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**EMP 7531:**

**Indigenous Medicine: Multi-dimensional Ways of Healing  
(3 Credits)**

Overview of Course: This is a survey course exploring indigenous medicine techniques and practices from diverse global traditional cultures.

Course Topics: Native North American mysticism and science, The Mayan calendar and mathematics, the shamanic traditions of Mongolia, the dream incubation tradition of ancient Greece and Italy, and the use of community ritual by the Dagara people of Burkina Faso, Africa. The final project topic is focused on the student's own ancestral indigenous culture and healing sciences.

#### Learning Objectives:

After completing this course students will have a broader knowledge of indigenous medicine practices from around the world; they will understand the contemporary uses of indigenous medicine ways and have a deeper comprehension of the role of the traditional doctor/healer. Students will also gain insight into the traditional healing ways of the native people within their own ancestry.

#### Audience:

Open to all students in the Certificate, Masters or PhD program.

### COURSE DESCRIPTION

Indigenous science has been recorded for thousands of years, by ancient astronomers, healers, shamans and wisdom keepers, through oral tradition mostly, but also through scribing on stone, wood or woven materials. Today, Western trained physicists, doctors and anthropologists are sharing notes with traditional indigenous wisdom keepers and finding that modern science has finally caught up to the wisdom held by native societies.

Traditional native societies around the world perceive reality from an animist, dynamic viewpoint, where human beings are in constant relationship with other non-human intelligences, such as the ancestors, elements, supernatural beings, cosmic forces, animals, plants and minerals. It was through tending to these sacred relationships that native healers were able to heal.

During the five month semester students will engage in research of many different indigenous modalities for healing. Indigenous Medicine includes working with many forms of consciousness and in many dimensions of reality to find the cause of disease or imbalance in a person, a community or a place. The goal of indigenous medicine technologies is to “uplift” or “awaken” into health and balance, or to remind the organism of it's true nature of harmony. Students will explore these diverse indigenous medicine ways through academic research and integrate their learning through reflection papers, a final paper, and a final oral exam.

## NEED STATEMENT

Students will:

1. Develop an in-depth awareness of the diverse and multi-dimensional world of indigenous medicine technologies. This is useful to develop a well-rounded, inclusive perspective as a scholar and practitioner of the healing arts, enabling the student to help grow the global awareness of the plight of many of these traditional forms of healing.
2. A graduate student in a healing profession needs to understand the assumptions and values at the core of their knowledge – in order to fully communicate their own knowledge, critically assess the work of other professionals, and extend their own research and therapeutic methods. ...
3. Develop skills needed in identifying essential factors pertaining to Indigenous Medicine and Shamanism.
4. Be able to assist clients in performing their own research into Ancestral shamanic practices, to achieve deeper understanding of the Indigenous healing technologies that may be applied in their own healing processes.
5. Develop the critical skills needed to reclaim and think with their indigenous mind, which is embedded in inter-connection with all life, multi-dimensionality, and deep time (reverence for ancestors and descendants).

## FACULTY-STUDENT COMMUNICATION

- **Telephone Contact:** Students should arrange all telephone communications with the instructor by email beforehand. An initial phone contact to clarify course objectives and develop a schedule should be made prior to beginning the course. This contact should be scheduled within the first few weeks of commencement of the semester. After this, periodic telephone communication can be arranged with instructor. All telephone calls will be at student's expense.
- **Email Contact:** Every other week communication via e-mail is required for progress reports and support. There will be a one hour telephone communication in month four to discuss the topic of the final paper/project and arrange a schedule of support around this. Students are always encouraged to contact the instructor via email whenever a problem arises.
- **Communications:** It is requested that students stay in weekly or every other week correspondence with the instructor using email. The student should also set up periodic telephone conversations, at their expense, to discuss problems, concerns, or

determine the direction of their course work. Students are always encouraged to contact the instructor by email, fax, or telephone whenever a major concern may arise. It should be understood that as mature students, it is the responsibility of the students to stay in contact with their instructors. The instructor may be able to set up one-on-one discussions with the student using Skype. Students should check email frequently for professor and EMU messages.

- All lessons, coursework and papers must be copied to [lessons@energymedicineuniversity.org](mailto:lessons@energymedicineuniversity.org) from both the student and professor.

