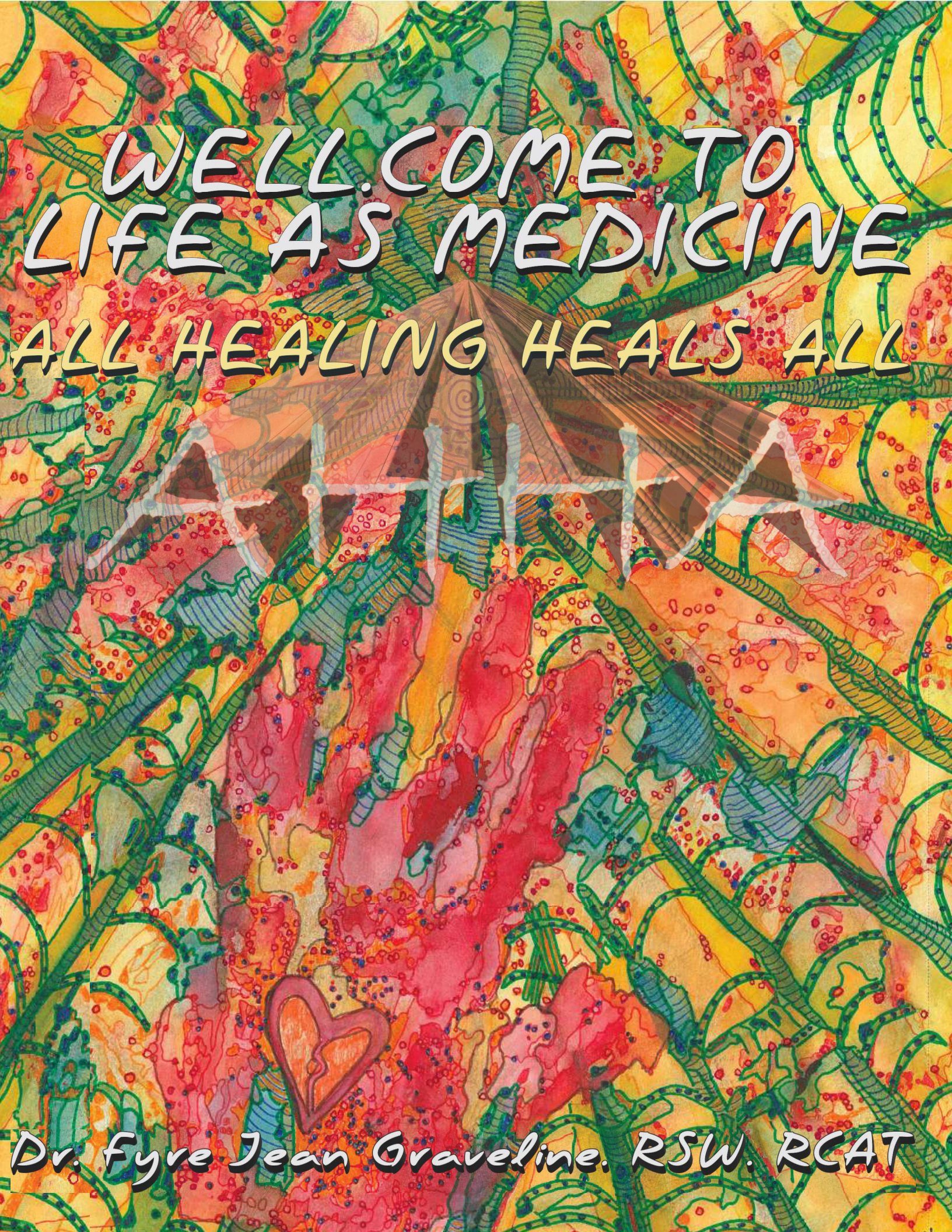




WELCOME TO
LIFE AS MEDICINE
ALL HEALING HEALS ALL

Dr. Fyre Jean Graveline. RSW. RCAT

Well.come
to
LIFE
as
Medicine:

All Healing Heals All

Dr. fyrejean Graveline (RSW/RCAT)

ACKNOWLEDGEMENTS

We Flow with.in Ancestral reMatriated Spiritual Knowings.

We express our Deep Love and Devotion to Caring for our Earth Mother
and Dedicate this Offering to Relmaging our InterDependence
and enhancing our SustainAbility with All Our Relations.

Above and Below and With.in.

We acKnowledge unceded Lands of our Indigenous Ancestors
who were and are Caretakers of our Beloved Earth Mother, NeMaMas.

We Offer Blessings for All Beings and Lands in Mi'kma'ki where We currently reside.

We are Inspired to continuously work, play and pray to reduce ongoing harms
perpetrated through his.torical colonial patriarchal extractivist dominations.

We Embrace emBodied InterDependent Essences of All Our Relations.

We Acknowledge Collaboratively and Communally. We Know more.

We Grow more. We TransForm more. We Know: All Healing Heals All.

We acknowledge fyrejean as primary Creator. Dr. fyrejean Graveline (RSW/RCAT) is a two-spirit Métis healer, heARTist, activist, and educator. Working, playing and praying with.in social work and post secondary education for over fifty years, she/they have consistently challenged individuals and organisations to examine oppressive, eurocentric, patriarchal, extractivist attitudes and practices. Fyrejean is the author of Circle Works: Transforming Eurocentric Consciousness (Fernwood 1998) and Healing Wounded Hearts (Fernwood 2005).

Fyrejean is inspired to give recognition and honour to our All Healing Heals All (AHHA) Collaboration Team, including Dani (Dee) Marie Sherwood, Genesis (Edna Bovas), Julie Rochefort and Tarah Catherine, and a deep bow of appreciation to all readers and editors, including Patricia Ki, Jean Tait and Tara McGowan-Ross. Additional thanks for Ancient Symbols contributed by Jean Tait and to Devon Gallant for support with cover design and layout.

Inspired to Sustain Us? Please visit: <https://lifeasmedicine.ca/sustain-us/>

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SACRED MEDICINES SPEAK
World Art Therapy. EcoBricolage. 2023.

Deep Watery Blue Spiral Plate reverently Covered.
with Sacred Ancestral Cedar. Harvested RespectFully.
May We All.Ways Offer. Reciprocity. Tobacco. Love. and Gratitude.
And acKnowledge Trees Resiliencies. and our Deep InterDependence.
Sunny Yellow Bowl Placed Next. Filled with Fluffy Usnea. Gratefully Received. in Last Winds.
Beeswax Candle Lit as Sacred Fire in Center. May We keep our Fires Lit. even in Strong Winds.
Placing Seven Smooth White Crystals for our Teachers. GrandMothers. Guides. Gatherings.
Surrounding Securely with Sweetest Smelling SweetGrass Braid.
May We All.Ways reMember. SweetNess. KindNess. is our Medicine.
Sprinkling with Dried SunFlower Blossoms. May We reMember. Hope Blooms.
We reMember. We are Here. to reMatriate. to Heal. for Generations to Come.
to reMember. We Are Kin. All Healing Heals All.

NOTE TO READERS: BE.AWARE CREATIVE WORD.BRICOLAGING AHEAD

Well.come to LIFE as Medicine.
where We Engage in Healing Arts. heARTs. ARTs for Radical TransFormation.
PurposeFully Flowing. Flowering.
with.in reMatriation. ending All DomiNations.
Wait. Never heard of reMatriate.
We reMatriate by reTurning to Mother.
Honoring Divine Powers of Creation.
We reCognize and Visiblize his.Storical and contemporary
UnJust Conditions of Patriarchy.
We Seek to reStory Gender Balance. Gender Fluidity. QueerNess.
to Strengthen Indigenous. Racialized WomenBodied. Girls.
We Honor Ancestral Matriarchal Oral Traditions.
We reMember: Words Spoken. are Shared Sacred Breath
We write like We are Speaking. We are HeARTFully Sharing our Breath.
We enCourage All. to Read aLoud. Listen Deeply. RespectFully.
Open Widely to Receive. our Fully PrayerFull In.tention.
Through this playFull and Radical Creative Word.Bricolaging.
We Aspire and In.spire. to Reflect. Magnify. reMatriate.
to reStory Ancestral Ethics of RespectFull Reciprocal Relationalities.
Kin.Ness. KindNess. WeNess. Collectivity. Collaboration. InterDependence.
reStorying Connects. reStores Community. reMembering. reMinding.
We are reTelling our Shared Story. in more reStorative and In.clusive ways.
BeAware. Language is All.Ways. Political.
early In.Spiration Flows from Wickedary poetics.
Authored.Authorized. by Ancestor Mary Daly. Settler GrandMatriarch (1988).
Now many Feminist Re.Sisters are Consciously playing with Languageing to Re.sist.
Dominant and Still Dominating. Colonial Patriarchal Authority Structures.
We are Still emerging Creative Word.Bricolaging.
We Under.Stand. with each Shared Breath. Consciously or unConsciously.
each soCalled Personal Choice. of Word. Phrase. Capitalization. Punctuation.
We All. reProduce. reCreate. reInscribe. Resist. or reMatriate.
Patriarchal.Racist.HeteroNormative.Extractivist Forms of PowerOver.
currently controlling our WorldEcology.
Here. We are reMatriating our LifeGiving Response.Abilities towards All of Creation.
by continuously Know.ticing and Naming. ongoing roles of Colonial Patriarchy.
in InterWeave of All InterConnected and InterSectional DomiNations.
Visible. and inVisible. in our Current Shared WorldEcology.
We Creatively Play. with Capitalization and Punctuation with.in Words. to SlowDown.
to Know.tice. to Know. to acKnowledge.
to be more ResponseAble. more Able to Respond.
to Trans.Form. what We are Saying. and Meaning.
making All. more MeaningFull.

We Hope. All will Grow. to be ResponseAble. to Know.tice our dysComforts.
 when Wording. Capitalization. Punctuation. Telling. Varies.
 from Established. Patriarchal. Colonial. Now considered Common.Sense.
 English.Academic One.Right.White.Might.Tight. Rules. of DomiNation.
 We enCourage All. to TransForm. All Difficulties aRising. as Opportunities.
 Opportunities to Heal with.in. and with Peoples and Structures.
 Earth Mother and our Shared Cosmos.
 When We Know.tice. Challenge and Change.
 our now Common.Sense. DomiNations.
 We are Word.Bricolaging. as reMatriation. as Medicine.
 We are Naming. Marking. what We All.Ready Know. In.tuitively.
 We are making these Know.ings more Visible. more Conscious.
 as part of our ever Emerging Healings. and TransFormations.
 Read Deeper to reMatriate. to Connect or UnCover. Emerge. Nurture and Nourish.
 Here. We do Not rePatriate. We do Not reColonize.
 We do Not Explore or dysCover. Evolve. Take. Use. or Surrender.
 We Know.tice Self and Other. as Classic Colonial HeteroPatriarchal Dichotomizing.
 Polarization reInForces DomiNations.
 Privileges In.Divide.Dual.ism. and Ignores Relationalities.
 Flowing with Ancestral reMatriated Realities. No Living Being is Other.
 Not Othered. Objectified. Diminished as LessThan.
 Not Owned. Not Our Property. Not Used.
 We. Our Bodies. Our Knowledges. Our Life Givers. Our Children.
 Our Ceremonies. Our Lands. Our Earth Mother. Our Shared Cosmos.
 are Not Resources for Extract.ion. Capitalizing. Profit.
 ReWeaving our Web requires Under.Standing that All Beings are Relatives. Kin.
 We All Share Breath. Air. We are All currently coHabitating with Earth Mother.
 with.in our Shared Comos.
 We continue to deColonize. to dePatriate Language.
 by eliminating obviously separating Words. like Others.
 You and Your. and Objectifying terms like It and The.
 We are choosing Relations or Relatives to refer to Human Kin.
 and more AncestrAlly: All Our Relations. Originally Lakota. Mitakuye Oyasin.
 to express InterConnectedNess. InterDependence.
 KinNess. KindNess. with All Living Beings.
 Plants. Animals. Birds. Insects. Trees. Rocks. Sun. Moon and Stars.
 We Know.tice. ongoing TransFormation of chronic In.Divide.Dual.izing.
 when deCapitalizing i. eliminating i. preferring i.We. We. and WeNess.
 when Pluralizing expressions often Singular. We are de.In.Divide.Dual.izing.
 when Substituting Being for Self. In.Divide.Dual. and One.
 Collectively We Be.come Beings. All Beings. and BeingNess.

