



Spirituality and Healing

Sean Bear, Meskwaki

Ray Daw, Diné

10 am- 11:15 am

Land Acknowledgement

We would like to take this time to acknowledge the land and pay respect to the Indigenous Nations whose homelands were forcibly taken over and inhabited.

Past and present, we want to honor the land itself and the people who have stewarded it throughout the generations.

This calls us to commit to forever learn how to be better stewards of these lands through action, advocacy, support, and education.

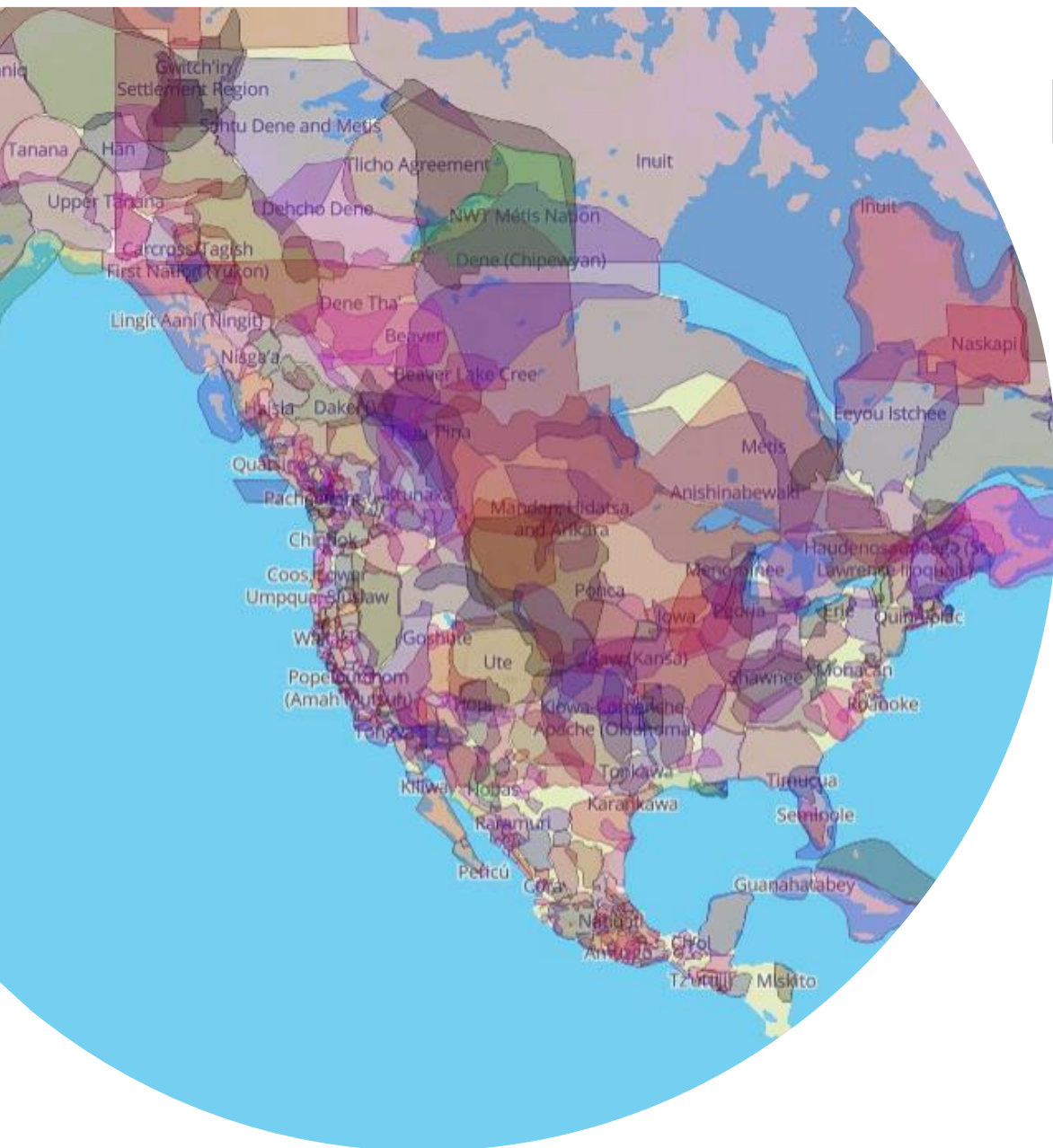
We acknowledge the painful history of genocide and forced occupation of Native American territories, and we respect the many diverse indigenous people connected to this land on which we gather from time immemorial.

While injustices are still being committed against Indigenous people on Turtle Island, today we say thank you to those that stand with Indigenous peoples and acknowledge that land reparations must be made to allow healing for our Indigenous peoples and to mother earth, herself.

