



MAMALA RESOURCES LLC

Herbal Birth Bag Class

Class Schedule:

1. Opening Chant, Cleansing, Virtual Kava Ceremony (please refer to the recipe section and prepare your drink ahead of time if you would like to participate in our Kava Ceremony).

3. Introductions

4. Gender in Hawaiian Culture

~Break-Hawaiian Music Playlist~

5. What's in my Herbal Birth Bag

~Break-Hawaiian Music Playlist~

6. Placenta

~Break-Hawaiian Music Playlist~

7. Placenta Art- please print your placenta coloring page ahead of time (choose option 1 or 2). Have pens, colored pencils, or watercolor pencils available to use. We will share postpartum traditions while we do art.

8. Postpartum Traditions- we will share postpartum traditions. If you don't have any known traditions from your immediate family, feel free to look up a postpartum tradition from your favorite culture, or ask a friend or relative.

~Break-Hawaiian Music Playlist~

9. The Power of Words

10. Closing Remarks and Q&A Session



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This chant was composed by the late Edith Kanaka'ole entitled E Hō Mai. Today, this oli is commonly used at the start of an event or small gathering to focus a group's energies and ultimately carry out the kuleana (responsibility) they have undertaken. It is recommended that haumana (students) use this chant to help them seek knowledge and clear their minds of any negativity.

E Hō Mai

by Edith Kanaka'ole
(done three times)

E hō mai ka 'ike mai luna mai ē
Grant us knowledge from above

'O nā mea huna no'eau o nā mele ē
The things of knowledge hidden in the chants

E hō mai, e hō mai, e hō mai ē
Grant us these things

Source: Nā Oli no ka 'Āina o Kanaka'ole
(The Chants for the Kanaka'ole lands)
A Compilation of Oli and Cultural Practices



Cori's Favorite Recipes

'Awa Root Tea (Kava)

'Awa in Hawaiian (aka Kava) is a medicinal root plant. This herb was used throughout Polynesia at the start of ceremonies, to welcome guests, and as a casual drink. 'Awa is a narcotic that relaxes the nerves and induces refreshing rest. It was known to drain off aggressive energy and could make a person incapable of violence.

Ingredients:

2 Tbsp Kava Root Powder

1 Pint Warm Water or substitute with Coconut Water

Fresh or Dried Fruit

Directions: Place the Kava Root Powder into a cloth tea bag. Place the tea bag into a bowl and pour warm water over it. Lomilomi (massage) the tea bag into the water for 3- 5 minutes. Pour the Kava Root Tea into a bamboo cup, wooden bowl, or tea cup. Drink immediately and follow with a piece of fresh or dried fruit like coconut, mango, or banana.

Watch this video to see a hands on demonstration and to learn more:

YouTube Video: The Travel Creatives: Kava Kava Traditional

Preparation Hawaii Style

Channel: thetravelcreatives

Description: Adil Ghiasi from paradisekava.com Adil invited us to his home to show us how to prepare that Kava root in a traditional manner.

<https://www.youtube.com/watch?v=-qIGHwP5C0A&t=66s>



Cori's Favorite Recipes

Hinahina Body Oil

Hinahina means gray or silverish gray in Hawaiian. This is a protective oil that birthworkers and other birth attendants can apply to their body before attending labor to create an energetic shield. I recommend this oil for empaths and others who have trouble creating energetic boundaries.

Main Ingredients:

2 cups Fractionated Coconut Oil
½ cup Spanish Moss (dried)
1/8 cup Hawthorn Leaf and Flower (dried)
1/8 cup Agrimony (dried)
1/8 cup Yarrow Leaf and Flower (dried)
1/8 cup Mullein Leaf (dried)

Other Ingredients:

½ tsp Vitamin E Oil
6 drops Patchouli Essential Oil
6 drops Pine Essential Oil
6 drops Cedar Essential Oil

Directions: Mix or blend the main ingredients- Coconut Oil, Spanish Moss, Hawthorn, Agrimony, Yarrow, and Mullein. Cook over low heat in a double boiler at 175 degrees for 2-3 hours or as needed until the herbs infuse into the oil. Let cool and add the other ingredients.



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Cori's Favorite Recipes

Pikake Birth Mist

Pikake means peacock in Hawaiian. It also refers to the Arabian Jasmine plant that produces a fragrant white flower used in lei making. I use this mist to encourage love into the sacred birth space and to promote relaxation.