We Seek to TransForm Gender Binaries. Dualities. Polarities.
 We Honor specific Struggles. of Girls and Women. WomenBodied.
 And. We Include and Revere IndigiQueer. TransGender Peoples. and TwoSpirits.
 TwoSpirits is a remake of Two-Spirit. originally coined by Myra Laramee.
 Cree GrandMatriarch. from Fisher River Manitoba.
 referring to Indigenous Beings who Identify as Lesbian or Gay.
 who emBody both Female and Male Energies.
 Languageing of IndigiQueer. TwoSpirits. MultiSpirited.
 like our CommUnity. and us. are continuously In.clusively Emerging. Here.
 to Embrace All TransForming. Gender Fluidity. and DiVerse Abilities.
 Not Limited to Bisexual. Trans. Queer. Questioning. InterSexed. ASexual.
 ResponseAbilities. WeSpaces. Collective Trauma Field.
 Difficulties as Opportunities. and Rights to Be. Belong and Become.
 All Play with Languageing of Thomas Hübl. Settler Patriarch (2020).
 of course. We are upCycling and reMatriating. All Languageing. All.Ways.
 reClaiming Creative Freedom. to Be. re.Sisters.
 Well.come to a Wild Ride. Sniff down Multiple Trails.
 Like any Dream. Vision. Ceremony. Elder's Story. or Spiritual Healing.
 Don't Expect Simple. or StraightForward. immediately UnderStandAble. or Gratifying.
 reMatriating our LIFE as our Medicine. requires Know.ticing Signs.
 Opening to In.tuiting. and Translating. Messages.
 Be Aware. We will All need to Pause. Breathe. Smudge. Ground. Earth.
 Regularly Reflecting. Arting. Writing. and Seeking EagleVision
 are Highly Recommended.
 We will Offer some Suggestions as We go...
 These are Not RegiMented. RequireMents. to Resist.
 We Offer Practices. to Flow with. to Grow with.in.
 as We Journey Together. reCreating KinNess. with KindNess.

BEGINNING OUR HEALING RE.MATRIATION JOURNEY **How do We begin...**

We begin All.Ways with WellBeingNess. i.We are continuously
 compelled to reLearn emBodied lessons of SustainAbility: i.We canNot
 contribute positively to a healthier World when our current Daily Lived
 Reality is unBalanced and Chaotic. We Suggest Breathing and getting more
 comfortAble with Opening Practices soon to be encountered like: Rooting.
 Grounding, Centering and Arting; Earthing; Breathing GrateFully; Smudging;
 Books of GoodNess; Response Arts; and Compassionately Listening to Pain.

All Practices are Seeds Planted, to Water, Feed and Weed, to Grow to Journey on Together in more SustainAble ways. We can All set In.tentions to heART daily in Books of GoodNess and engage in Response Arts when InSpired. We Suggest: We All Play.Pray from Opening through to Closing and beyond. As Indigenous Racialized WomenBodied, TwoSpirits, as Healers, Artists, Activists, as heARTivists, as reMatriARTivists, We are in urgent need of shared reStorative Times, Spaces and Places to rejuvenate our WellBeingNess. We canNot keep nourishing and nurturing All Our Relations when We are Starving. Learning to Love our Heart.Core BeingNess with.in RespectFull Reciprocal Relationships is crucial to our sustainAbility and is BedRock for Radical Social Tranz.Formations. We Affirm our Rights, Response.Abilities and Obligations to Be as AwesomeAzing as We are each Able to Be given our LocatedNess; to Believe in our Ancestors Resiliencies, Wisdoms and Supports; to Share Love and Belonging in Egalitarian Harmonious RespectFull Relationships; and to Be.come reEmBodied, to reTurn to KinNess and KindNess with.in Earth Mother, with.in NeMaMas—our BeLoved Mother, in more SustainAble Daily Lived ways. We continuously Know.tice and reStory: how We Think and Feel, whether We See or Not, and what We Know and Do about our KinRelatedNess is most definitely Cultural and Socio-Political in creation.

All of these MultiLayered LifeLong Learnings and unLearnings will emerge throughout our LIFE as Medicine Journeying Together. We are Well. coming now, beginning to Share UnderStandings of Teachings that will continue to emerge with.in All Healing Heals All. We In.vite All to engage with us, in emBodied MultiSensory Healing by enActing ongoing Offerings of Suggestions, Images, Poetic Flow, Word Play and Opportunities to Reflect. To further Support All Beings on this Shared Journey, interspersed throughout our forthcoming Offerings, We will also be Sharing our Top 13 Trickster Tips intended to Enhance our Sustain.Abilities for Surviving and Thriving as Tranz.Formers in Troubled Times. Trickster Tips are In.tentionAlly In.terWoven throughout our Offerings from this Well.coming to Closing Round. “Top 13 Tips” is a playFull upCycle, honoring Lesbian Activist, Comedian.Trickster and political satirist Elvira Kurt, who inSpired us to gales of Laughter with Top Ten Tips at Michigan Women’s Festival NightStage for many years. In this upCycled reMatriated Version We plant this first Trickster Tip as a Seed to help us be more SustainAble in our Growing and Flowing, throughout every Cycle, All Moons.





TRICKSTER'S TOP THIRTEEN TIPS FOR ENHANCING OUR SUSTAIN.ABILITIES: FOR STAYING ALIVE—SURVIVING AND THRIVING AS TRANZ.FORMERS IN TROUBLED TIMES.

How can i.We continue to have Hope for FutureFullNess for our Descendants.
for Generations to come. in midst of escalating reColonization. and rePatriation.
and current Climate Catastrophe? Calamities are continuously reOccurring.
Created. and In.flated. with.in our Visibly Collapsing. Cyst.emic Structures.
and are Combined. with Heavy Burdens. of InterGenerational. Ancestral.
Transmissions. of Collective Woundings of our Past

How do i.We Keep Going? How do i.We stay Motivated. to want to continue to Challenge.
and make Changes? How do i.We Sustain reSistering Struggles. of reCovery.
deColonization. and reSurgence.
in midst of All that Happens to us. and our Relatives. to Exhaust us.
to keep us Down. and to keep our Minds. off reMatriARTivist working.playing.praying?

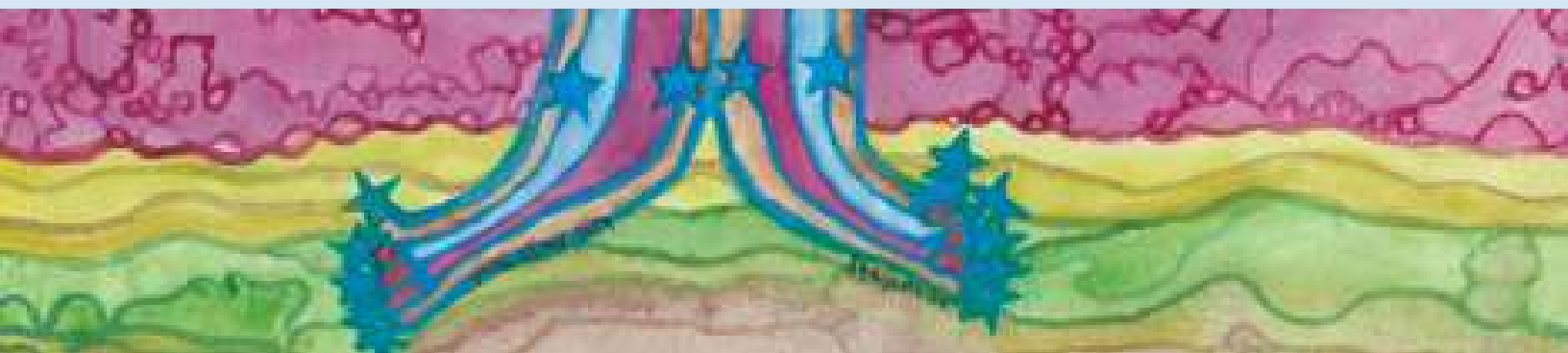
As Lakota Elder Joseph Marshall advises:

“One step on the path will lead to another, and another.

Just begin...and then keep going” (2006).

**TRICKSTER TIP #1: WE START WHERE WE ARE. TAKE ONE STEP.
AND THEN ANOTHER.**

WE RE.MEMBER. WE CAN DO IT!





THIRTEEN MOONS SERIES.3: WE CAN DO IT! TOGETHER.

Pray.Play with Foods: Blueberry. Beet. Turmeric with ©BEAM Paints and Marker. 2022.

BlueBerry Pour Spirals aRound and aRound. Print and Scratch.
AllAtOnce. Bear Hide Stretches. Sacred Paws Journey All aRound.

“Thirteen Moons” our Lodge Keeper said. “and 28 Steps.”

We Start where We are. We take One Step. And then Another.

And Another. We reMember: We Can Do It! Together.

Trickster Teaches: Change is All.Ways Happening.

even as We Speak. even as We Sleep.

And Not All Changes are in Flow.

with Honoring our LIFE as our Medicine. or our Life Givers.



OPENING SUGGESTIONS



We Suggest Opening Steps
as We Continue on our Shared Journey:
Rooting. Grounding. Centering. and Arting.
All.Ways Arting. Before. During and After.
Reading. Listening to. and Collaborating.
With and With.In. All LIFE as Medicine Offerings.
We Slow Down. Breathe. Prepare to Receive Gifts.
of Sacred Time. Space and Place to Connect. Relate. and Reflect.
with.in Images. Poetic Flows. Teachings. Practices. Pathways.
Circles. Ceremonies and Gatherings.
We Invite All to EmBody. Experience. Live.
Our LIFE as our Medicine. All Healing Heals All.
Let's enAct Healing Together.

Suggestions have context, In.tention and purpose. Are Invitations. Portals to practice Political Agency. We are cultivating and enCouraging our Ability to Choose, to Engage, to enAct Personal and Collective Healing through Creative MultiSensory Lived Experiences as Offered with.in Suggestions. We Well.come All to Open to possibilities that can only be accessed in Doing. We select our Opening Words and our **Suggestions** careFully. Suggestions is an important reMatriating Word.Bricolage. We are Know.ticing and Tranz.Forming Dominant and Still Dominating processes and often unacknowledged patterns of Authoritarian and Authoritative Relating emBedded in and reIn.Forcing All Forms of DomiNations. We are privileging Invitational Language, such as Suggestions and Offerings, to Re.Sister any imposition of hierarchical PowerOver currently CommonSense, specifically in colonial therapeutic contexts. We are Honoring All Beings Response.Abilities to Heal in our own Times, Spaces and Places.

We are Offering Opportunities to Begin Now, as We Journey Together, and continue for LifeTimes. We will regularly reMind: We have All had to face All Kinds of Challenges. Difficulties. reActions. Edges. Shadows in our Lives even before We Began our Journey Together with LIFE as Medicine. As We Transition between and with.in Suggestions, Offerings, Rounds, Practices, Processes and Pathways or with.in Circles, Ceremonies and Gatherings We Grow to UnderStand our Lives as our Medicine both PlayFully and PainFully. We Deepen our UnderStandings of All Healing Heals All through enActing Shared Healing WeSpaces throughout this Healing Journey.

We In.tentionAlly embrace experiencing both Light and Shadow. Our multiLayered Woundings from InterWoven InterSectional UnJustICEs will reSurface when We are reCognizing and reStorying our **Old.Cold.Mold. Mould**—harmFull repeatedly reEnActed Relational patterns of domiNations. We are continuously working.playing.praying to Melt our Lived **ICE Fields** which includes InterGenerational, Collective and Ecological Woundings. Through regular Rooting, Grounding and Centering Practices, through our **heARTs**—our Healing Arts, and through Sharing our **Living LandScapes**—our Creations rePresenting Lived Experiences of Healing, We Tranz.Form our Pain. We also reConnect to **reMatriated Resiliencies**—reStorying Joy, playFullNess and Strength in Community Connections. We Well.come All to Pause. to Know.tice, Practice and Reflect on Suggestions interspersed throughout, engaging us Collectively, Practically and Politically in a Meditative, Ceremonial, emBodied, Creative, EarthCentered Healing Arts Journey. ReMinders of Suggestions will be Offered throughout, as Elders All.Ways Teach: Repetition is key to reMembering. our SustainAbilities.

