

May 11th Pro-D: Indigenous Centered Focus

All of you will be entering into this at different points of your medicine walks, the place on the continuum in your understandings intellectually, emotionally, spiritually, experientially.

Below is a brief punctuated approach to introduce you to some points of entry. One first has to be open to the ideas of wanting to learn and continuously check-in with their ego and heart to explore the roadblocks that the self will put up interacting with these stories.

Once one has started exploring their bias and prejudice, then we can look to the historical lenses of how things came to be in our modern context.

Once, grappled we can then learn about the cultural ways, the philosophies, the way of being, the language, the relationship between people and place, and place them in context to previous learnings and how your world-view transforms, shifts, or solidifies.

Watch and pause as often as needed to listen to what your second mind is saying as you hear the information and start a dialogue with your conscious first mind and your inner second mind.

1. Short Intro on idea of Racism and White Fragility. Debunking excuses made by dominant culture (4mins)

<https://www.youtube.com/watch?v=wjHg65JORi8>

Deconstructing White Privilege a little more in depth with Dr. Robin DiAngelo if you have the time and interest watch this one instead (22mins):

<https://www.youtube.com/watch?v=DwIx3KQer54>

2. Intro to White Privilege - 1988 term from Peggy McIntosh (4mins)

https://www.youtube.com/watch?v=ZLgbw_A1mLI

3. Timeline on Residential Schools (6 mins)

<https://www.youtube.com/watch?v=VFgNI11fe0A>

Impact of Residential Schools by a survivor (4mins)

<https://www.youtube.com/watch?v=nJ64DItsIi0>

4. Dr. Martin Brokenleg on Principles of Learning (9mins)

https://www.youtube.com/watch?v=0PgrfCVct_A

5. Try the Learning Sheet or self-explore with an interest or a mind tickle that you have to itch.

Name three Nations close in proximity to where you live?			
What are the traditional names of these Nations if they have been anglicized?			
Approximately, where do their traditional lands and seas reach?			
What is the traditional language the Nation speaks?			
How do you say hello and thank you in their local language?			

What are 3 important landmarks for the Indigenous People of the land you reside on?

Retell a story that you find from the local Indigenous community?

What were 3 examples of where you incorporated Indigenous knowledge, learnings, teachings in your own teaching?

What are 3 experiences that resonate with you in your personal Indigenous interactions.

Where are you on your personal Medicine Journey right now?

What do you see as your next mindful and thoughtful action in your Medicine Walk?