

NATURAL LAW AND THE JURISPRUDENCE OF RECOVERY, HEALING & HEALTH



lemon balm



rosemary



coriander



hyssop



lovage

Presenter: Ron Sandoval, Substance Abuse Counselor



savory



borage



parsley



chervil

NATURAL LAW AND JURISPRUDENCE: A MULTI-CULTURAL AND HOLISTIC APPROACH TO RECOVERY, HEALING AND HEALTH

- **Objective:** Participants will be introduced to the Divine principles of the Universal Laws of Nature, and multi-cultural traditional healing practices, “La Cultura Cura” that govern our personal growth and a healthy lifestyle. Participants will also be empowered to increase their knowledge to walk a road of healthy habits toward a balanced, harmonious and positive life of: mental clarity, physical wellness, emotional balance and spiritual values, as well as building a solid foundation for healthy family and personal relationships. Walk in Beauty!
- **Presentation/Activity:** Sacred Talking Circle. Format to include the use of four natural essential elements: Water, Air, Earth, Fire, and herbs.
- **Primary Resource:** Healing herbs and plants handout list and books.
- **Method:** Interactive discussion, anecdotes, songs, drumming, prayer.

Jurisprudence: The knowledge of things Divine and things human, and the science of right and wrong.

Natural Law: The Divine laws of the Universe that govern the behavior of all natural phenomena.

- **Walk In Beauty**

Hand in hand we shall walk together
towards a path of balance and harmony!

Hozongji -The Law of Beauty

Balance and Harmony

Walk in Beauty

- I am a child of White Shell Woman
It is with her feet, I walk
It is with her legs, I go
It is with her body, I live
It is with her mind, I think
It is with her voice, I speak
It is with her plume, I am blessed on my Spiritual Journey
I am in Spiritual harmony with all creation.
There is harmony within me, my home and my community
With Beauty before me, I walk
With Beauty behind me, I walk
With Beauty below me, I Walk
With Beauty above me, I walk
With Beauty all around me and within me, I walk
I am filled with Beauty, peace and harmony from the four directions
I Walk in Beauty It is a way of life!

Universal Laws of Nature Gifts from the Divine

- **Ometeotl: The Source of Natural Law. Duality = Equilibrium**
- **Nahui Ollin: The Law of Survival - Four Essential Elements:**
 - **Tonatiuh – Ehecatl – Tlaloc – Tonantzin**
- **Hozongi: The Law of Beauty. Balance & Harmony:**
 - **The Human Constitution: Mind – Body – Heart – Spirit**
- **Curanderismo: The Law of Healing. La Cultura Cura!**
- **Palabras Sagradas: The Law of The Word: Communication.**
- **Temascalli: The Law of Relations: Mitakuye Oyasin.**
 - **7 stones + 4 doors = 28 days + 13 moons = The Sacred Circle of Life.**
- **Herbs & Plants: The Law of Healing Energy: Herbs, Flowers, Trees.**
- **Spirit Guides: The Law of Spiritual Connection: Kuahtli, Quetzal, Colibri, Condor, Mazatl, Ocelotl, Oso, Tatanka, Kuetlachtli.**
- **Centeotl: The Law of Nourishment. Traditional Foods.**
- **La Mezcla: The Law of Synergy. Blending Healing Traditions.**
- **A Multi-Cultural - Natural Law Formula: Recovery Healing & Health.**

Yerbas y Plantas Curativas

- **Yerba Buena (Mint)** – Upset Stomach, Fever, Bronchitis, Coughs, Fever, Gas, Heartburn, Insomnia
- **Cascara Sagrada** – Laxative, Colon Cleanser, Constipation, Parasites
- **Manzanilla (Chamomile)** – Sedative, Relaxation, Indigestion, Kidneys, Cramps, Gas, Stress, Anxiety
- **Uña de Gato** – Antioxidant, Anti-inflammatory, Stimulates, Immune System, Intestinal Problems, Viral Infections, Tumor, Ulcer
- **Hediondilla Gobernadora**– Arthritis, Stomach Pains, Skin Sores, Ringworm, Bites (with Punche and Trementina and OSHA in lard or beeswax).
- **Chamiso Pardo (Chamiso hediondo)**, (Sage) – To Stimulate Sweating to Break a Fever, Flu, Skin Disinfectant of Bacteria and Fungi
- **Inmortal** – Respiratory, Expectorant for Bronchitis, Pleurisy, Late Labor
- **Te de Lakota (Cota)**, (Navajo Tea) – Cleanse Kidneys, Stomach, Digestion.

Yerbas y Plantas Curativas

- **Jarita (White Willow)** – Fevers, Headaches, Arthritis, Sore Throats, Muscles
- **Bugambilia-** (Expectorant) Asthma Coughs-Chest/Lungs Congestion, Bronchitis
- **Bark of Tree (Paud de Arco)-** Fights Bacterial, Viral Infections, Cleanses Blood, Wart, Coughs, Infections, Allergies, Cardiovascular, Tumors.
- **Saw Palmetto.** For Asthma Bronchitis, Colds, Enlarged Prostate, Impotence, Sinus and Respiratory.
- **Yerba del Manzo-** Manso- Gentle Herb, Antibacterial, Anti-inflammatory, Ulcers, Stomach, Kidney, Liver, Urinary Track Infections, Wounds- Bruises- A chest Pains.
- **Yerba Santa-** Asthma, Bronchitis, Colds, Coughs, Headaches, Mouthwash, Insect Rites, Fevers.
- **Yerba de la Vibora-**Arthritis, Rheumatism.
- **Eucalyptus-**Decongestant, Antiseptic, Reduces Swelling, Muscles/Joints Colds, Coughs.
- **Estafiate-**Stomach aches, Diarrhea, Menstrual Cramps, Arthritis, and Thought.

Yerbas y Plantas Curativas

- **Romero**-(Rosemary) For Colds, to alleviate head and Chest Pains, Heat, Land for a Salve for Windburns and Cracked skin.
- **Corn Silk**-Diuretic, Bladder, Kidney, Carpal Tunnel, Prostate, Urinary.
- **Zapote Blanco**-White Sapote- Sedative-Lowers Blood Pressure, Sedative for Emotional Stress, Stomach Pain.
- **Cilantro**-Sedative Tea, Mouthwash and Spice.
- **Valerian Root**-Calmative, Colds, Colic's Fever, Gas, Hangover, Sedative for Emotional Stress, Stomach Pain.
- **Chaparral**-Acne, Allergies, Arthritis, Boils, Bursitis, Tumors, Cramps,
- **Aloe Vera**-Burns, Insect Bites, Irritations, Constipation.
- **Ajo (Garlic)**- Antibacterial, Protects Against Infection, Reduce Cholesterol, Coughs, Cramps, Emphysema, Heart, Lower High Blood Pressure, Indigestion, Ulcers, Rheumatism, Antioxidant.
- **Golden Seal**-Asthma, Allergies, Bladder, Bronchitis, Colds, Infection, Flu, Throat, Improves Digestion, Strengthens Immune System, Stomach.

Rosa gallica



Yerbas y Plantas Curativas

- Ruda or Rue: Earaches, Ringing in Ears, Dizziness, Menstrual Cramps.
- Echinacea: Antiseptic, Bad Breath, Blood Purifier, Eczema, Boils, Fever, Infections, Swelling, Bladder.
 - **Ginseng**: Fever, Asthma, Gas, Colds, Coughs, Prostate.

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A Multi-Cultural Natural Law Formula Towards: Recovery, Healing & Health

- *From Addiction to Transformation*
- $V+BM=A+1X+EE+MBHS \times E2+MTO=BH>T=H/B$