We love to Invite All to regularly and consistently work.play.pray with Arting. Journalling is very accessible, affordable and versatile and can be done with any and all materials: pens. pencils. crayons. stickers. markers. sticky notes. pads of lined paper. single loose sheets of scrap paper. magazine Images and Words. Altered photos. We will begin with some Journal Suggestions, including Book of GoodNess and Response Arts. Some prefer Smaller and More portABle unLined Journals; some prefer to Create Journal Books with HandMade Papers; some choose to upCycle Old Books. Once We are more ComfortABle with heARTs Creation processes and how to return to SafeEnough Spaces when AllAtOnce We Unexpectedly take a Deeper Dive, We can BeCome more adventurous, and engage in Response Arts and reLeasing heARTs—still upComing—so Journey on.

May We Suggest...Rooting. Grounding. Centering and Arting.

When We begin We dedicate Time to Root.Ground. in our Bodies.
We Center in. Enter in. our Bodies in this Present Moment though our Breath.
We Breath deeply and regularly—each Out Breath. Longer.
We Imagine We are Ex.haling All that is Troubling.
and In.haling each InBreath for Well.coming All that will Assist and Support us.
We Know.tice what is Present and Alive. including Sensations in our Body.
We Know.tice our Beating Heart. our Clenching Jaw. our Tingling Hands or Feet.
We Well.come Emotions that are most Surfaced.
We acKnowledge any In.tuitions. or Gut In.stincts Announcing.
We Ground by Connecting to any or All Elemental Energies:
Air.Wind. Fire.Sun.Moon.Stars. All Forms of Water. and Earth.Trees.Crystals.
Smudging. Water Blessing and Earthing are All Ancient Forms of Grounding.Rooting.
Once Grounded and Centered. We Know that We will be Called to Create.
In Mediums or Modes that inSpire. in Colors that Attract.
with Materials that Call. Motions or Sounds or Words that Resonate.
Images or Symbols that rePresent.
We Emerge our heARTs. our Creations. our Living Landscapes—
reStorying our Heart.Core Well.BeingNess.
with.in Shared Ecologies of KinNess. KindNess.
including Families. CommUnities. Societies. Cyst.ems.
Earth Mother. All Our Relations. and Shared Cosmos.
We add Colors. add Water. add Symbolism.
We add Words. Sounds. Movements. as Creations call.



We Suggest Beginning Right Now. by Creating SafeEnough Spaces for Healing. with Books of GoodNess.

We Bricolage language of SafeEnough. rather than Safe.
as no Times. Spaces or Places are Safe for All.
given Depth and Breadth of our Lived. InterGenerational.
Ancestral. Collective. and Ecological Woundings.
We Honor Possibilities for Healing. will only aRise. in SafeEnough Spaces.

Creating SafeEnough Spaces with Books of GoodNess

We Suggest Books of GoodNess as a Grounding Time, Space and Place— as SafeEnough to return to again and again; as a regular Daily Practice We commit to as We Journey. We can begin by Honoring and acKnowledging our GoodNesses: Strengths, HappiNesses, GratiTudes and Resiliencies. We reTurn to our Books of GoodNess for Visual reMinderns of Resiliencies, for Hope and Comfort, and to reStory our Strengths when Times are Turbulent. When We are AbleEnough to acKnowledge once again our GoodNesses, We are simultaneously and synergisticAlly more reFreshed to Face Shadows, Challenges, Triggers, Woundings and Downward Spirals that will inevitably aRise.

May We Suggest...Books of GoodNess: Strengths. HappiNess. GratiTudes. Resiliencies.

We Create Freely. We Prefer any EcoFriendly Medium or Material: EcoMarkers. ©BEAM Paints. Collage. Old Photos. Charcoals. Chalk Pastels. Each page is Dedicated. to HopeFull or Favorite Colors. Happy Memories. Pictures of Persons. Pets. and Guides Loved or Admired. NatureAlly Spaces that soothe. NatureAlly Elements that Energize. Ceremonies and Celebrations. Journeys that UpLift. InSpiring quotes from books. magazines or social medias. Accomplishments. Compliments Received. Positive Affirmations. We Love to Well.come Friends. Relatives. and Collaborators. to Honor our Gifts by Creating pages in our Books. Emphasizing what our Relations Love. Like. Admire. We regularly reTurn to our Visual reMinderns of GoodNesses. Gifts. Resiliencies. and GratiTudes. for Hope and Comfort. for SafeEnough Landing Spaces when Times are Turbulent.



We Know: We will be more Challenged when We Dive more Deeply with.in Creations Reflecting more PainFull processes. We Honor Complexity and MultiLayered Nature of our Healing Journeys by acKnowledging and enActing Books of GoodNess: We All Need to continuously reEstablish SafeEnough Spaces for ongoing Healing. We can Create Openings to reMatriate our Resiliencies, to Honor our Strengths and our Gifts with.in our Books of GoodNess. BeAware: We will continue to emerge Deeper Meanings of SafeEnough Spaces in upcoming Offerings.

We also Suggest Response Arts as a WonderFull Daily Reflective Artng Practice and an inCredible way to reLease Energies and reStory SustainAbilities after experiencing Challenges, Difficulties, Deep Shares, Circles, Ceremonies or Gatherings. Response Arts are an Invitational Practice that Centres our Agency to Respond to our emBodiment, Lived Experiences and Ecologies by Engaging and Being In.Relation to our reActions in and through Creative Expression. We Call All Beings to Create Times, Spaces and Places to Engage with Response Arts Daily throughout our Shared Journey and beyond, whenEver Called or Guided to do so. Through Response Arts, All Beings can Actively participate in Co.Creation of our Lives as our Medicine as enActed in this Lunascript.



May We Suggest... Response Arts

Response Arts are extremely versatile.
 We can Respond to our Experience in Journals.
 and.or reCreate Happenings through any Medium and All Modalities.
 Slowing Down our Breath. and Scanning our Bodies. are essential initial Steps.
 Once We are more In.Bodied. We are more Able to Fully Know.tice.
 where We are Holding. our Stress. Pain.Feelings.
 We can ex.ternalize that Stored Energy. through Color. Symbol.
 Motion. Movement. Breath and. or Sound.
 As We are Able. We Show and Tell our Response Arts with.in Healing WeSpaces.
 and.or Receive Guidance from EagleVisors: Trusted Relatives.
 Elders. GrandMothers. Matriarchs. Guides. NatureAllies. and.or Ancestors.

We Suggest Streaming, Poetic Flow, and Light and Shadow Poems. Streaming can accompany any Suggestion, Image, Experience, Happening or Encounter and be in Response to Images, Poetics, Narratives and Ideas We are Sharing Here. We Flow when We feel Called to Respond to ongoing Relationships and Events with.in our Lives, with.in our Relational Ecologies and with.in our Shared World Ecology. Streaming can be a reLease anyTime, any Place and in any Space. We can All.Ways UpCycle our Stream into Poetic Flow, acKnowledging both Light and Shadow, if and when InSpired.



May We Suggest...Streaming. Poetic Flow. Light and Shadow Poems

Streaming enCourages us to record All Words describing our current Flow:

Sensations. Thoughts. Feelings. In.tuitions. Messages.

We Stream what is Conscious—currently Known—what is Up for us—

Naming what is Flowing through us in this Immediate Moment.

We prefer an unlined Journal with Colored Markers. some prefer Digital.

Some prefer to Stream orally and have our Relatives Listen and Record.

We Stream until We are done.

We look back upon our Flow. and Know.Tice. HighLight. Underline:

what is Floating on Surface—

what immediately appears as Most MeaningFull or Lightest Words or Phrases.

when InSpired. We create Light Poems with No Rules.

We can Repeat Lines or Words or Phrases. and add Words to Rhyme. like Mime and Time.

Now. if We are HeartSparked. We can Dip back into Stream. and see what is on Bottom.

what is leftOver? what did We Not choose. We create Shadow Poems.

Both Light and Shadow are Well.Comed. and can be Woven into Poetic Flow.

We reMind: All Language Choices are In.tentional. are Political Acts. When We InSpire towards Challenging and Changing All Forms of DomiNation, We give Suggestions rather than Directives. We do Not Require any Being to Create with any particular Materials, Techniques or Modalities. We communicate repeatedly that All Beings can Feel In.Spired or **HeartSparked** to come In.to an In.vitation or Not. InSpiration to Respond to any Suggestion is based on our Lived Experiences and our current Realities and is All.Ways Honored. By Respecting In.tentional Choice All.Ways, Together We Resist Dominant One.Right.White.Might.Tight Cyst.ems that Ass.ume what is Best for All.

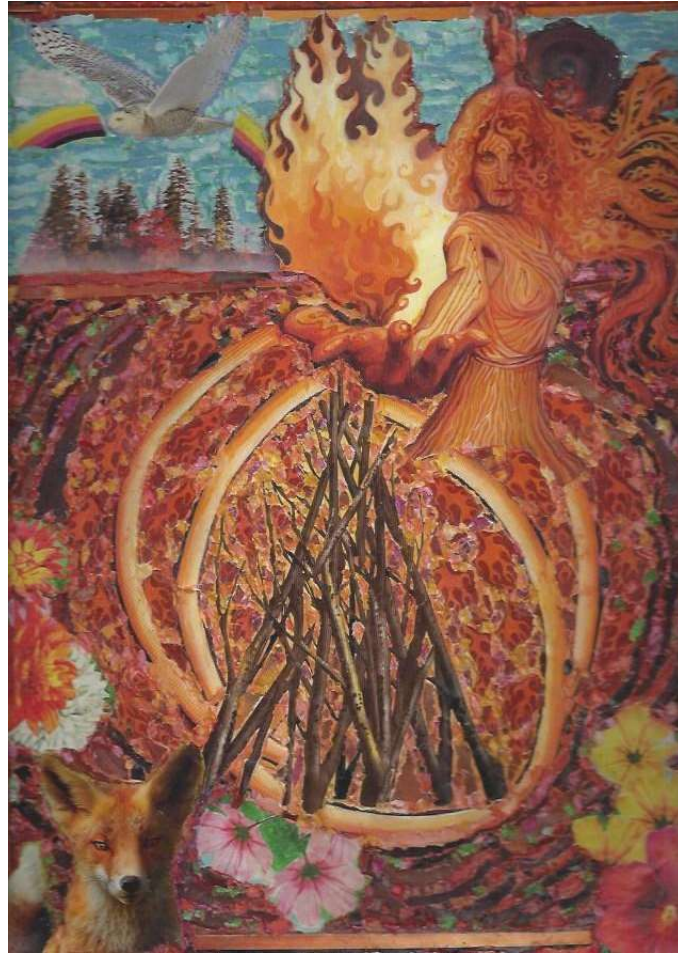
WhenreMatriatingheARTsprocesses, WedoNotOfferanyIn.terpretations or Questions about our Relatives' Creations, or Press.ure any Beings to share Words. When Arting Processes Pause, We collaboratively Appreciate Creations Emerging and Deepen Reflections through Movements, Sounds and Words. **If Well.comed, We may Wonder: what Messages may Creations be Offering?** Creations' Messages as Revealed can BeCome our Title. We Offer Time to Stream, or to Share a few Words, if Heart.Sparked, to Deepen our UnderStandings. We Create a Poetic Flow about Creations Now, or Later, or Never. Whenever We Feel Complete. Stuck. Confused.





**We Pause and Know.tice: what is surFacing?
Perhaps Memories, Emotions, emBodied
Sensations and.or Gut reActions. We can
Experience Feelings of Connection or
dysConnection to certain Colors, Materials,
Motions or Sounds We chose or do Not choose;
to Images, Guides or Messages that Appear
or are not yet Visible or Known. We can Begin
or End with any Suggestion or with Free.Space
Creations, with Choice of Colors, Materials,
Motions or Sounds as In.Spired depending
on whatever is Surfacing, or is remaining
UnKnowAble.**





IGNITING FLAME

SafeEnough Space. Elemental Art. Ripped Collage. with ©BEAM Paints. 2022.

