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## THE SIX STEPS OF HEALING (excerpt from the Birth Arts Training Manual)

This is a wonderful, ultimately useful articulation of how and when to move. It can apply to health care or any other life situations. Another gift from Susun Weed to us. When people ask Helena "What are your protocols?" She gives them The Six Steps of Healing.

### Step 0: DO NOTHING

In this step we allow ourselves to be in that open state of being where anything is possible. We do not jump into a situation and start doing things. Here is where we observe whether or not anything needs to be done at all (If it ain't broke, don't fix it). Here we give ourselves the time to see what is actually unfolding. We still the chatter of the mind so we can listen for truth and guidance.

We may sleep, meditate, unplug the clock, just be with what is happening without preconceptions, labels, opinions or trying to make things different.

### Step 1: GATHER INFORMATION

Most of us know this one quite well. However, there are many other ways of gathering information that are neglected by the reductionistic scientific model of thinking. Low-tech diagnosis such as pulse taking or kinesiology, intuition, divination, consulting spiritual sources, anecdotal stories (which are real life experiences), dreams, etc. are all ways to access what you need for decision making. These ways are all valid and give us different types of information.

You can practice these other ways and gain expertise just as with any skill.

Consider: Where are you getting the information from? Can you trust it? Does it resonate with your beliefs? Is it useful?

If at any time you get new information, this could alter what you are doing. This is the Wise Woman way. Things are always changing and we change with them.

Have a list of trusted people you can call at any time. They will offer you perspective, have information, give you support. This is important. We are never alone.

### Step 2: ENGAGE THE ENERGY

Sometimes a simple shift of energy can make a big difference. A hug, opening a window, crying, flower essences or homeopathic remedies, color, ritual, visualizations, laughter, prayer are some ways to work with the energy of a situation.

Holding loving energy in your heart entrains the rest of your body to it. This field can be felt by others and they can entrain with it as well. The energy of love and gratitude create coherent functioning in one's body which influences others. Being around people who are congruent in themselves helps us; we can entrain with them (really another way of saying, "Hang out with the right people").

### Step 3: NOURISH AND TONIFY

Love! Send love to all parts of yourself, especially the ones you are ashamed of. Don't you feel and function better when you feel loved? It's the same for our bodies. Make your food, lifestyle changes, exercise, herbal infusions, vinegars and tinctures, etc. embody as much life force as you can. Doing nourishing things over time is tonifying.

### Step 4: STIMULATE OR SEDATE

Hot/cold water, herbal tinctures, acupuncture, alcohol are some things that can be used in this step. There is a risk of triggering addiction or dependence with remedies used here depending on frequency (how often), dosage (how much) and duration (how long). The herbs in themselves are not addicting but we like the effects on mind or body.

### Step 5A: USE SUPPLEMENTS

These are included here because supplements are parts of foods taken out of context. They may be synthesized or concentrated. Herbs standardized to a certain chemical marker would move into this category. There is greater potential for overdose or side effects (for example: too much vitamin A can cause nausea, vomiting, diarrhea, headache, hair loss, flaky skin, bone pain, enlargement of liver and spleen, blurred vision. You would have to eat an enormous amount of carrots to have any of these things happen). Nature, in the bodies of plants and animals, combines nutrients in proper proportions in forms that the body can easily absorb.

If supplements are used it is best to consider them as closer to drugs in form and action.

### Step 5B: USE DRUGS

The tools of the medical profession begin here. Overdoses may cause severe injury or death. High dilution homeopathics would be under this category because they are so strong and can force the body into an action.

### Step 6: BREAK AND ENTER

This step includes surgery, invasive diagnostic techniques, psychoactive drugs, emotional violence such as fear-inspiring language, invasive or harsh alternative therapies. Side effects are inevitable and may include permanent injury or death.

This step can be life supporting when used properly. This is certainly an area where medical science shines.

These steps can be used in order or all at once. You can set a time limit as to how long you want to stay in a certain step, go back to a previous step or move rapidly to Step 6 if it is an emergency. If you get to Step 6 you will need to work back through all the other steps as you heal.

Really get to know these steps as a tool. You will find yourself using it all the time.