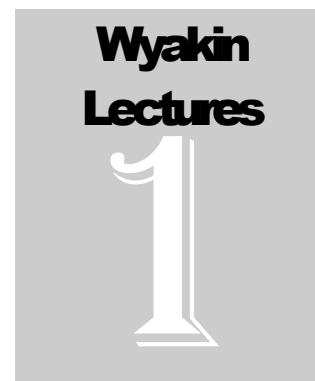


LIFE WAY PUBLICATIONS

Wyakin Lectures



Terrain Management

LIFE WAY

Medicine Wheel Education Series

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Fairview, UT

Introduction

Recently, I was meditating and praying about the nature and substance of the way we Natural Healers teach. I had gone through two sweatlodges in as many days, so my body was weak but my mind was awake and ready for guidance from my Wyakin.

It occurred to me that we natural Healers concentrate too much of our energy and our discourse on what is wrong about what is done in the name of modern medicine, so much so, that the most important aspects of our own message are often lost, buried by the forceful, negative energy of our own invective.

Then the Spirit came on me and I realized that this was what had happened to me and that my whole discourse had been only to expose the medical profession in its fraud and its moral bankruptcy. I was told that my own anger prevents me from sharing the true message of healing and that, if I changed my outlook, true healing could take place in my heart. When that happens, I will be a Healer indeed.

This is true Wyakin (guidance from the Spirit) to me, and in that spirit I offer the following discussions as teaching tools for all Shahaptian Guides, Shahaptian Healers, and Shahaptian Shirts.

Phillip Cloudpiler Landis, N.D.

The Wyakin Lectures



Center – Circulatory System
Terrain Management



Center - Immune Modulation



Center - Stress and the Adaptogens



North - Seeks the Spirit
Respiratory System



West - Seeks Council
Liver / Kidneys / Gallbladder



South - Looks Within
Skin / Muscles / Joints



East - Sees Far
Gastro-Intestinal System

We will explore each of these points on the Medicine Wheel in the Seven Seminars. By the time we complete the Seven Seminars, you will have a point of departure upon which you may expand as you pursue a life and career in Natural Healing



Center – Circulatory System Terrain Management

References – Healthy Discussions / Real Answers to Real Questions

Resources – Handout/Medicine Wheel Myth

Read the Myth or play the CD reading of it.

Our study of this important story begins squarely in the center. Recall the many times the Brave is asked this question:

“What is it that you seek?”

What is it that we seek? We must also continually ask ourselves this question. It identifies our core motivation. It puts us in time and place. This is the question that defines us.

The Brave answered this question by insisting that he sought the Lodge of his Mother, a place of comfort, a place of safety, a place of healing. In the context of these lectures, let this also be our core motivation – to find a place of healing within our selves.



The Core of the Medicine Wheel is divided into three systems of the body – the Circulatory System, the Immune System, and the Endocrine System. So, let’s begin our discussion with some aspects of the circulatory system that are seldom considered.

Our bodies are not unlike the planet on which we live. Just as we live on and depend upon the Earth Mother, as do hundreds of thousands of other organisms, in the same manner are we host , home and support to many thousands of micro-organisms. Recognizing this, many of the Native Americans always say the phrase, “All My Relations,” or some derivative of it, whenever they enter the Tipi, Council Lodge or Sweatlodge.

The Natural Healer respects this community relationship and considers it each time they try to help the sick and the afflicted. We refer to this community as the Body Terrain.

The most important of the thousands of micro-organisms that inhabit our bodies is one discovered and studied by the great physiologist Antoine Bernard d'Bechamp in the late 1800s and by the Zoologist Gunther Enderlein in the mid 1900s. This organism was identified as a pleomorphic black soil fungus (mold) that inhabits every cell of our bodies that contains any fluid. It has been referred to by various scientists by various names over the past century or so, but we will call it simply the "Endobiont," as Enderlein did in his writings. We feel it is the most important of the Normal Flora for three primary reasons:

1. The Endobiont can be found in every cell of the body containing fluid. No other micro-organism of the Normal Flora can make the same claim.
2. It is entirely pH dependent and that makes it something within everyone's ability to control.
3. It is found in every environment on the planet, making it, perhaps, the first micro-organism.

Soil Mold

The book, "Healthy Discussions, Real Answers to Real Questions," by Phillip Cloudpiller Landis, Clifford Returns From a Far Country Whitmire, and Anelle Landis, contains a chart that expresses the life cycle of this pleomorphic organism. You should all obtain a copy of this book. It is the reference text that we will draw from repeatedly for these lectures.

*** Draw the pH Chart from Healthy Discussions or point to the Wallchart as you explain.

We can see all of the developmental forms of the Endobiont under the Darkfield Microscope.

7.4 – 6.8 The small forms are friendly flora that compete with

disease-causing bacteria and virus. Here is a passenger who has become part of our immune system. We call them “Regulators” because they also keep the rest of the friendly flora in regulation and balance.

6.6 – 6.4 As our body pH begins to descend, the regulators stop forming and they combine with free proteins called fibrinogen to form fibrin. The body will often try to send these accumulations out of the blood to the muscles and joints. This can cause arthritic and rheumatoid complaints. If fibrin remains in the bloodstream it can cause such problems as high blood pressure, heart attack, and stroke.

6.4 – 5.5 As our body pH continues to descend (become more acidic), the fibrin gives way to distinctly bacteria-like colonies. These forms cause disease because they see the cells and tissues of the body as food. In this form, they assume the role they play in the soil as primary decomposers – they behave as if we are already dead.

6.0 – 5.0 Because our diet contains so much that is over-processed and chemicalized, our pH can often go much lower. When this happens, the Endobiont forms yeast-like colonies called Tube-forms. These produce toxic wastes as they feed on cells and tissue. These toxins can cause our cells to mutate and become cancerous.