We Offer Sparks of Resistance. Placed In.tentionally. CareFully. RespectFully.
on Dry Tinder. of Minds. Hearts. Spirits. Bodies. We are Seeking Light.

We are Fanning.Feeding Flames. Heat that Heals.

We Pray. with Love. and Gratitude. for Reciprocities. and Resiliencies.
with acKnowledge of our Deep InterDependence. our KinNess. All KindNesses.

May We continue to Feed. Tend. Contain. our In.ner and Out.er Fires.

May Our Ancestors. Guides. and GrandMothers. Support us.
to Blossom. to Catch Fire. to Passionately. and Sustain.Ably Burn.
for reMatriation. Indigenization. Social Justice. EcoKinNess. EcoKindNess.

May All Heal. All Generations before Us. and All Beings yet to Come.
for Earth Mother. All Our Relations. Our Shared Cosmos.

May We reMember. All Healing Heals All.

Our Invitation: We Well.come All. to LIFE as Medicine.

Know.tice: aKin to when our Métis Ancestors Settled at confluence of Assiniboine and Red Rivers, We are about to Enter Times. Spaces and Places where Rivers Meet. Flowing Rivers. Poetic Flows. We Well.Come All to unSettle with.in LIFE as Medicine as our Shared Healing Journey. We will pause our Flow several times to **WithNess**—to be HeartFully With heARTs Shared. All heARTs Offered are described with.in Companion Poetic Flows that like Red and Assiniboine Rivers interMingling, will be Flowing with.in larger Flow. We will simultaneously Weave and re.Weave Suggestions for enCouraging emBodied, Lived Experience engagement with.in Flows. Be Aware: All Rivers, like All of us, have Rapids and Calm Pools.

Now. We will Flow....

Greetings. Anin. Boozhoo. Taanishi. Bonjour. Aloha.

We Wish to begin by Offering Gratitude for Breath of Life.

for Beauty of this Day.

and for All of Us. Sharing Together.

reMatriating Ancestral Medicines.

in this Shared Sacred Space. Time and Place.

We Offer Deep Gratitude for Generosity of our Hosts: Indigenous Peoples of All Territories.

in particular for All Relatives. from our Beautiful Sacred Homelands: Turtle Island.

And for Original In.Habitants here in Mi'kma'ki upon whose unceded Territory.

We are currently Creatively Bricolaging these Words.

for All GrandMothers and GrandFathers. All Wisdom Weavers.

BeautiFull Respected Elders. GrandMothers. Matriarchs.

TwoSpirits. FirstVoices. Relatives. Friends.

Deep Gratitude for this most Precious Honor.

We are Gifted. to Offer. Teachings. Poetic Flows. Images. Blessings.

In.Tended to Deepen our KinNess. KindNess. Together. through Healing Arts.

through reMatriARTing.

We are Creatively reWeaving Webs of RespectFull Reciprocal Relationalities.

reImaging InterDependence in Relationships with All Beings.

reVisiblizing Links between and among. All Forms of DomiNation.

All Forms of Wounding.

All Harm. Harms All.

and All Forms of Healing.

All Healing. Heals All.

We are reMatriating with.in existing deColonization. reConciliation.

reSurgence. Movements.

We are reActivating Creative Healing with.in EcoActivism. Social Justice.

Feminist. Social Change. Movements.

We are Nurturing and Nourishing more inSpired. Collaborative. Compassionate.

and Creative, TransFormational Practices and Processes.

We are reStorying Peace. Harmony. and Balance.

with.in our Heart.Core BeingNess.

between and with.in All Genders.

between All Peoples.with.in our Communities.

For and With. All Our Relations.

Near and Far. Known and unKnown.

Named and unNamed.

We are Fyre Jean Graveline. She.We Who Keeps Fire in Lake.

We are Blessed to have Cree. Anishinabek.

Orkadian. and French Elders. Teachers. Relatives. and Ancestors.

We were raised on unceded Opaskwayak Cree Territory.

Nestled between North Saskatchewan River. and Grace Lake.

near The Pas. Known as Gateway. to Manitoba's Northern Bush Country.

Once Fur Trader Post. then ManCamp. then MillTown.

The Pas is Known for two things.

Sadly. “Conspiracy of Silence” (Priest, 1989).

and proudly Northern Manitoba's Trappers' Festival.

We want to acknowledge, with Deep Gratitude and Love.

Nourishment and Support. We Receive each and every Day.

from Ancestors who have come before us.

All Relatives. in Blood. and in Spirit.

who have inSpired. Motivated. Guided. us.

to Live. as a Rebel. a Re.Sister. a Change Maker.

a Revolutionary. some say a TroubleMaker.

These are All Titles. We are Proud to Embrace. reClaim.

in HonorAble Traditions of our Métis Ancestors.

most MentionAble. of course. Louis Riel.

When We speak about ReAwakening Ancestral Resiliencies.

We reMember. We are reEnlivening our MatriCentric Roots.

InterWoven Roots. that extend Deep. into our Earth Mother.

Connecting All Earth's Children. All of Humanity. All Our Relations.

We are Here. to get to Root. of what needs Changing. to be more Radical.

to be more like Trees. to beCome more Rooted. Grounded.

to be All.Ways Reaching. Connected. inSpired.

Like Trees. We Receive. Nourishment. Draw Water. Nutrients. Energy.

Up from Earth Mother. through our Roots. Feeding our Growth.

Like Trees. We Reach to Receive. InSpiration. Breath. Light. Energy. HeartSpark.



ME AS TREE: ANCIENT GRANDMOTHERS

Response Art: Mother's Day Blues.

Self Hardening Clay and Acrylic. on Upcycled Hardboard. 2016.

Ever Changing. Bud to Leaf. Green to Yellow. Red. to Ground.

Skin Mottled. Cracked. Bird. Bug Ridden.

Surviving. Thriving. Difficult Human Encounters.

AncientTree is Healing. Injuries ooze SAP.

SAP Nourishes All Life. Forms.

Bugs. Birds. Bees. and Me. Reciproci.Tree. Gives. and Receives.

Like Ancient Trees. GrandMatriarchs Thrive in Harsh Circumstances.

Roots Reaching. Curling. Grasping. Holding On.

Digging Deep. Holding Ground. All aRound.

All Trees and Plants. Holding. Weaving. Roots. Together.

Red Flagged Arms. Reaching High in Sky. Offering Gifts. Willingly.

Finding. Giving and Receiving. our LIFE as our Medicine.

Like Us. AncientTree needs All Elements to Survive. Thrive.

Earth. Water. Air. SunLight. InterActive. InterWoven. InterDependent.

We Need All Relatives. InterConnecting our Roots to stay Standing. in Storms.

when Trees Breathe Out. We Receive. what Breath We reLease. Trees Breathe In.

We Are Kin. with Trees. Me as Tree. We as Forest. We Grow and Heal Together.

Down from Sky World. Sun. Moon. Stars. reStorying our Spirits.
 Like Trees. We Give. Generously. Sharing Our Divine Gifts.
 We Share what We have. when We have Energy to Give.
 Trees Shed Leaves. GraceFully. PeaceFully.
 Never scramble to lean Down. and pick back Up. what has been reLeased.
 Trees Share Fruit. Nuts. Willingly. Generously.
 UnderStanding. Reciprocity means both Giving. and Receiving.
 Trees Scatter Seeds. Spontaneously. EnergeticAlly.
 acknowledging. enActing ResponseAbilities.
 Obligations. to Generations before.
 And Descendants yet to come.
 Even when Wounded. Trees continue to Teach. and Heal.
 Trees Never quit Growing. and Adapting.
 Continuing to produce Healing SAP. Sapping.
 Trees Teach us to make Medicine. from our WoundedNess.
 Like Trees. We SAP to Soothe. our Injuries.
 when Collected. Cured. and Blended with Medicines.
 Our SAP. can Cure. many of our Relatives' Ailments.

Like Trees. and Plant Relatives.
 We Reach Out and Connect. Ground through our Roots.
 Sharing Water. Nutrients. Medicines. Messages.
 to Survive and Thrive. We Link to Kin. Kind.Minded Relatives.
 InterWeaving our Roots. Tapping into UnderLying Neural Network.
 This will Sustain us to remain Upright. in Stormy Weather.
 Especially needed in these Troubling Times. of Climate Catastrophe.
 Wars. Polarizing Politics. Cyst.em BreakDown. Pandemics.
 We acknowledge. We are Here. like Trees. like Roots.
 to Grow and Expand. and Break through.
 Brick Walls. Cement Floors. and No. not Glass. Cement Ceilings.
 of Dominant and Still Dominating. Colonial Patriarchal Powers.
 And We are Here. to reach our Boughs to SkyWorld.
 to Absorb Light. Connect to Ancestors.
 and share Hope and Resiliency. for and with. All Beings.
 Collectively reClaiming our Right to SafeEnough Shared Spaces.
 Creating Collaborative Healing WeSpaces.
 Honoring our Tree Relatives. We Recognize. reMember. and Revere.
 Mother Earth. our BeLoved NeMaMas. Circling. with.in our Shared Cosmos.
 Many Humans have Amnesia. Forgetting. Why. We are Here. Now.
 We reMember and reMind: Our Spirits came into these Bodies.
 at this particularly Challenging Time. Place. Space.
 to Love and Respect our Relatives. our Kin.
 to Share in Mother Earth's BeautiFull Bounty.
 We are Here. Now. to Honor Right Relationships.
 to reStory Ancient Matriarchal Laws of Reciprocity.
 to relgnite Cosmic. Universal. MultiVersal KinNess. KindNess.



ME AS TREE. GROUNDED WHILE REACHING.

Play.Pray with Foods: Coffee. Beet. BlueBerry with ©BEAM Paints. 2024.

as i pour my Coffee Remains on to Page.
i.We are Wondering. How to Be. more SustainAble.
in All We Say. Do. Be. Offer.
AllAtOnce. Ancient Maple Calls:
“Be Like Me.We.
Ground with Roots in Earth.
before Reaching to Far. for Stars”.

Instead of Honoring Ancestral Tree Teachings.

Grounding Deeply with.in Earth Mother as Kin. Being Kind.

and Reaching Up Far. for Stars. for VastNess of UnKnowAble.

Our Shared CommonSense. has now beCome MeasureAble. ProveAble.

DomiNation. Extract.ivist WorldEcology. Proliferates.

through Scientism. Materialism. Capitalism. Industrialism.

Sexism. Racism. Ableism. EuroCentrism.

In.Divide.Dual.ism. Humanism.

We UnderStand. All Beings. Mother Earth. GrandMother Moon.

Star Nations. Trees. Waters.

All Our Relations. are All Living Beings.

Like us. All have Rights. ResponseAbilities. and Obligations to Fulfill.

Instead of Flowing Freely. Fully Able. to Be.

All Beings have been reCrafted. Drafted. as Resources. to be Extract.ed.

resulting in Devastation of Sacred Tribal Lands.

All Lands. and Irreparable Harm. to All. Life.

All Elemental Energy Forms. We Rely upon for Life.

Air. Fire. Water and Earth. are Capital.ized upon. as are We.

many Relatives...Plants. Animals. Birds. Bees.

All Our Relations: Humans. FourLeggeds. Swimmers. Crawlers. Flyers.

Trees and Plants. Stone and Star Peoples.

are Threatened with Ex.tinction.

Jason Moore. Settler Patriarch. Authorizes "world ecology".

to describe current violent relationship between Nature and Humans.

where capitalism ceaseLessly expands by dysStroying Mother Earth:

*"steadily remaking environments around the planet as it relentlessly
pursues and exhausts new commodity frontiers"* (Fisher, 2019).



HELP. MEGA.PREDATORS. ARE EATING CREATION!

Response Art. Mixed Media Ripped Collage. 2019.

