

MEDICINE WHEEL FOR INDIVIDUAL AND FAMILY HEALING

North - Revisioning



PHYSICAL
White, Winter,
Caring,
movement,
actions and
consequences,
Elders, Bear,

EMOTIONAL
West, Black
Respect, water,
Autumn, Adult
Sage,
Thunderbird
Physical

Mother
Earth,
nurtures all
races,
Balance

SPIRITUAL
Yellow, Spring,
Child,
Spiritual
Tobacco, Wolf

**PSYCHOLOGICAL /
SOCIAL**
Red, Relationships,
Youth, Cedar
Ginoo (Golden Eagle).

South – Being, hearing, listening



Revisoning our future

- What is my/our vision for the future of our family?
- What does Turangawaewae look like for us?
- How do we want to be living and what the key values that will shaper that?
- How can Intergenerational relationships and resilience be strengthened and restored?
- What are the steps we want to take to decolonize the ways we are thinking and living?
- What economic, social, cultural and technological and environmental resources will be needed?

East – arriving & grounding

Prayer, Spiritual Connection, Love (establishing or quality of therapeutic relationship). Positive identity, past experiences, wisdom, knowledge, homeland, ceremony.

- How did you come to be living here?
- How do the challenges show themselves?
- Trauma and intergenerational trauma (manifestations and impacts?)
- What does it mean to be well? How do kin-relations support this?
- What keeps you strong? What are the resources (inner and outer) that you have drawn on in the past & now?
- How does your culture support you here? How does it get in the way?
- What ceremonies, medicines, daily practices will help ground you here? What skills, knowledge, wisdom?
- Stories of Turangawaewae - symbols of and ceremonies for.

Acknowledgement: The development of this medicine wheel has been guided by the teachings of Herb Nabigon, a much-respected Elder of the Nishnaabeg Nation who passed to the spirit world, March 2016.

Re-remembering and Re-Gathering (cultural resources for moving through trauma, regathering self and family)

- What new understandings are emerging about the causes of the challenges I/we are facing?
- What are the cultural beliefs and lifeways of immigrant refugee communities and Indigenous peoples in Canada that will strengthen my/our ability to move through these challenges?
- What are the healing ceremonies and every day practices that will strengthen family and intergenerational relationships?

West – Re-remembering

Listening to self, listening to others: *relationships, cultural assessment, identity and decolonization.*

- How do you understand your cultural history & what has shaped your understandings of this?
- How has colonization & other social/historical influenced your life and beliefs?
- What's the quality of your intergenerational relationships and how does your culture as well as being in Canada affect these?
- How do your cultural beliefs both help and hinder you and your family here in Canada?
- Gender roles and sexual diversity (Two Spirited)
- How do your past and present relationships shape experiences of trauma and resilience
- What do you know about Indigenous ways of living here in Toronto?

MEDICINE WHEEL FOR COMMUNITY HEALING & ORGANISATIONAL CHANGE

North - Revisioning

PHYSICAL

White, Winter, Caring, movement, actions and consequences, Elders, Bear,

SPIRITUAL

Yellow, Spring, Child, Spiritual Tobacco, Wolf

Mother Earth, nurtures all races, Balance

EMOTIONAL

West, Black Respect, water, Autumn, Adult Sage, Thunderbird Physical

PSYCHOLOGICAL /

SOCIAL

Red, Relationships, Youth, Cedar

Ginoo (Golden Eagle).

South – Being, hearing, listening

East - arriving

Revisoning for a decolonial future

*How do we create harmony between people and intercultural connectedness?

*What are the steps we want to take to decolonize the ways we are thinking and living?

*How can Intergenerational relationships and resilience be strengthened and restored?

*What are the steps we need to take to re-align our actions OR SPECIFICALLY THE MWs (individually, collectively) with the original intentions of the treaties?

Spirituality, positive identity, past experiences, wisdom, knowledge, homeland, ceremony.

What ceremonies & practices do immigrant and refugee people need to connect them to their homeland in ways that strengthen?

What collective skills, experiences, knowledge, & wisdom to immigrant and refugee communities bring to Canada?

*What ceremonies, knowledge & practices do people coming to Turtle Island need to connect them to the Indigenous Lands on which they are living?

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Remembering and Re-Gathering (self, community and organization)

What are the historical sites and Indigenous stories and values that might inform how newcomers can live on Indigenous lands in a good way?

What are the cultural beliefs and lifeways of immigrant & refugee communities that have been suppressed through colonialism that would be life-giving to express in our new homeland (Turtle Island)?

West – Re-remembering

Listening to self, listening to others

*What would be helpful for immigrant and refugee communities to know about the herstories, cultural values and lifeways of Turtle Island's Indigenous communities? What to I want them to know about our experiences of intergenerational trauma and resilience?

**What would be helpful for Indigenous peoples to know about my experiences, culture, values and ways of living as a member of an immigrant or refugee community? What do I want them to know about our experiences of intergenerational trauma and resilience?*