Ingredients:

Saline Solution

Black Kyanite (2 small 2" stones smashed gently)

Pikake Essential Oil

Clary Sage Essential Oil

Bergamot Essential Oil

Directions: Combine all ingredients into a jar and let it sit for 1-2 weeks. You may also place this mixture outside under the New or Full Moon to infuse it with lunar energy. Once the mixture is infused, strain it out and store in a dark colored spray bottle (glass preferred). You can cleanse your Kyanite crystals to and use it again, or return it to the Earth.

Lavender and Jasmine Rice Sock

Ingredients:

Aromatic Jasmine Rice

Dried Lavender

Lavender Essential Oil

2 Colorful Socks

Directions: Combine the Jasmine Rice and dried Lavender. Fill up a colorful sock and leave enough space to tie into a knot. Put the sock into another colorful sock, sprinkle with Lavender essential oil and heat in the microwave for 30 seconds or until sock is very warm (NOT HOT). Be careful not to get burned.



Cori's Favorite Recipes

Lilikoi & Lemon Balm Magnesium Oil Spray

Lilikoi is the name for Passionfruit in Hawaiian. The Passionflower and Lemon Balm are combined to create a calming and soothing Magnesium Oil Spray. Passionflower is used for irritability, tension, insomnia, and restlessness. Lemon Balm added for its calming and uplifting effects. Magnesium is important to muscle health, it is vital to the heart, regulates blood pressure, and helps with energy production among other things.

Ingredients:

- ½ cup Magnesium Chloride Flakes
- ¼ cup Distilled Water
- 2 Tbsp Vegetable Glycerin
- 2 Tbsp Lilikoi Herbal Oil
- 6 drops Lemon Balm Essential Oil

Directions: Heat distilled water (don't boil). Add magnesium flakes and stir until dissolved. Remove from heat and let cool. Add Lilikoi Herbal Oil, Vegetable Glycerin, and Lemon Balm essential oil. Combine well and store in a dark colored spray bottle (glass preferred). Use daily or as needed. For Topical Use Only.



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Cori's Favorite Recipes

Ho'olaua'e Tincture

This tincture is used to encourage healing and relaxation after childbirth.

- 2 parts Black Haw tincture
- 1-part Yarrow tincture
- 1-part Motherwort tincture
- 1-part Peach Leaf tincture
- 1-part Laua'e Fern tincture

Directions: Combine herbs and put into a dark colored glass bottle with a dropper. If you can't find Laua'e Fern you can use Shepard's Purse, Cramp Bark, or Bayberry.



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Cori's Favorite Recipes

DIY Homemade Placenta Encapsulation- TCM Inspired Method

Ingredients:

Ginger

Chili Peppers

Lemons

Placenta

Tools needed:

Slow cooker/Crock Pot

Dehydrator

Coffee or Spice Grinder

Encapsulating machine or Capsule holding tray

Vegan Empty Capsules

Directions: Place your placenta and the herbs in a crock pot/slow cooker and cover with water. Cook your placenta for 10-24 hours depending on the size. Take the Placenta out and cut it into thin slices. Place the slices in a dehydrator until completely dry. You can also shape the umbilical cord into a heart, spiral, or other shape of your choice and dry it with the Placenta to form a keepsake. Once completely dry, use a coffee or spice grinder to finely grind the Placenta into a powder. Use a Capsule Filling Machine and Vegan Capsules. Follow the directions on the machine to fill the capsules with the Placenta powder. Place in a sterilized jar. Placenta pills can be frozen for longer term storage. The Placenta can be used for Postpartum, Menopause, or for Menstrual related problems that occur within any Menstruating Person in your family. You can also tincture the leftover pills for later use.



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References

Videos

YouTube Video: E Ho Mai

Channel: CallitQuitsHawaii

Description: Kumu John Keola Lake's E Ho Mai

<https://www.youtube.com/watch?v=32vcntOp0i4>

YouTube Video: The Travel Creatives: Kava Kava Traditional Preparation Hawaii Style

Channel: thetravelcreatives

Description: Adil Ghiasi from paradisekava.com Adil invited us to his home to show us how to prepare that Kava root in a traditional manner.