We are Driving on Dark Back Roads. UnConsciously. Ignoring Shadows.
Somehow Believing. We are Safe. in our Little Boxes.
not Know.ticing. Visible. Signs and Symptoms. DysAster. DysStruction.
Meanwhile. All of Creation. is under Attack.
by RelentLess. Greedy. Colonizers. Mega.Predators.
Patriarchal. Reptilian. Dominators.
Please. Turn on HeadLights!



May We Suggest...Breathing GrateFully

We can Pause. Right Now.
We Know.tice our Breath. We In.hale. PAUSE. We Ex.hale.
We Slow our Breathing Down. In.hale. and Ex.hale several times.
We Offer Gratitude for Gift of Breath. Gratitude for Air.
Gratitude for Breath of Life. Gratitude for Trees and Oceans. Plants and Bees.
We acKnowledge our Connection with All Life. through our Breath.
We acKnowledge All our Ancestors. All Beings. through our Breath.
Now. We just Breathe. when We are Ready... We will continue to Journey on...

WomenBodied. once Respected and Revered. as Sacred. Life Givers.
are Minimized. Marginalized. Murdered and Missing.
Like Mother Earth. We. have been reCrafted. Drafted. as Resources.
to be Raped. Commodified. Capitalized on. Extract.ed. Trafficked.
Severn Cullis-Suzuki.
Descendant of Japanese Settler Elder David Suzuki.
says: "Each one of us comes from a woman
and ultimately, All of us come from the Earth.
Ancient truths, yet today we deny them.
This denial allows extremist resource extraction,
and where extreme extraction occurs,
violence against women is rampant."(2015).
Having Severed Connection. to our True Sources of Life.
many Humans are Possessed. Obsessed.
by an ever-growing Colonially. inSpired Hunger.
Capitalizing. and Consuming. More and More. and More.
of every Being. every Place. every Space. every "Thing".
Globally. We are currently experiencing a Crisis. of DysConnection.
DysPlacement. frag.Men.tation. UpRootedNess. Angst. EcoTrauma. FutureLessNess.
Many do Not feel at Home. Anywhere. on Earth Mother. especially in our Bodies.
Many have heightened Fears. Anxieties. Deepening DePressions.
InTense.ifying Relationship Difficulties. Complex Consuming Cancers.
Sweeping Pandemics. InTense.ifying Climate Catastrophes. Political UpHeave.Alls.
are causing. and reInForcing I.solation. Restricting our Connections.
with our Relatives. our Sacred Places. Earth Mother.
Separation. Divide and Conquer. is enForced. reSourced. inTense.ified.
through Polarizing Politics. Militarized. Authoritarian Regimes.
All are Directly Related to Colonial Patriarchal DomiNation.
marked by Rape.acious Greed. Capitalization. Extract.ivism.
All are Continuously Escalating. Rapid Deterioration. of our Shared Habitats.



HEART IN CAGE

Response Art: After With.Nessing Group Share at Women's Shelter.
Tempera Paint on Paper. 2004.

i am Sad. and Mad. oh so. so. so. Mad and Sad.
my now Tender Heart Hurts so. so. so. Bad.
i reach for Paint. and Squirt real Big. Really i Need to Shake. and Dance a Fast Jig.
Black and Red. how many. many. many. Women are Dead.
i Scrape and Scratch. until an Image. i finally Catch.
Heart in Cage is Center Stage. and i am AllAtOnce totally Afraid.
more Spikes are needed to stay Safe inSide. i Chide.
Time to be Done. and Off i Run. to Sun. Today. Art was Not Fun.

**We are ResponseAble to make Every Effort.
to Not ShutDown. to remain PainFully Aware.
to Not Turn Away. from Woundings.
from DysComforts. of Knowing.**



**TRICKSTER TEACHES: BE. AWARE. ACCEPTING EMOTIONS
IS CRUCIAL FOR HEALING AND TRANZ.FORMATION.**

- + Frozen Emotions are an emBodied Survival Response. When We are Overwhelmed We ShutDown or Freeze. Unfortunately, over Time our Stored Emotions create IllNesses.
- + Grief is a NatureAlly Response to Loss. When We Block Grief We also ShutDown to Feelings of Joy. Awe. Gratitude. and Connection. All are necessary for SustainAble Relationships.
- + Anger is a NatureAlly reAction to Injustice. When We Hold in Anger, We can randomly reLease punishing Rage on Loved Ones. on Earth Mother and our own Beings.
- + Dominant and Still Dominating People and Cyst.ems enForce only OneWhiteRightMightTight Rule about Feelings: Control. This means that We All need Safer Times, Places and Spaces to acknowledge and Accept Feelings, Fears and Frustrations.
- + We Heal when We Cry Together. Tears are UnderStood as a Gift, as a Medicine. Tears are our SaltWater Connection to our Emotion Ocean. Tears will reLease All Fears, All Shame and Blame, All Grief and Anger.
- + Sharing and WithNessing our Emotions Collectively and Creatively reStorys Community. Once Frozen Energies are Freed more Energy can Be reDirected towards Tranz.Formations. necessary to reStory more Harmonious RespectFull Reciprocal Relationalities.
- + Our Feelings are Pathways to Tranz.Formation: there is a close Connection between strong Emotions and our WillingNess to Act.

**Let us All Receive a Pause Moment.
Now. Breathe. and acKnowledge.
We are Here to Heal.
We are Journeying Collectively.
Together. We are Earth.
We Embrace EcoKinNess.
We Honor EcoKindNess.**

May We Suggest... Art of Smudging

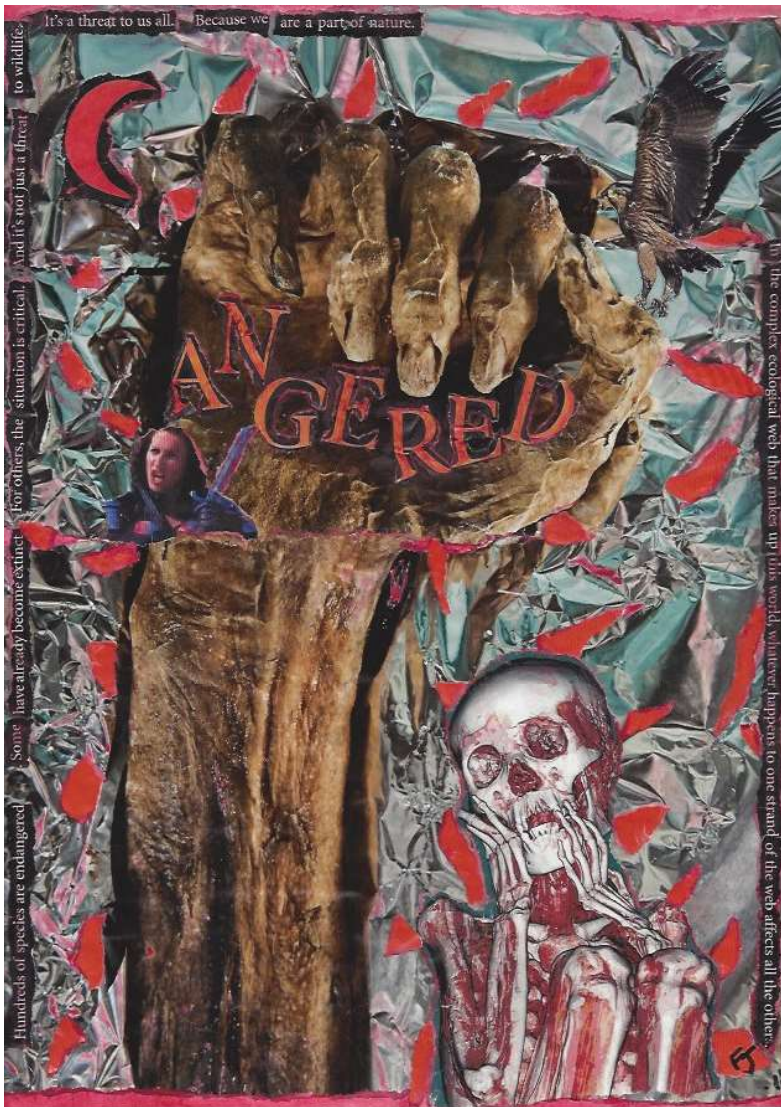
NOTE: If Indigenous Knowledges and Smudging Medicines have been Gifted to us We can practice Art of Smudging. If uncertain about In.tentions. ResponseAbilities towards Healing Plants. Knowledges. or Energies Called. We Suggest following Local Protocols and seeking Support of GrandMothers. Elders. Matriarchs. Wisdom Weavers or EagleVisors.

To Practice Art of Smudging We Gently place dried Medicinal Plant Allies.
RespectFully and ReciprocAlly Harvested. in a Shell. Clay Bowl or Cast Iron Pan.
We pay Loving Attention to Colors. Shapes. and Healing properties of Plant or Plants chosen:
Sweet Grass for SweetNess and Love; Sage for Cleansing.
Cedar for our Ancestors. BearRoot for Calming and Protection.
We Offer Prayers of Gratitude and bring a Coal. or lit Match. to Medicines.
If Well.comed. We Breath In Scent as Ancient Healing Smoke aRises to greet us.
We Connect. to Healing Energies of Sacred Plant Sisters with our Hands. or Feather.
with Smoke We Wash our Hands. Brush our Minds. Hearts and Bodies.
We SlowDown. Breathe. Pray. Express Love and Gratitude for Breath.
for our Lives. for All Life. our Ancestors. and our Descendants.
for Plant Medicines. for Earth Mother and All She provides.
Once We are Cleansed. And when Called.
We add Tobacco.Shaved Willow for any Requests.



We are Called to acKnowledge: fundamental Gender. Cultural. Spiritual. Geographic.
 and Material Differences. dysParities.
 were Initiated. Exist. and are. continuously Heightened. throughout.
 and with.in Colonial Patriarchal HeteroNormative Processes.
 Now. everWidening Gaps are more Visible. than ever before.
 Deep InterSectional Divides are reProduced Daily.
 We Know.tice: Who Eats? and Who Starves?
 Who is Safe. ComfortAble. Housed? Sheltered?
 and Who is HouseLess? HomeLess? Cold and Wet?
 Who is Protected from Violence?
 and Who is Harassed by Authorities?
 Who lives in Gated Communities?
 and who lives by Toxic Dumps?
 Who can afford Alternative Treatments?
 and who is tied to crashing Care Systems?
 Ultimately. Deep InterSectional Divides Determine.
 Who Laughs and Who Cries.
 Who Lives and Who Dies!
 WomenBodied. Indigenous. Racially Diverse. Gender NonConforming. Peoples Worldwide.
 are Continuously Adversely Affected. by InterGenerational. and Ongoing. Violences.
 DysStruction of our Ancestors. Livelihoods. Lifestyles. Languages. and Lands.
 Here. in what is currently SoCalled Canada.
 his.Storical Colonial Acts.
 like Massacre of Buffalo Herds.
 Criminalizing of Sacred Ceremonies.
 Forced reLocation. conFinement onto Reservations.
 Legalized Assimilation. and widescale Murder.
 Instigated and Supported. through Government Legislation.
 Missionization. Indian Residential. Boarding Schools. Day Schools.
 Continues Today. through Modern Cyst.emic Violence.
 Lack of meaningFull Investigations.
 DysAppearance. of Hundreds. Thousands. possibly Millions. Worldwide.
 Murdered and Missing Indigenous WomenBodied. Girls. TwoSpirits.
 Many lives have been Lost. at Hands of Tax Funded. Officials.
 Heavily Armed. Heavy Handed. Supremacist. Patriarchs.
 Law enForcers. SoCalled PeaceKeepers. Military. Police.
 WideScale Apprehension. Adopting out. of our Children.
 Known as "The Sixties Scoop". where Government Officials.
 Scooped.Stole and sometimes Sold. Indigenous Children.
 to "Good White Parents...for Their Own Good".
 Happened in 50s. 60s. 70s. 80s. 90s. 2000s and Still today.
 Reverberations continue to Ripple. throughOut and with.In our Shared Ponds.
 with Ongoing enForced conFinement of Young and Old.
 in Correctional facilities. on MentalHealth wards.
 in racist irrelevant SoCalled educational Systems.
 Environmental Racism. is Evident. All aRound our Shared World.

