of 12 to a ph of 9. The control container placed elsewhere has not changed at all. Chemists and biologists declare this 1000 fold change in the water to be impossible. What was lethally toxic two hours ago is now sour but safe to drink. Such transformations inspire us to continue our practice, creating new harmonious realities. The time has come for all of us to take personal responsibility and utilize our potential to heal our world, for ourselves and for the earth. For more information on



Medicine for the Earth teachers in your area visit [www.medicinefortheearth.com](http://www.medicinefortheearth.com).

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