

Huna and Mosquito Bites

by Keola

A topic that came up in our weekly Huna discussion group in Second Life yesterday was that one participant had a mosquito bite and it was itching a lot. I myself and many others have already experienced mosquito bites, so it is a reality that many share.

In fact I woke up at 6 am today, because a mosquito applied two bites to me and hence I had time to write this article.

For dealing with the effects that mosquito bites have, a shaman has several possibilities.

Let's first look at what happens in the real world when a mosquito applies a bite to us:

- They find a good way to access our blood stream
- They open our flesh to the bloodstream by putting a little needle into it
- They apply an anesthetic into our body so that we don't feel anything
- They start retrieving blood out of the body until they have enough or are distracted

If we look at this neutrally, this looks like the description of a good doctor that needs some blood from us. And unlike the doctor there is no blood anywhere after applying the needle. In a way that is fascinating.

However the anesthetic is a foreign protein that our body does not know and when it stops having the sedating effect our immune system is trying to get rid of the protein.

Due to the mosquito being a master anesthetist we sometimes don't even notice that we have been bitten by it until the body starts itching. And it is usually not just the

bite that itches, but a whole area and it takes a while for us to locate where the mosquito applied the needle.

However it is not just the bite itself that itches usually, but the effect of this anesthetic, which explains why it affects a whole area. Depending on how skilled the mosquito was, it can be a very small area or a very large area. The mosquito that did bite me two times this night fortunately was a master anesthetist and there was very little itching to begin with.

So what can we do about the itching?

First there are physical means: There are various herbs in sprays, there is the possibility to put ice on the bite, but there is also another technique of applying heat that often works. I learned it from a practitioner of TCM on the internet.

The mindset for applying this technique is simple:

"Because there is anesthetic in the body and it is a foreign protein it has an effect. If we apply heat to it and fry it, it no longer has any effect. Therefore the itching stops."

While this might not be true per scientific standards, it is an effective way to think about the effects of the protein on the body to create healing.

Now for the technique:

1. You take a spoon and you heat it up.
2. You gently very gently apply the hot spoon by tipping on the bite and all areas that are itching. It is important to not burn yourself. You just want to apply enough heat to change the structure of the protein to no longer affect you.
3. You repeat this process of tipping the spoon on the itching areas and the bite, removing it again, tipping again. If there is lots of itching, it might be needed to hold it for a second or a maximum of 2 seconds.
4. If the spoon gets cold, you heat it up again.

5. You are finished when the itching stops or when you feel it is enough

But usually the itching stops at some point. For practical applications, I often use hot water for it, put the spoon under hot water, then apply the heat gently, then hold it under hot water again and repeat. In fact I feel using hot water might be even more effective than just applying heat due to the water having also a cooling effect when it evaporates on the skin.

The effect of this technique often is that the mosquito bite that was swollen and a large bump in the skin, has now been reduced to the pure bite that no longer itches.

However a HUNA shaman does not only have physical means available, but also three other worldviews that can be used.

In the emotional world the reason for itching often is anger about the bite. Let's look at this anger: "Damn, mosquito. Did bite me again and now there is all this itching and scratching and ..."

There can be anger about the mosquito itself that applied the bite, but anger is not necessary, because the mosquito is what it is and does what it does. That is its nature, there is nothing more or nothing less happening.

The mosquito did something to your body that you did not want. It is your own reaction to this effect that determines if you get angry or not. Often however you are not angry about the bite itself, but of the effects that it has afterwards.

So usually there is also a fear "that there will be on-going itching". Since I learned the spoon-trick, I no longer experience this fear as I know I can deal with the majority of the itching. Because I experience no fear of any consequences, I also (most of the time) no longer get angry about them.

And maybe that is usually why I am more relaxed, when a bite happens and maybe that is why the mosquito can apply his art form of "master anesthetist" much better (as I don't resist it) and hence the bites no longer itch as much [in fact the bites

from today morning do not itch at all anymore] and hence I don't even need the spoon-trick anymore most of the time.

And this can tell us a lot about confidence. If we have the confidence that we can deal with things that are happening, then we don't resist them any longer and then the effects are usually also less.

[It is an interesting fact of life that once we have something, it often becomes unnecessary after a while.]

Therefore from an emotional point of view the itching is caused by our own resistance (that creates tension) against the bite and the protein.

In the third world-view we look at the symbolic meaning of the bite and itching. As this can vary a lot per individual depending on cultural circumstances, for us here it is interesting to change the symbol and if it was the right symbol the itching should stop.

To do this we go into our inner garden [see Urban Shaman for how to do that], ask for a symbol for the bite and change it until it feels good.

But if for any reason you don't get a symbol, then you can still imagine one.

I for example did imagine once that the bite I experienced was just a super-fast pulsation on the skin and that it was my own resistance that created the pain. Then I imagined that my body was releasing the tension faster than it could build up and the itching stopped. [This is very similar to how the shamans of old times have been able to go over burning ashes without getting burnt.]

Described in more detail in "Instant Healing Now" imagination can be a powerful tool to help in any healing process.

In the fourth world-view everything is ONE. So WE are the mosquito and we do what we do and are what we are.

From the perspective of the mosquito there are two things that are interesting:

- Blood to eat (they love blood)
- Water to reproduce (they love water)

Just by being aware that we are the mosquito, we will still be bitten though.

What a mosquito wants and that it can also experience fear and anger, however can help us catch mosquitos.

Once you have been bitten, the mosquito is still there. And often that can lead to even more tension, because there is the fear of another bite or not being able to sleep due to the "sirrning sound". And this tension can increase the itching sensation as well as it is then harder to release this tension.

As most other people do, I assume, I usually killed the mosquito when I saw it sitting somewhere. Except when it didn't work and I missed. Then the mosquito would hide somewhere out of sight and was not to be found only to come back later or the next day. And mosquitoes are also masters of patience at times (so there is even more to learn from them) - except when they are very hungry..

There can also be feelings of "revenge" in people, but I don't have this, because the mosquito is what it is and does what it does (and that is usually pretty skillfully). I only searched for a practical way to get rid of them. While I accept them as they are, I also don't want them in my own environment.

However I noticed something: When I was not trying to kill the mosquito with all intent, but instead missed so far (just using my hand) that there was no resistance in the mosquito, then it would not hide! It would still feel safe and keep being in the environment.

And hence I found out that it's much easier to use a transparent plastic cup and a sheet of cardboard to catch the mosquito and set it free far from the house than trying to kill it. This also creates less resistance in myself and the catching process is usually quicker and less stressful for me. (If someone feared the mosquito could

get away, then killing the mosquito in one strike might still be more effective for them.)

The mosquito has usually way less resistance against me catching it, sometimes it plays with me and sometimes it even cooperates. In fact the mosquito from tonight did go to the water inside of a plastic cup [they love water] where I put my toothbrush in. I only had to gently remove the brush, put some cardboard on top and I had it caught and released it outside.

I do have a lot of experience with catching and releasing flies already - that I also don't want in my environment, so this likely made this process easier for me.

In summary we can learn a lot from mosquitoes and how we react to them and their bites.

Thanks, my mosquito "master anesthesist" for biting me today so skillfully that it did not itch. I was happy to share some blood with you, learn from you and then release you again.