CULTURAL LIFE WAYS FOR INDIGENOUS YOUTH

MIND, BODY, HEART, AND SPIRIT
LAKOTA VALUES

• Wocekiya - Prayer
• Waunsila – caring and compassion
• Woksape – wisdom
• Yuonihan – honor
• Waohola – respect
• Wowicake – truth
• Wawokiye – generosity, caring, giving from the heart
TRADITIONAL PRACTICES
Let Your Heart Be Your Guide

Mental
- Positive Thinking
- Energy Awareness
- Learning traditional lifeways
- Dreams
- Visions
- Knowledge
- Empowering Values

Emotions
- Heart Activation
- Positive Values
- Positive Intention
- Healthy Emotions
- Visiting
- Being Present

Spiritual
- Daily Spiritual Practices
- Let your heart guide
- Prayer
- Meditating
- One thought, one prayer
- Spiritual Energy
- Intuition
- Knowing

Physical
- Gathering Medicine
- Daily Purification
- Prayer Meals
- Prayer Ties and Flags
- Food Offering
- Pray with water
- Keeping hands busy
- Positive energy
- Making Relatives
- Ceremonies

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LEARN THE SKILL OF APPLYING POSITIVE VALUES FOR EMOTIONAL RESILIENCE

Practice the skill of centering your emotions. *Use sage or cedar.*

• Learn about positive values. Apply positive value-based thoughts. For every negative emotion there is a positive emotion to choose from. It helps you to center your emotions.

• Positive values generate positive thoughts and positive actions on a daily basis.

• Physical activities activate feel good e-motions (energy in motions) in your mind and body and regenerate good energy.
PLANTING SEEDS FOR PHYSICAL, EMOTIONAL AND SPIRITUAL HEALTH

LEFT HEMISPHERE
Functions: Responsible for control of the right side of the body, and is the more academic and logical side of the brain

- LEFT BRAIN FUNCTIONS
  - ANALYTIC THOUGHT
  - LOGIC
  - LANGUAGE
  - REASONING
  - SCIENCE AND MATH
  - WRITING
  - NUMBERS AND SKILLS
  - RIGHT HAND CONTROL

RIGHT HEMISPHERE
Functions: Responsible for control of the left side of the body, and is the more artistic and creative side of the brain

- RIGHT BRAIN FUNCTION
  - ART AWARENESS
  - CREATIVITY
  - IMAGINATION
  - INTUITION
  - INSIGHT
  - HOLISTIC THOUGHT
  - MUSIC AWARENESS
  - 3-D FORMS
  - LEFT HAND CONTROL

NASULA SEED
THE BODY'S NATURAL HEALING PHARMACY

- **Dopamine**: Plays a key role in movement and affects motivation, perception of reality, and the ability to experience pleasure.

- **Oxytocin**: Hug or shake someone's hand to get oxytocin. Share positive energy. Helps mom to be moms, healing, relief for physical pain and emotional pain, antidepressant and stress relief.

- **Seratonin**: Helps regulate mood. It's a natural feel good chemical.

- **Endorphins**: Release pain and can produce feelings of euphoria. It works similar to a class drugs called opioids or morphine. Thus runner's high, exercise, dark chocolates, spicy food, laughter, humor. Dr.s recommend exercise to help depression.

INDIGENOUS ACTIVITIES AND MOVEMENT CREATE HEALING

- Use your plant medicines
- Walking
- Running
- Dancing
- Singing
- Traditional Healing Plants: Sage, cedar, sweetg
- Prayer
- Meditation
- Creativity: Art, Beading, Sewing, Making a hand-drum
- Writing
- Cleaning
- Gardening
- Visiting
- Laughter, humor

HEALING THE WHOLE PERSON
Mind, Body, Heart and Spirit

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Activate with prayer and plant medicines

Self-Awareness and Self-Esteem Is Important To Learning Resilience

• Practice self-awareness. Pay attention to what or who bothers you when it comes up in your mind. Apply the antidote. Think of positive thoughts as an electrical charge to zap the charge negative thinking. This activates the reward center of feel-good hormones in your body. This is mindful resilience.

• You are the only one occupying your mind and physical body. There is no room for anyone else or anything to occupy your space. This allows you to place your thoughts and focus on your purpose, goals priorities and plans. This is mindful resilience.

• Healthy positive thoughts are very effective in overcoming your inner critique. We were born with a purpose to increase the the probabilities of optimum possibilities as we make our journey through this life. This is mindful resilience.
Purification ceremony

- Sacred Ceremony
- The purification ceremony is for cleansing and healing, and rebirth.
- The prayers and songs are from ancient time immemorial.
- Each tribe has their language, and traditions for this ceremony.
HEALING PRACTICES
(health and well-being)

- HEART MEDICINE
- DANCING
- SWEET GRASS
- SINGING
- CEDAR
- DRUM
- SAGE

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RAISING YOUR VIBRATIONS
Spirituality and Plant Medicines

Poll #2

Do you anticipate any challenges in using ANY of these healing practices?

• Option A: No, I don’t anticipate challenges. Let’s go!
• Option B: I’m not sure, but I’m excited to try.
• Option C: Yes, I do expect challenges. (If Yes, please explain in the Chat pod)
Thank You

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