5.8 – 4.8 If we allow our pH to go much lower, full grown, vegetative, fungal forms appear. These forms are associated with degenerative disease such as cancer, diabetes, M.S., Lupus, etc.

The Endobiont is part of our terrain. It resides in all terrains on earth. It exists in the ice of the North and South Poles. It exists in the boiling mud pots of Yellowstone National Park. The Endobiont, along with all of the microbial life on Earth, function in the sphere in which the Creator placed them, obeying that programming perfectly. We should keep these organisms in balance and regulation. To do this we should keep our body pH above 6.6, since the forms the Endobiont takes at this pH is beneficial.

The easiest way to cause our body to become more acidic (lower pH)

is to eat foods that are acid forming.

*** Draw the Foods Chart from Healthy Discussions or point to the Wallchart.

To find out which foods are acid-forming, test your saliva pH before eating the food you wish to test. Wait forty minutes and test again. Don't eat or drink anything in that time. If the test strip shows more acidic then the test food is acid-forming for you.

Some common acid-forming foods are:

- Refined sugar and salt – Use more natural alternatives.
- Meat –eat smaller portions and balance with alkalizing foods.
- Starchy Foods – balance with other foods.
- Processed Carbs – White Flour, etc.
- Food Additives – Remove from diet.
- Chemical Non-Food – Remove from diet.

Some common alkalizing foods are:

- Ripe Fruit
- Raw or Nearly Raw Vegetables
- Whole Grains
- Sea Salt
- Sprouts of all kinds

Since the pH is something that we can keep in regulation by what we eat, we should re-think our diets in order to keep our terrain in balance.

The Native American Tribes have used a method of balancing acid-forming and alkalizing foods that has helped them stay in regulation even though they lived in more aggressive environments that we do today. To a small amount of dried meat and animal fat they combined liberal amounts of roots, whole grains, and berries. They called this combination “Pemmikan” and it constituted the greater part of their

diet. To this combination they often added herbs for medicine that also had an alkalizing effect.

We can do the same thing and get off to a good start on regulating our internal terrain by eating a diet rich in the alkalizing foods just as the Native Americans did. To do this, even in our grocery store society, learn to grow and eat a variety of sprouts every day. This is easy to do and achieves the same end as the Pemmikan of the Native Americans.

As we make the balancing of our terrain a key focus in our lives, we place ourselves firmly at the center of the Medicine Wheel. Our quest will be the same as the Indian Brave in the Myth. We will find a place of comfort, a place of safety, a place of healing.

The Hoop

Every created thing is a hoop. Everything in life is interconnected like the hub, spokes, and rim of a wheel. When all the parts are balanced properly, we can expect the wheel to roll along normally. We can expect to have good health. When one or more of the elements of the wheel are out of balance, broken, or missing, can we expect the wheel to be useful?

The internal terrain manifests the balance of the whole body. It is something we can have positive or negative effect over simply by what we put in our mouths. The foods or non-foods that we eat, the water or non-water that we drink, the air or non-air that we breath – all these things effect our internal terrain. Is it not wisdom to take the parts of this wheel over which we have control and balance them to the best of our ability?

Sky Father has given us a wonderful world to live on. Earth Mother has given birth to our physical forms and to the myriad forms of food and medicine that exist upon the body of the world, all for us to utilize in keeping our own gifts balanced. The union of the two principles brings harmony in the creation. Our health depends upon our ability to harmonize these principles within us as well.

When we eat wisely, drink wisely, and manage our environment wisely, we can expect the balance of our creation to be adequate to keep us functioning properly. After all, it is fundamental to the beliefs of all religious people that created things are endowed with both the power and the inherent wisdom to perform the functions for which we all have been created. Given correct circumstances and correct tools to work with, all of our created parts will strive to fulfill the measure of their creation. Does that not translate into good health for us as a collective of all of our parts? We are all relations!

When we eat stupidly, drink stupidly, and mismanage our environment, we can expect to live by luck alone, there being no opportunity for balance. Each of our parts will act independent of the others, seeking its own survival only. This is self-service and a focus and concentration on self is sabotage of the whole.

This disconnectedness is fundamental to any culture that loses the concept of stewardship. In this condition, the parts, the body, the community, the country, the society, and the world, follow their own individual paths without concern for the other parts. Again, each part focuses on survival for the moment. In this situation, there is no striving to fulfill the measure of their creation. Indeed, the creation itself is denied, the Spirit is grieved, and the individual is left to self. The universe becomes un-created and re-created into a very lonely place where I have done away with “all my relations” and cannot express the sacred phrase, being alone.

We Walk in a Sacred Manner!

We Talk in a Sacred Manner!

Wyakin Lectures Exam Questions

Wyakin Lecture One:

- 1) What is the Endobiont?
- 2) Who discovered it?
- 3) What book contains greater detail concerning the Endobiont?
- 4) In the pH range 7.4 to 6.8, what forms of the Endobiont develop?
- 5) How are they different from those that form in the range 5.8 to 4.8?
- 6) Make a diagram of the developmental forms of the Endobiont and their corresponding pH ranges.
- 7) Should we work to destroy the Endobiont or remove it from the body? Explain.
- 8) How do you test the pH of your interstitial fluids? How accurate is the test? What might reduce its accuracy?
- 9) Give a few examples of Acid Forming foods.
- 10) Give a few examples of Alkalizing foods.
- 11) Can an acidic food be alkalizing? Explain.
- 12) What do we need to do to ensure that the balance of our creation continues to be provide for us adequately?
- 13) What are some of the things that we do that prevent our creation from providing sufficiently for us?