Students will normally send communications via email and submit papers as MSWORD format files attached to email messages. Synchronous Internet sessions may be used for “chat sessions” using Yahoo Messenger Chat or Skype. Check with your instructor on the type of communications she uses.

**Internet Forums:** Please contact our Registrar to be included in the EMU Internet forums.

**Length of Course:**

Length of this Energy Medicine course is five (5) months or one (1) semester.

**COURSE DELIVERY STYLE**

Distance Education - Coursework is completed at a location determined by the student utilizing a computer that has the ability to play audio and video clips, with Microsoft Office Word, Excel, PowerPoint, Adobe Reader, along with a current web browser, internet connection and email address. Contact and communication with distance students is typically conducted by telephone, Internet, Skype, text chat, and email. Students are also encouraged to contact the University by facsimiles, and postal mail, and by personal visit to the University.

**1) Reading Assignments with Reflection Paper**

Students will read the assigned texts and submit a 200 – 300 word type-written personal reflection paper on each one, via email, within the two-week period assigned. Requirements for the paper: double-spaced, 12 point font in Times Roman.

**2) Course Paper/Project**

Write a 20 page double-spaced paper, 12 point, Times Roman Font. Students will make use of a library to complete the paper. The subject of the final paper is on the Indigenous medicine ways of a traditional culture along your own Ancestral lineage. Include a family tree diagram, maps of the country of your people. Also include the following: Images of the medicine tools or ceremonies used by your Ancestors, video links that support your paper’s focus (if you can find them). Page length includes title page and reference pages.

### 3) Essay Examination

Students are required to have a final oral exam to show their comprehension and integration of the course materials and describe the ways in which they have developed a deeper understanding of the multi-dimensional facets of indigenous medicine. Before the deadline, students schedule with the instructor the time and date for the telephone or Skype conference. During the examination, the instructor will make notations of the effectiveness, qualities, and weaknesses of the student's replies.

#### COURSE ASSIGNMENTS

##### **Assignment #1:**

After completing the reading assignments students will write a double-spaced 200 - 300 word personal reflection paper. Requirements for the paper: double-spaced, 12 point, Times New Roman.

This will be checked off by instructor and comments returned with paper. Please keep it to 300 words max. Papers that go over 300 words will be returned unread for editing.

Reading:

*Blackfoot Physics* by F. David Peat

##### **Assignment #2:**

After completing the reading assignments students will write a double-spaced 200 - 300 word personal reflection paper. Requirements for the paper: double-spaced, 12 point, Times New Roman. This will be checked off by instructor and comments returned with paper. Please keep it to 300 words max. Papers that go over 300 words will be returned unread for editing.

Reading:

*Riding Windhorses: A Journey into the Heart of Mongolian Shamanism* by Sarangerel

##### **Assignment #3:**

After completing the reading assignments students will write a double-spaced 200 - 300 word personal reflection paper. Requirements for the paper: double-spaced, 12 point, Times New Roman. This will be checked off by instructor and comments returned with paper. Please keep it to 300 words max. Papers that go over 300 words will be returned unread for editing.

Reading:

*Sacred Vine of Spirits* by Ralph Metzner

##### **Assignment #4:**

After completing the reading assignments students will write a double-spaced 200 - 300 word personal reflection paper. Requirements for the paper: double-spaced, 12 point,

Times New Roman. This will be checked off by instructor and comments returned with paper. Please keep it to 300 words max. Papers that go over 300 words will be returned unread for editing.

Reading:

*In the Dark Places of Wisdom* by Peter Kingsley

**Assignment #5:**

After completing the reading assignments students will write a double-spaced 200 - 300 word personal reflection paper. Requirements for the paper: double-spaced, 12 point, Times New Roman. This will be checked off by instructor and comments returned with paper. Please keep it to 300 words max. Papers that go over 300 words will be returned unread for editing.

Reading:

*Welcoming Spirit Home: Ancient African Teachings to Celebrate Children and Community* by Sobonfu Some

**Assignment #6:**

**Final Paper**

Write a 20 page double-spaced paper, 12 point, Times Roman Font. Students will make use of a library to complete the paper. The subject of the final paper is on the Indigenous medicine ways of a traditional culture along your own Ancestral lineage. Include a family tree diagram, maps of the country of your people. Also include the following: Images of the medicine tools or ceremonies used by your Ancestors, video links that support your paper's focus (if you can find them). Page length includes title page and reference pages.