On Turtle Island. We have ongoing Land Conflicts. with Colonial Authorities.
 including: Oka. Boat Harbour. Stop Alton Gas. Standing Rock.
 And Unist'ot'en.
 where Pipeline projects continued. deemed as Essential Services.
 in midst of widespread Pandemic Lockdowns.
 Business As Usual.
 Workers travelling in. rePopulating ManCamps.
 Risking Indigenous Peoples' Lives.
 Taking Indigenous Womens' Lives.
 Meanwhile Matriarchs. GrandMothers. Hereditary Chiefs.
 Dragged away by Heavily Armed. Military Men.
 Heavy Handed. Colonizers.
 Beaten. Jailed. for Defending. Ancestral Lands and Waterways.
 Lands All. Ready Legally Proven to be Indigenous.



**EMBEDDED IN COLLAGE
IS THIS FOUND POEM:**

"Hundreds of Species are endangered.
 Some have already become extinct.
 For others, the situation is critical.
 And it's not just a threat to wildlife.
 It's a threat to us all.
 Because we are a part of nature.
 In the complex web that makes up this world.
 Whatever happens to one strand of the web
 affects all others."

ANGERED

Response Art: Extinction Rebellion. Ripped Collage with ©BEAM Paints. 2019.



May We Suggest...Compassionately Listening to Pain

We Sit or Stand quietly. Feel Feet Rooted. on Earth Mother.
Breath In.to Body. Sense In.Ward. Listen to Pain. Focus on what Hurts.
Breath In.to Pain. Allow Pain to Be. Breathing Light. Favorite Color into Pain.
Relaxing. Allowing. Accepting. How does Pain Look? Move? Color?
How does Pain Feel? Pulsing? Poking? Throbbing? Vibrating? Hot or Cold?
Embrace Pain as Spiritual Teacher.Guide.Messenger.
what Message does Pain want to Share? PAUSE.
when Ready. Partner with Breath. with Air. on Ex.hale. to reLease Pain. to let Pain Go.
on In.hale. bring Light. Color. PAUSE. on Ex.hale reLease Pain.
We send Breath to Feet. to Ground. to Earth Mother.
We Invite Mother Earth to Receive. Compost and TransForm.
We thank Pain for being a Messenger. an Esteemed Teacher.
We In.hale and Ex.hale deeply several times In. with Light. Color. Out. with Pain.
We Create an Image.Movement.Sound. that rePresents our Pain.
We can Scribble or Collage our Pain. Pain can be a Color. a Shape.
an Ancient Symbol. an actual Organ or Body part.
if InSpired. We can visuAlly See with a Mirror. and.or View with.in a Medical Dictionary.
We rePresent Pain in any medium or mode We are drawn to.
We Stream: what Messages. Sensations. Feelings. Fears. Grief. Rage. aRises?
what Wonderings aRise as We Visually Create Pain?

Achingly PainFull. Visible Acts of Colonialism. are enActed Today. EveryDay.
reProducing. Extract.ivism. Impacts are Multiplying. Exponentially.
reActivating All his.Storical. InterGenerational. Collective. Ecological. Woundings.
And will NatureAlly. continue to Produce. and reProduce.
Multiple Forms of Resistance. Rebellion. Resilience.
Like Earth. Trees. Ancestors. We are Resilient. reKnewing. reKnown.
We EnCourage All to be more like Earth. Trees. Ground.Root.Reach. Get more Radical.
We Well.come ResponseAbility. to enAct Change Strategies. reConcili.Actions.
We Nurture and Nourish All Beings. to Heal. reBalance. reConnect. reStory.
We reMatriate to reStory KinNess. KindNess. Seeking to Harmonize.
with.in our Beings. with.in Families. Communities. Nations. Ecologies.
between Genders. Clans. Societies. Cyst.ems. and Structures.
with.in All Our Relations. for and with. Earth Mother.
for and with. our Ancestors. and our Descendants.
with.in interWeave of MultiVersal Cosmic Energies.

As Robin Wall Kimmerer. Matriarch.
Potawatomi Nation in Oklahoma tells:

“Action on behalf of life transforms. Because the relationship between self and the world is reciprocal, it is not a question of first getting enlightened or saved and then acting. As we work to heal the earth, the earth heals us” (2013).



May We Suggest...Earthing

Earthing refers to embracing our NatureAllies. Outside. on Mother Earth.
Touching NeMaMas Skin directly with our Bare Feet. Hands. Full Body.
We Relate with Plants. Trees. Animals. Birds. Insects. Rocks.
or Sacred NatureAlly Spaces that are Calling us.
We Offer Tobacco. Food. Love and Gratitude.
reMatriating Ancient Laws of Reciprocity by Giving Back. for what We Receive.
HeartFully. mentAlly. and.or verbAlly. We Ask for Consent to Connect. for Teachings.
If We get a Yes—a positive Feeling—We continue.
We Know.tice our emBodiment. All our MultiSensory Connections:
Sights. Sounds. Smells. Tastes. Sensations. Feelings. In.tuitive Whispers.
All Kinds of AwareNesses are Well.comed.
We are Earthing when We Slow Down and Connect.
Reflect and Create in Connection with Earth Mother.
with NatureAllies. with Elemental and Ancestral Energies.
For Earthing We Seek calming SafeEnough Spaces. to Root.Ground as availAble.

All Healing. and reConciliation. All Change Practices and Processes.
that are Rooted. with.in Dominant and Still Dominating Perspectives.
Rational. Linear. Polarized. Mechanized. Extractivist.
Western. Eurocentric. Patriarchal. HeteroNormative. Ableist.
will further Isolate. Wound. and Problem.atize.
will continue to frag.Men.t All Beings. Families and Communities.
will fuel ongoing Divisions. and Struggles. between Genders. Races. Nations.
WomenBodied. Queer. Indigenous. Racialized. and White.Settler.Ally Peoples.
Locally and Globally. are WakingUp. StandingUp. ShowingUp.
We are more frequently Wondering:

How can We enTrust. our Health and WellNess. our Lives. our Descendants.

to those whose Ancestors WillFully caused so much Wounding?

and Took and continue to Take so much? Why would We Trust?

We are Wondering: How and When?

have hyper.In.divide.dual.istic Patriarchal. Theories. and Practices. Changed?

Why continue to Ignore. our InterDependence. with All Our Relations.

Earth Mother. our Shared Cosmos?

Why continue to remain Strangely Silent. on our Communal Spiritual.

Reciprocal Obligations. to our Ancestors. our Descendants.

and our Creator?

We are Implicating. and Challenging. All Languageing. Tools and Processes.

Knowingly. and UnIn.tentionally. Weaponized. to Dominate.

Colonize.

Capture.

Missionize.

Assimilate.

Extract.

Pathologize.

Pacify.

rePatriate.

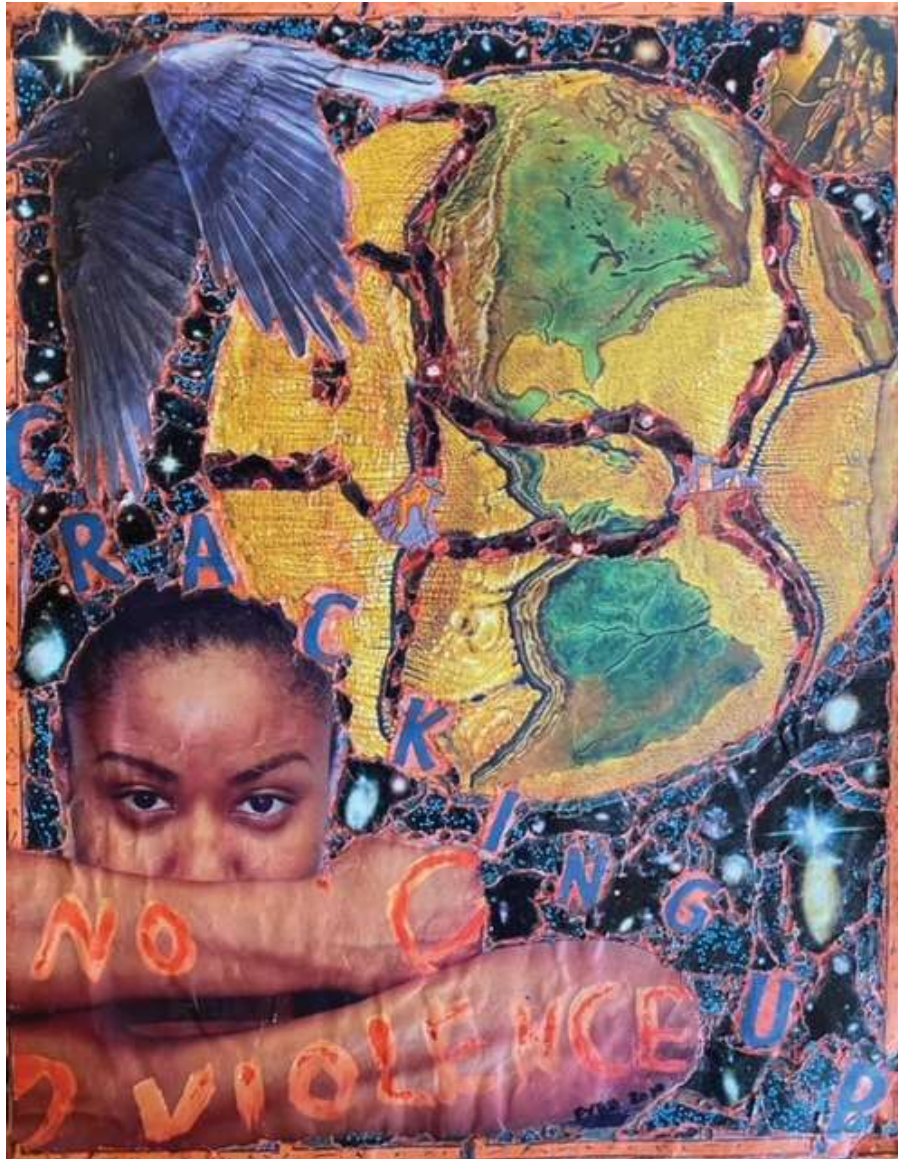
Negate.

Subjugate.

Denigrate.

Hate.

Violate.



NO MORE VIOLENCE

Response Art: Simple Ripped Collage with WaterColor Paint. 2019.

See Mother Earth. Cracking Up. Fracking Up.

Heavy Handed Colonizers are Blowing Up. Chopping Down. All aRound.
Carting Away. EveryDay. Grinding Her. Our Body into unReCognizAble Bits. DimWits.
Trickster Raven. Tells of Doom and Gloom. Cosmic Order is being dysOrdered.

There is No More Room. We Say No! No More Violence! No More Silence!

Matriarchs aRound World. Young and Old. Meek and Bold.

We Stand Strong for and with our BeLoved Mother. There is No Other. NeMaMas.

Take a moment to Breathe. and to Reflect. . .

We ReMind: We Suggest...Breathing GrateFully



We can Pause right now. Know.tice our Breath. In.hale. Ex.hale.
Slowing our Breathing Down. Offering Gratitude for Breath. for Air.
acknowledging our Connection with Trees and Oceans.
Plants and Bees. All Living Beings. through our Breath.
Right Now. We just Breathe.

We ReMind: We Suggest...re.Turn to Books of GoodNess

when We are deeply Challenged. painFull Responses are Expected.
We can create SafeEnough Spaces for Tranz.Formation. reStory Hope and Joy.
by repeatedly reTurning to our Books of GoodNess.



SUN THRU ICICLES

Book of GoodNess. Photovoice. 2015.

Earthing one Day. after Big Brutal IceStorm.

Awe.SomAzing. Magnificent Icicles. MagesticAlly Hanging.

PowerFull SunBeing Glimmers and Glints. Pierces our Souls. Lightens our Spirits.

when Winter Warms. Light reTurns. All BeComes Alive once more.

reMinding us: when We are SafeEnough and Warm. our ICE melts too.

Beauty and Meaning is in All of Life. All of Nature. All of Creation.