<https://www.youtube.com/watch?v=-qIGHwP5C0A&t=66s>

PBS HAWAII PRESENTS A Place in the Middle

By Kumu Hinalaimoana Wong

https://www.youtube.com/watch?v=TIQ5fHc5_KA&t=111s

Kapaemahu

<https://www.kapaemahu.com/>

<https://vimeo.com/502313188>

Placenta Tour

The Midwives' EYDM

<https://www.youtube.com/watch?v=uyr1Fi5waLk&t=1s>

Umbilical cord, Wharton's jelly, true knot, placenta

BadAssMotherBirther YouTube

<https://www.youtube.com/watch?v=lZLj5G3nPIU>

Online Resources

Chant: E Ho Mai

<https://blogs.ksbe.edu/alohaainaproject/e-ho-mai/>

Mama Natural Visual Birth Plan

<https://www.mamanatural.com/birth-plan-template/>



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Ancient Hawaiian Birth

<https://lightfootbirth.com/2017/06/01/ancient-hawaiian-birth/>

Birthing the Afterbirth ('I'ewe, Haumea, Placenta)

<https://makuaoo.blogspot.com/2014/12/birthing-afterbirth-iewe-haumea-placenta.html>

Blastomere

<https://www.britannica.com/science/blastomere>

Herbs For Postpartum Hemorrhage

<https://www.midwitchery.net/post/herbs-for-postpartum-hemorrhage>

Herbal Medicine: The Mulberry Tree In Chinese Herbology

<https://ashevilleacupuncture.blogspot.com/2010/07/herbal-medicine-mulberry-tree-in.html>

Placenta Benefits.info- Mother Nature for Mothers

<https://placentabenefits.info/>

Placenta Medicine- The Tree of Life

<http://blog.birthbalance.com/?cat=26>

Ojibwe Dream Catcher History

<http://www.dream-catchers.org/ojibwe-dream-catcher-history/>

Placenta & Umbilical Cord Ceremonies: Ancestral Knowledge in a Contemporary World

<https://www.indigenousgoddessgang.com/home-1/2018/12/9/placenta-amp-umbilical-cord-ceremonies-ancestral-knowledge-in-a-contemporary-world>

Portraits of Gender and Sexual Identities in the Hawaiian Community

<https://www.honolulumagazine.com/portraits-of-gender-and-sexual-identities-in-the-hawaiian-community/>



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Trophoblast and Placental Villi

<https://embryology.med.unsw.edu.au/embryology/index.php/Trophoblast>

Who buys, sells and uses fetal tissue acquired from abortion clinics

<https://www.seattletimes.com/nation-world/who-buys-sells-and-uses-fetal-tissue-acquired-from-abortion-clinics/>

How the Cord Clamp Injures Your Baby's Brain By George M. Morley, M.B., Ch. B., FACOG

<http://whale.to/a/morley1.html>

Humanising birth: Does the language we use matter?

<https://blogs.bmj.com/bmj/2018/02/08/humanising-birth-does-the-language-we-use-matter/>

Differences in Communication

<https://unioncollegenativeamericans.weebly.com/cultural-differences-in-communication.html>

Products

Zuca Bag

<https://www.zuca.com/>

WishGarden Herbs

<https://www.wishgardenherbs.com/>



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Books

Nana I Ke Kumu Volume I & II

(Look to the Source)

By Mary Kawena Pukui (1895), E.W. Haertig, M.D., Catherine A. Lee

A Queen Lili'uokalani Children's Center Publication 1972

Botanical Medicine For Women's Health

By Aviva Room, MD

Second Edition

Elsevier Inc. 2018

Placenta the Forgotten Chakra

By Robin Lim

Revised Edition

Half Angel Press 2015

Prenatal Yoga & Natural Birth

By Jeannine Parvati Baker

New Edition

North Atlantic Books/Freestone Publishing Company 1986

The Polynesian Family System in Ka'u Hawai'i

By E.S. Craighill Handy and Mary Kawena Pukui

First Tuttle Edition

Charles E. Tuttle Company, Inc. 1972

Ina May's Guide to Childbirth

by Ina May Gaskin

Bantam Dell 2003

Ancient Hawaii

Words and Images by Herb Kawainui Kane

The Kawainui Press 1997

The Secret Life of the Unborn Child

By Thomas Verny, M.D. with John Kelly

Dell Publishing Company, Inc. 1981