



REIMAGINING OUR INTERDEPENDANCE CERTIFICATE



**LIFE AS
MEDICINE**
CIRCLE OF
INDIGENOUS
HEALING ARTS

INFORMATION AND FOUNDATIONS





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We Begin with Shared Foundations –

We will Journey Together through 7 heARTs Centered Healing Circles. Our Shared Healing Journey has Deep Roots in Wholistic, Strength Based, Creative, Collaborative and Collective practices.

Delivered by Experienced, Skilled and Knowledgeable Indigenous GrandMothers, Teachers and Healers, our initial 7 Sessions Share Knowledges about Ancestral InterDependence Healing Wisdoms and Practices grounded within Medicine Wheel and Sharing Circle Teachings.

Participants Journeying with us will:

Deepen Understandings of InterDependence as a Lived Experience. We emphasize Processes and Practices of ReConnecting to our CoreHeart WellBeingNess, our Relatives, Earth Mother, and our Shared Cosmos through Gatherings in Welcoming Spaces for CoCreation and Expression.

Recognize and Repair our Fragmentation through Indigenous MindFullNess Practices. Ceremony, Smudge, Song and Prayer are interwoven with expressive and creative Experientials. We learn to Connect and Create with Powerful Elemental Medicines of Earth, Air, Water and Fire.

ReAwaken Ancestor and Descendant Resiliencies. Through profound Re-Awakening Ceremonies and Sharing Circles We will Open to ask: What do our Ancestors and Descendants wish to Share with us? What is our Calling? What is our Sacred Path? We Share Strength, Resiliency and responseAbility by practicing our InterDependence within our everyday lives

Experience All Healing Heals All with cultural Humility. We Deepen our awareness of Complexities of Traumas/Woundings and Healing as Individual and Ancestral, Collective and Ecological. We support Creation of Safe Enough Healing Spaces that emphasize Dignity, Compassion, Care, and Affinity.



Image: Fyre Jean Graveline, *Me as Tree*, 2024



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Certificate Stream Pathways – Different Roles, Shared Roots

Stream Pathways

- **East Door** - Seed Planter: Stream for Youth and Change Makers
- **South Door** - Blossoming into Beauty: Stream for Healing & Trauma Recovery
- **West Door** - Rooted in ReconciliAction: Stream for Practitioners in Service and Teaching Roles
- **North Door** – Arts as Medicine, Knowledge as Relational: Stream for Knowledge Seekers and Creators - Arts-Based Researchers & Academics

All participants will begin Together--engaging in our Shared Journey of ReImagining our Interdependence.

Participants will be Invited to intentionally Deepen Learning and Healing as inSpired around ResponseAbilities and Applications within one or more still emergent Stream Pathways. We invite Complexities of Identity within all InterSectionalities, including Race, Culture, Class, Gender and Ability. We Well.come Groupings by Affinity.



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East Door – Seed Planter Stream

Youth and Community Activators
wanting to Create Change



Participants more Deeply Journeying on this Pathway will:

- Experience Collaborative Leadership in Circle Processes that support Empowerment, Connection and Inclusion.
- Witness and help facilitate Gatherings and activities where people of all ages and stages, all abilities, can feel Safe Enough to be seen, heard, and valued.
- Support diverse Youth and Community Members find Voice and Clarity in current times of confusion, conflict and change. Reconnect with Self and Relations through Respectful communication, Care, and Collective processes of coCreation.
- Strengthen our Shared Sense of Belonging, mutual Support, and Shared responseAbilities towards Community WellBeing.



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South Door – Blossoming into Beauty Stream

Healing & Trauma Recovery



Participants more Deeply Journeying on this Pathway will:

- Engage in Healing Circles and Community Care, Grounded in Earth as Mother, Healing Arts, and Circle Teachings. We emphasize Shared Witnessing, Respect, and Relational Safety.
- Be supported in ongoing Healing Journeys that Honour Creativity, Story, Resilience, and natural cycles of Growth, Rest and rRnewal.
- Gently Be reMinded that We all can Grow, to Be more Able to Recognize when Stress/Trauma or Wounding is present. We Grow to respond to Self and Community members with more Grounded and Supportive practices.
- Honor vital importance of SustainAbility: Tending to our own HeartCore WellBeingNess is essential so We can remain present and caring for and with All Our Relations.



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West Door – Rooted in ReconciliAction Stream

Practitioners in Service and Teaching Roles



Participants more Deeply Journeying on this Pathway will

- Deepen Knowledges of Indigenous Ways of Healing and Teaching both personally and professionally.

- Practice Collaborative EagleVision – recognizing harmful impacts of larger systems and structures while staying Grounded in Respectful and Reciprocal Relationships.
- Bring ReconciliAction-informed awareness into service and leadership spaces with Truth, Integrity and AccountAbility.
- Help nurture Collaborative Times, Spaces and Places where First Voices are Welcomed and Shared Leadership is valued.
- Navigate Complexities of Diverse organizational and systemic Relationships with Care, Compassion, Courage and ResponseAbility.



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North Door – Arts as Medicine, Knowledge as Relational Stream

Knowledge Seekers and Creators -
Arts-Based Researchers & Academics



Participants more Deeply Journeying on this Pathway will

- Grow to understand reSearching and Knowledge Creation and Sharing as Living Relational processes. Knowledge is not separate from reSearcher, Community, or Land, We are Earth. We are each an InterWoven strand of LIFE learning about InterDependence with and in All Our Relations.

- enAct Radically Indigenized and reMatriated, Rooted and Winged, ways of Knowing, Being and Doing. We Flow with recognizing Intuition, Creating, Arting, Embodying, Storying, Connecting with Lands, Ancestral and Elemental Energies and All Relational Experience as valid and vital Forms of Knowledge and Knowledge Creation.
- more Deeply acKnowledge how colonized academic CommonSense lives in our Bodies, Minds, Spirits, and Hearts. Through Creative and Ceremonial processes, We Gently and Collectively work, play and pray to clear blockages such as hyperIndividualism, perfectionism, over-intellectualization, fear, disconnection and isolation.
- Receive support in bringing reSearch, Creative projects, or Academic inquiries forward in ways that are Creative, Relationally Aware, and Spiritually Interdependent.

Contact Information

For additional information or inquiries,
please reach out to us.



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www.lifeasmedicine.ca