Andy Fisher. wellKnown Settler Patriarch. EcoPsychoTherapist.
 Authorizes: "We've had 115 years now of psychotherapy
 and the world is still getting worse."
 He continues: "It takes an act of will to imagine
 forms of therapeutic practices outside the groove" (2019).
 We Respond: We are Acting WillFully and ImagiNatively All.Ready.
 and We Commit to Continuously Collectively CoCreating.
 many Acts. of RebelliousNess. Resistance. and Resilience.
 Continuously. Imagining. and enActing. OutSide DomiNations.
 OutSideTheOne.Right.White.Might.Tight. Box.
 Currently CommonSensically. conTaining. conTaminating.
 conFining. reFining and deFining Us All.
 We Seek. to TransForm All Dominant and Still Dominating People and Systems.
 and to enVision and reMatriate more hopeFull Future Possibilities.
 We reCreate. reMatriate. Collaborative Healing WeSpaces.
 where Harmonious RespectFull and Reciprocal Relationalities are reStoried.
 We coCreate Healing Arts as heARTs. and heARTivism.
 heARTs enCourage us. to reImagine possibilities of Heart.Core. WellBeingNess.
 to AncestrAlly and SpirituAlly reConnect.
 to Visually and Experientially emBody Change.
 to make Sense. of Present Difficulties as Opportunities. to Grow.
 heARTivism embraces. an interWeave of emBodied and Relational.
 Personal and Political. Structural and Ecological.
 We are continuously Emerging. heARTFully Growing. our Lives. as our Medicines.

Radical Roots of LIFE as Medicine. Grounded with.in reMatriated Healing Arts.
 are Deeply InterTwined with.in Body. of our Earth Mother.
 Visible with.in VastNess of Star.Studded Night Skies.
 are far Older. Deeper. and provide More Nourishment. More Healing.
 than PatriColonial Sciences. of Medicine. or Psycho.Logy. ever will.
 and will All.Ways remain Elder. and Wiser.
 no matter how much Linear.ClockTime passes.
 We Honor Mythos. TimeLessNess. Not Chronos. Chronology.

Robin Wall Kimmerer. Matriarch. Potawatomi Nation. Oklahoma. Confirms:
"The land knows you, even when you are lost" (2013).



LAND KNOWS US. EVEN WHEN WE ARE LOST

Play.Pray with Foods: Coffee Pour with ©BEAM Paints. 2023.

our Roots Reach Deeply into Earth Mother.

down through All Layers of Soils. Waters. Rocks. Fires.

Worms are Crawling. and Seeds are Storing. and Popping.

Healing Happens in Layers. and She. and We. are All.Ways Healing.

when We reMember. Mother Earth Never Forgets. We are Her Children.

She Knows Us. even when We don't Know. We are Lost. We are Found.

WomenBodied. Indigenous Peoples of All Cultures. relied upon EarthCentered HealingArts.
 to survive his.Storical. InterGenerational. Collective. Ecological. Genocide.
 Still Happening on our Lands. with.in our Ancestral HomeLands.
 In.Spite. of past.present efforts to Eliminate. Erase. Assimilate. Us.
 our WeNess. our Collective Memories. our KinNess. our KindNess.
 We Remain. Still Living. Thriving. by UpHolding. our Ancestral Matriarchal Knowings.
 through Stories. Myths. Ceremonies. Prayers. Chants. Arts.
 Masks. Mandalas. Medicine Wheels. and Sand Paintings.
 Were. and Still are. Created. by Healers. to reMatriate.
 to CeremoniAlly. SymbolicAlly. PracticAlly. EcoLogicAlly.
 Return us to Balance. Peace. Harmony. InterDependence.
 with.in our BeingNess. with All Our Relations.
 with All Multiversal Energies.

From Ancient Times to Today.
 Ancestral EcoArt Forms. have been Functional. BeautiFull. and Ceremonial.
 Our Stories. Songs. Dances. Dramatic enActments.
 Were. and Are. inSpired. from RespectFull Reciprocal Relationalities.
 Relationships. with Ancestors. Creator. Guides.
 GrandMothers. GrandFathers. Descendants.
 Animals. Birds. Winds. Waters. Sun. Stars. Moon.
 Fairies. Little Peoples. Mermaids. and Monsters.
 Drumming. Dancing. Beat of our Hearts. Rhythm of Tides. Roar of Winds.
 Motion. Emotion. Movement. Creates. Sustains. reStorys Life.
 Reveres LifeGivers. Nurturers.

We are Not Longing to Return. to a Frozen. Imagined. Past.
 We are reMatriating our Indigenist Ancestral Resiliencies.
 through In.tentionally Spiritual. emBodied. Healing Arts. heARTs.
 As Artists. Healers. Activists. Social Workers. Educators. Visionaries. as heARTivists.
 We Listen. Actively acKnowledge. and Support.
 ongoing Struggles for Personal. Communal. Global. deColonization.
 required to reStory Balance. to bring Healing.
 to reStory InterDependence.
 required to find Peace. Harmony.
 to begin True reConciliation.
 which will only be Possible.
 through reWeaving our Webs of KinNess. KindNess.
 through enCouraging many. Diverse. reconcili.Actions.
 between and among. Genders. Races.
 All Peoples. All Beings. All Our Relations.
 for and with. Earth Mother.
 with.in our Shared Cosmos.



WE ARE WEBS OF CREATION.

Pray.Play with Foods: Beet. Spinach. Turmeric. ©BEAM Paints and Markers. 2024.

Raw. Red Beet. Broken Hearted HandPrint. Presses onto Page.

Seems to be Reaching. for What? yet UnKnown.

Small Circle. then Spiral reveals and unWinds.

AllAtOnce Webs of Creation Speak:

“Yes. We are All Created. and Creators.

We are All Intricately Bound in Shared Web.

BeAware. All.Ways. how Hands. Feet. Touch Earth. Creation. All Our Relations”.



We reMind: We have Suggested All continue... Daily Response Arts

Response Arts are extremely versatile.
We can Respond to our Experience in Journals.
and.or reCreate Happenings through any Medium and All Modalities.
Slowing Down our Breath. and Scanning our Bodies. are essential initial Steps.
Once We are more In.Bodied. We are more Able to Fully Know.tice.
where We are Holding. our Stress. Pain.Feelings.
We can ex.ternalize that Stored Energy. through Color. Symbol.
Motion. Movement. Breath and.or Sound.
As We are Able. We Show and Tell our Response Arts with.in Healing WeSpaces.
and.or Receive Guidance from EagleVisors: Trusted Relatives.
Elders. GrandMothers. Matriarchs. Guides. NatureAllies. and.or Ancestors.

As heARTivists. We are being Called. to Share our Divine Gifts.
to Embrace our multiDimensional Powers of Creation. of Creativity.
to Respond. TruthFully. Directly. RespectFully. Compassionately.
to Pains. and Traumas. of All Beings.
to Embrace InterDependence.
with our Mother Earth. who sustains All Life Forms.
Our DNA is Definitive. We are Earth. We are Stars.
LIFE as Medicine. Echos. Reverberates. Strengthens.
heARTFelt Messages of Ancestors. Elders.
GrandMothers. and GrandFathers. Sisters. and Brothers.
All Healing. Heals All.
We Honor. and Express Gratitude. to All Teachers. who have Shared. Gifts and Words.
over last several many Seasons. Moons. Generations.
We are Here. to reMatriate Ancestral Resiliencies. for and with.in All Beings.
to BeCome. continually more Amazed. at Gifts of Creativity.
Radical CouRage. Wisdom. Love and Respect.
Our Ancestors. are Willing. and Able. to Share. with us. through us.
Ancestral Legacies are passed to us. through our Breath. our Blood.
through All our Senses. our emBodiment.
our Feelings. our In.tuitions. our Words. our Creations.
through our Connections. to our Relatives.
to Earth Mother. All Elemental. Magical. and Celestial Energies

We acKnowledge. our current Challenges. our Climate Catastrophes.
are Deeply Rooted.Grounded. in our DysConnection.
in our Separations. from Earth Mother. All Our Relations.
from our Ancestors. our Descendants. our Cosmos.
Our Right. our ResponseAbility. our Obligation. our Life Purpose. our Divine Calling.
is to Give Life. to emBody our Gifts. with Respect. Generosity and Humility.
And. as Called. to pass on our Wisdom Gleaned.
for and with. Generations to Come.
All Peoples. All Beings. All Our Relations.
for and with. Earth Mother.
with.in our Shared Cosmos
to Protect. and Defend. Earth Mother. our Shared Cosmos.
to Protect. and Defend. Rights. Response.Abilities. Obligations.
of our Descendants. to Continue to Live and Grow.
to Be. to Believe. BeLong. and BeCome Kin.Kind.
With heARTFelt Gratitude. We Thank All our Relatives. Known and UnKnown.
for Journeying with us. Here. to Receive. to Share Breath. Hearts. Words. Images.
Lived Experiences. heARTs. heARTivism.
Throughout this Offering. All are Well.comed. to WithNess. to Be heARTFully with.in.
our continuously emerging LIFE as Medicine heARTivism Show.
We Share. personAlly. politicAlly. painFull. Response Arts and Poetic Flows.
aRising from emBodied engagement in Social Justice and EcoActivism.
that Responds Directly to Lived Experiences. Relationalities.
spanning 50+ years as IndigiQueer. WomanBodied. MatriARTist.
We Hope to ConSpire. and In.Spire. All Beings.
to Become. even more Engaged. in Acts of reMatriation.
to Commit. to Creating. everyday Acts of RebelliousNess. re.Sister.ing.
to Courageously Nurture and Nourish. All Forms of Creative Resistance.
and to Desire. EverDeepening Connections. KinNess. KindNess.
InterDependence. for and with. All Beings.
our Ancestors. our Earth Mother. our Cosmos.
All Our Relations. MeegWetch.



GESTATING A DIVINE VISION
Book of GoodNess. Mixed Media Collage. 2018.

Greatest GrandMother. Goddess Divine. Giver of LIFE as Medicine.
BeLoved Mother Earth. NeMaMas. Mother of us All. Speaks:
“I will take You. As Far as your Mind.Soul.Heart.Body wants to Go.”
Come with Us. on a Journey...

**In Closing. We reMind: All Ceremony is Circular. Cyclical.
Synchronistic. Synergistic. InterWoven. and InterDependent.
LIFE as Medicine. is Guided by InterSections. InterWeaves. InterActions.
of Four RadicALLY reMatriated LIFE Sustaining Knowings and Doings:
Lived Experience. Indigenous Spirituality.
Feminist RelatedNess. and Ecological InterDependence.**

These emBodied Knowings will continuously Flow Together in All Offerings. Linearity of Text. creates Illusion of Separation. ActuALLY All LIFE as Medicine Knowings. are in.extricably in.terConnected. In All Words and Pathways. Emerging Offerings that will Flow. We Consciously and In.tentionALLY Shine Light. on interActions between and with.in. We cannot UnderStand our Lived Experience. without Reflecting on Feminist RelatedNess. and reMatriation. We cannot Connect Deeply with Indigenous Spirituality. without reAwakening Ecological InterDependence. We Honor and InterWeave. these Four Radically reMatriated LIFE Sustaining Knowings. as Our Collective Medicines. Weaving and ReWeaving. is Necessarily Repetitive. given Limitations of Linearity. when Sharing Circular Knowings. We continuously Begin and End. Again and Again. Colonial Patriarchal Linearity. re.In.Forces Dominant and Still Dominating WorldView. of Cause and Effect: A Proceeds B. and All “must” be in “Order”. When Writing. once Printed. We are Expected to Obey Order. in Linear Orderly Table of Contents. List of Offerings yet to Come. Yet, i.We Continue to Resist. to reMatriate. When We Write in Circularity. We are more Able to UnderStand. WholeNess. We remain Emergent. UnCertain. de.Stabilizing Certainty. Know.ticing CommonSense and CommonPlace frag.Men.ting Linearity. inHerent with.in All Cyst.ems of DomiNation.