**The final paper must include:**

**Research and factual reporting**

**Reflection:** Your paper must have in it your experience of how learning about the indigenous medicine ways of your Ancestors has affected you, how you might have already been using these ways, and how these ways were passed down to you (if applicable).

**Reference Page:** You must cite at least six references which you used to support your topic. Four of these must be from written sources.

**Guidelines for choosing a lineage to research:**

Bring yourself into a calm meditative state. Say out loud, "Mother's mother's line." Notice how you feel, any sensations, any intuitions, any energy. Then continue with saying, "Mother's father's line." Again, notice. Then, "Father's father's line." Notice. Then, "Father's mother's line." Notice.

Research the line that you felt the most energy around or the one that you felt nothing for.

**If you were adopted and you don't know the ethnicities of your Ancestors:**

Choose an Indigenous culture that you have the most curiosity about or one that you have always felt a strong affinity for.

**Assignment #7:**

**Final Oral Exam and Course Review** will take place over the phone with the instructor. The student is responsible for pre-scheduling the conference with the instructor at least 2 weeks before the oral exam. Students will be asked questions to evaluate how they've integrated the course materials and to what breadth and depth they now understand Indigenous Medicine technologies. Students will also be evaluated on their capacity to perceive their own journey of participation in the course through their Indigenous mind.

**INDIVIDUALIZATION OF STUDENT ASSIGNMENTS**

Each research project will be chosen by the student to best support their individual professional goals, yet each student will also benefit from seeing the fruits of all fellow students' research and providing professional criticism of each others work.

Each student will be afforded the opportunity of writing on a subject that is related to his or her field of interest. This will assist the student in making each paper individualized. Also the student is encouraged to go outside the field and obtain research data from other interdisciplinary areas. Each student, based on his or her background, will be encouraged to transfer that theoretical information which the course provides into a practical format in the final paper or project.

**COURSE EVALUATION**

**GRADING:**

Grades will be given on content, use of source material, timeliness, and also grammar, spelling, and originality.

**COURSE GRADING DETERMINANTS**

Grades are based on the following elements of a student's participation and accomplishment. In determining a grade for this course, the following formula will be used:

- Reading required texts – 25%
- Reflection Papers – 25%
- Final Paper - 25%
- Oral examination – 25%

Using this technique, there will be 100 points assigned to the course. Final semester grades will be calculated as follows:

92-100 points = A range  
86-91 points = B range  
80-85 points = C range  
70-80 points = D range  
Under 70 points = F

#### COURSE COMPLETION TIMETABLE

- Week #1- 2      Assignment 1 due
- Week #3 - 4      Assignment 2 due
- Week #5 - 6      Assignment 3 due
- Week #7 - 8      Assignment 4 due
- Week #9 - 10      Assignment 5 due
- Week #11 – 16      Assignment 6 due
- Week #17 - 20      Assignment 7 due

#### SPECIAL NOTES AND INSTRUCTIONS

All coursework must be completed in a timely fashion. Students are encouraged to phone or email the instructor whenever they need advice, comments, or instruction.

#### REQUIRED TEXTS

*Blackfoot Physics* by F. David Peat; Weisner Books, Boston, 2002.  
ISBN 1-57863-371-0

*Riding Windhorses: A Journey into the Heart of Mongolian Shamanism* by Sarangerel;  
Destiny Books, Vermont, 2000.  
ISBN 978-0-89281-808-2

*Sacred Vine of Spirits* by Ralph Metzner; Park Street Press, Vermont, 1999, 2006.  
eISBN-13: 978-1-59477-781-3

*In the Dark Places of Wisdom* by Peter Kingsley; Gerald Duckworth & Co. Ltd, London, 2001.  
ISBN 0-7156-3119-5

*Welcoming Spirit Home: Ancient African Teachings to Celebrate Children and Community* by Sobonfu Some; New World Library, Novato, 1999.  
ISBN 1-57731-009-8