We reMind: Be.Aware Creative Word.Bricolaging. Ahead. Opened our Well.come. We Hope All were Able to Know.tice: Each Time Creative Word.Bricolaging. appears and reAppears. like Trickster. Tranz.Formation is Near and Dear. SomeTimes Capitalized Occurs. and SomeTimes Not. We invite Curiosity. Know.ticing In.tentional Variance in Language Choice as reSistering. We reMember: In One.Right.White.Might.Tight. DomiNations. We are taught to All.Ways Follow. TheRules. All.Ways Think and Act in Rational. Linear. Mechanistic. more PredictAble ways. Throughout our ongoing WordFlow. We will regularly reMind. with Teachings and Tips from Trickster. who Guides. Teases. and Eases us. into Wisdoms aRising with.in Repetition... Just in case We Forgot!

And Slipped Again. and Again. into MindFog of dysMembering...continuously reProduced and reIn.Forced. for and with.in Dominant and Still Dominating People and Cyst.ems. More on Trickster coming soon.

BeAware. We are here to reMatriate: to Challenge and Change what is Known. and UnKnown. in Deep. MeaningFull. more Creative. and more SustainAble ways. Like Images and Suggestions. Creative Word.Bricolaging. is intended to Activate. to TransForm All. toWards more Conscious. Creative. Collective. Political. Activist. Engaged emBodiment. We are here to Challenge. and Change. All preConceived Colonial Patriarchal HeteroNormative In.terpretations. and Judgements. All efforts to reDirect toWards Linearity. Hyper.In.Divide.Dualism. and to reInForce TheBox.TheCage. TheOneRightWhiteMightTight. are Not Well.come. Here. Now is an Opportunity to Choose: Keep Journeying. or Not. Proceed with Care. In.tentionAlly. reMember. We are on a WildRide.



Offerings. Yet to Come. for Relatives who Choose to Keep Journeying. . .

WereMind: We are Here. to Well.comeAll. to Join us. on our EverEmerging Shared Healing Journey. where We CoCreate Times. Spaces. and Places to Open. to our LIFE as our Medicine. with multiple manyLayered visuAlly beautiFull and poeticAlly InGaging forthcoming Offerings. On Our Shared Healing Journey. We will continuously Cycle and reCycle. Together. through our three EverEmerging Rounds: **OPENING. DEEPENING. AND CLOSING.**

OPENING Rounds provide Grounding for Understanding LIFE as Medicine as Whole. Holistic. Healing Practices and Processes.

DEEPENING Rounds expand upon Multiple Pathways to enAct our Shared ResponseAbilities as Healers. as Activists. as heARTivists.

CLOSING Rounds will Center on enVisioning. and enActing. Collaborative reMatriated Knowledge Creation Processes: ReSistering AcaDementia.

Be.Aware. when Entering into our upcoming **OPENING** Round Offerings. We will start in HeartCentre. necessarily acKnowledging our Heart.Core WellBeingNess. our Essence. our Soul. in this Moment. **How can We Hold. All Heart.Core Knowing with TenderNess?** We will Grow and Flow. Fluidly in Circularity. aRound Flow.er. Petal by Petal. Opening to Ancient Wisdoms of Blossoming. InterWeaving. InterDependence. InterConnection.

Like our Relatives. Eagle and Condor. We enjoy an OverView. so We will begin at Top Edge. SkyWorld Petal. Opening to Cosmos–SpaciousNess of Skies. Connecting with Star Relatives. Ancestors in Dancing Lands. Together. We Navigate Black Holes. and Deepen our UnderStanding of Shadows. as Medicines. when Embracing and emBodying Tranz.Formative Change. We will Flow more Deeply in.to Meanings and UnderStandings of RadicAlly reMatriated LIFE philosophies: Lived Experience; Indigenous Spirituality; Feminist RelatedNess; and Ecological InterDependence. We will Pause for Grounding. Rooting. Breathing. Earthing. Smudging. Arting. and Streaming. We UnderStand Pacing. and enCourage Resting. We UnderStand that All Beings Heal. Tranz.Form. and reMatriate. at our own Pace. need SpaciousEnough Time. SafeEnough Spaces. and BeautyFilled Places. We will Dive Deeply into our Shared ResponseAbilities for Walking our Talk. and Embracing our Gifts as Wounded Healers. We Know. We are All here to Grow. to Tranz.Form InterGenerational Cycles of DomiNation. and Op.Press.ion. and to bring more Healing. rather than more Wounding. for our Descendants.

In Today's World of Separation. We are All Wondering: Where do We Belong? How Do We Relate? and reMatriate? We Embrace Radical Feminist Politicizing. Visibilizing and Collectivizing. of HeteroPatriarchal Control Mechanisms. that are Now CommonSensically Understood as our SoCalled Personal Choices. As We Tranz.Form from "Trauma is a DysOrder" to Healing CenteredNess. We will Call on Healing for and with our Ancestors and our Descendants. We reMember: We are All.Ways In.Betweening. All.Ways deeply influenced by an impossible to Interrupt Spiritual Legacy: We are our Ancestors. We are our Descendants. We will re.Turn. over and over. Again and Again. to Creation of Compassionate SafeEnough Collaborative Healing WeSpaces. as Core to reStorying WellBeingNess: All Ancestors. All Descendants. All Beings. All Ages and All Stages. All Our Relations: All Healing Heals All.

We will Connect to emBodiment. with.in Womb of our Mother Earth: **How can We Be.Come Kin.Kind with NeMaMas. our BeLoved Mother. once Again?** We will Offer emBodied Ecological Practices as Pathways. reMembering Ancient Ancestral Resiliencies. Now. an Urgent Global priority for Survival of our Descendants. **We will continue to Wonder: How can We more Deeply. and Sustain.Ably. reConnect with.in our Heart.Core WellBeingNess while existing with.in. and struggling against Collapsing Colonial Patriarchal HeteroNormative Structures? How do We remain Present. HopeFull. and HeartCentered. given Visibility and Ferocity of Dominant and Still Dominating Peoples and Systems. currently enActing. upHolding. and In.tensifying Extract.ivism. of Earth Mother. and All Our Relations. to continue to amass Profits?**

In **DEEPENING** Rounds, ResponseAbilities for Emerging. Transmitting. and reMatriating Tranz.Formativ Knowledge. will be enVisioned. enActed. and Arted. with.in **Four multiLayered interWoven interActive LIFE Pathways: ReCreating Our Living LandScapes; ReAwakening Ancestral Resiliencies; ReStorying Harmonious Relationalities; and ReWeaving Ecological InterDependence.** We will Deepen our UnderStandings for All to Be even more In.Powered. to Be more Able to Respond. to our current Shared Challenges. We can heARTFully Respond. in PowerFull Ways. ShowingUp and StandingUp: Taking our Bodies. Voices. and Creations ToTheStreets. In **CLOSING** Rounds. We will Deepen yet again. **How do We reCognize and Resist Institutionalized PowerOver Structures. with.in Academia. AKA AcaDementia?** We will reSister AcaDementia. reAwakening our reMatriARTivist roles in Knowledge Creation and Preservation. Supporting All Acts of Resistance and Recovery with.in AcaDementia. And enVisioning and enActing Collaborative Indigenist Re.Searching Pathways (CIRP).

Many Seeds are Planted. and We Hope to InSpire All. to BeCome more Able to bring these Knowledges Out. into our Wider Communities. and with. in our Shared World Ecology. We Well.come All. to Water. Weed. and Harvest. Suggestions. Teachings. Blessings. and Wisdoms. to Collaboratively re.Sister Dominant and Still Dominating People. Cyst.ems. and Structures of Op.Press. ion. **In Closing. We Well.come All to Join. our reMatriNation Struggle. to HopeFully Glimpse our Shared Sacred Challenge: Visioning for FutureFull. Ness for our Descendants. for and with Mother Earth. with.in our Shared Cosmos. We In.vite All. to continue to Journey with Us. to Grow to Be more In.Lightened. with.in All Our Relationalities. and ResponseAbilities. to Be more Rooted.Grounded. with.in Mother Earth. to Be more Collaboratively Connecting with.in our Shared Healing Journeys. and to Be more Deeply Rooted in: Lived Experience. Indigenous Spirituality. Feminist RelatedNess. and Ecological InterDependence.** All proceeds Generated from this Offering will Flow towards Sustaining LIFE as Medicine: Circle of Indigenous Healing Arts. Join us on our ReconcilAction Journey. and support us to continue Sharing Creative Healing Practices. Processes. and Pathways. LIFE as Medicine: All Healing Heals All. will continue to Emerge as ChapBooks and Collections. reLeased as Audio Transmissions Narrated by fyrejean. with an accompanying Oracle PlayDeck. Alongside our ongoing LandCentered and Virtual Offerings.

**We Believe Collaborative and Communal Sustain.Ability.
will InPower ALL to Be. to BeCome. more Able to Respond. to Relate.
to Root. Reach. Grow. Heal. TransForm.**

Biblio.Tree

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PathWays to Learn More

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WE AS FOREST: WE REMEMBER. INTERDEPENDENCE.

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With.In Forest. With.In LIFE as Medicine. With.In All Healing Heals All.
We are Rooted. Reaching. Together. We reMember. We are Kin.
With.In Forest We Know: StillNess is Not Still. Silence is Not Silent.
Heart Beat of Earth Mother. Sounds With.In.
Throb. Throb. Throb. Slow. Slower. Low. Lower.
LIFE is a constant Ebb and Flow. Up High. Down Low.
We Lose.Lost Connection. We Find.Found Connections.
Shadows Merging. Emerging Light. brings Delight.
Flickers. Flows. Glows. AllAtOnce We Knows.
As Above. So Below. as. With.In. so With.Out.
Roots.Hair. Twisted. Beaded. Braided. Beneath.
Arms. Trunks Reaching. Leaching. Teaching. Above.
Round and Round Energy Flows. Round and Round. We Go. We Glow.
reLeasing. Receiving. RespectFull Reciprocal Relationality.
InterDependence is our Ancestral Sacred Matriarchal Law.
All.Ways Balancing. Harmonizing. and In.tegrating. Celestial and Earthly.
There is a Pulse of Life. our LIFE as our Medicine.
that Flows through us All. Big and Small. Short and Tall.
Continuously. Guiding. Tranz.Forming. Healing. and Connecting us All.
Winter. Spring. Summer and Fall.

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We honour creativity and encourage diverse voices, which nurtures an inclusive community to grow. Thank you for supporting this work by obtaining an authorized edition of this book and for complying with copyright laws. We encourage sharing this work through respectful and reciprocal ways and welcome donations to support the ongoing work of LIFE as Medicine through: <https://lifeasmedicine.ca/sustain-us/> Much gratitude and many blessings for supporting Indigenous creators. Wel'lin. Miigwetch.

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DDC 610.8

Our forthcoming Offerings include LIFE as Medicine: All Healing Heals All
a striking 700+ pages of Multi-Sensory text
that Weaves Meditative, Spiritual, emBodied Creative Reflective Writing,
with EcoAware Visual Creations, Poetic Flow and Ancestral Healing Practices.

Fyre generously shares Lessons learned over their Lifetime Commitment
to Advocacy, Community Activism, Healing Arts, reVitalization of WellBeing and Culture,
and InterDependence with Mother Earth and our Shared Cosmos.

.All Healing Heals All is an Invitation for All to engage in reMatriARTivism—
to enAct Radical Rooted and Winged Ways of Knowing, Being, In.tuiting, Feeling and Arting.
Inspiring for All who Long to Belong with.in Reciprocal Relationships,
and are Called to reStory Ancestral Ecological Knowings
of BeautiFull EarthCentered KinNess. KindNess.

All proceeds Generated by All Healing Heals All will Flow towards
Sustaining our LIFE as Medicine ReconcilAction Journey, and support us to continue
Sharing Creative Healing Pathways, Practices and Processes rooted in:
Lived Experience, Indigenous Spirituality, Feminist RelatedNess
and Ecological InterDependence.

These Offerings will continue to emerge as ChapBooks and Collections,
an audiobook narrated by fyrejean, and an accompanying Oracle PlayDeck.

Collaborative and Communal Sustain.Ability
will enAct and EmPower ALL to Be. to Root. Reach. Grow. Heal.Transform.

Inspired to Sustain Us? please visit: <https://lifeasmedicine.ca/sustain-us/>
To learn more about our Organization, please visit <https://lifeasmedicine.ca>



LIFE
AS
MEDICINE

Circle of Indigenous Healing Arts



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