Dekibaota, Elleh Driscoll, Meskwaki and Winnebago Nations

Ttakimaweakwe, Keely Driscoll, Meskwaki and Winnebago Nations

Keokuk, Sean A. Bear, 1st. Meskwaki Nation



Sean Bear, BA, Meskwaki, US Army



- Sean Bear, BA, CADDC, is a member of the Meskwaki tribe in Tama, Iowa, being an Army veteran of over 9 years of service and served with the 82nd Airborne Division. He has worked as an Administrator/Counselor in EAP, a counselor in adolescent behavioral programs, substance abuse, and in-home family therapy. It has been very rewarding to work with individuals and groups in the areas of Substance abuse, Behavioral, and person/family/social issues. He has had experience in building holistic, Native American based curriculum, and implementation with substance abuse clientele. He graduated from Buena Vista University with a double major in psychology and human services, as well as two years of Graduate school with Drake University's mental health program. It is his goal to continue and receive his Master's degree. His passion is the life-long education of Spirituality, particularly in Native American Spirituality.

Ray Daw, MA, Dine” (Navajo), US Army



Ray is originally from Houck, Arizona. He is a Behavioral Health Consultant and has extensive experience working with tribes and non-profits, most recently in Alaska. His work in behavioral health is heavily towards developing Native trauma-appropriate approaches that are healing and effective in tribal behavioral health; prevention, Intervention, and treatment services. His areas of interest include substance abuse policy, mental health treatment, criminal justice, veteran wellness, suicide prevention, marketing and public relations, program management, grant writing, rural health, needs assessment, historical trauma, motivational interviewing, and Native research.

Who am I?

Kinyaa'áanii

nishlí

Tł'ízi Łání

báshishchiin

Tsi'naajinii

dashicheii

Tódich'íí'nii

dashinali

Description

- For one, we all have something. Our experiences in life have added to it. We do not really heal, but the Creator and spirits through us, yet some follow us and help when they can. Like each has their specialities. I believe in a sweat for instance: the more we have learned and done spiritually, the more we are able to help. Its like gaining more spirit helpers over time, plus more of a toolbox in which we have to use.

Purpose

- We will discuss spirituality and healing. Do activities in healing oneself and/or meditation combined. Participants will break out in small groups and do energy healing on each other. There are different types that do not include hands on/touching. For example, stand so their hands are about 6 inches or greater from each other.
- From the teachings received, we are all healers or have that within us. Yet some are far more advanced or stronger than others who have not take such journeys but one day, we will.

What is Spirituality?

What is Healing?

Tobacco

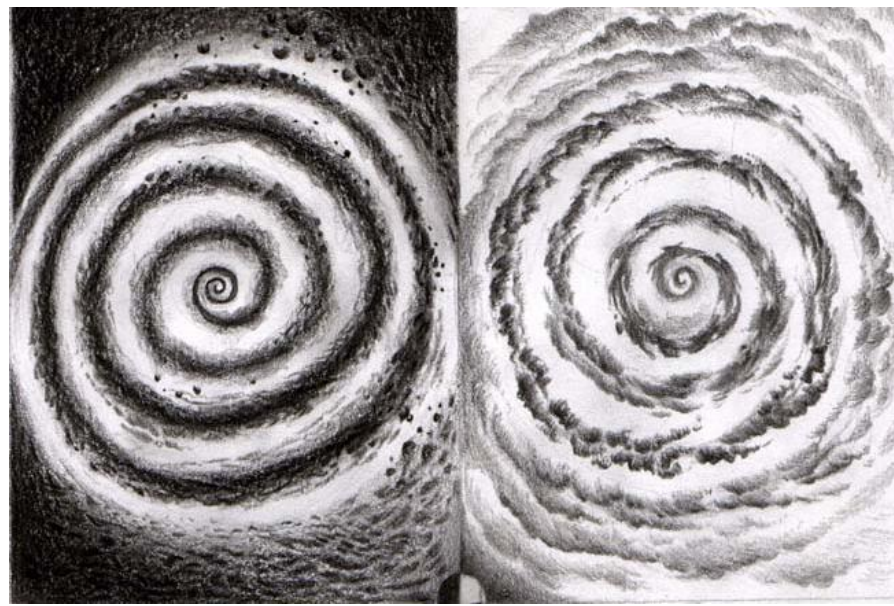
- Purpose:
- Tobacco types
- Pipe types;

Smudging

- Purpose; protection. Blessing, cleansing, grounding,
- What used? Cedar. Flat cedar, sage, sweet grass, osha, what else?

Group exercises

- Small groups
- Instructions to be given



Achieving Balance

Call, Text, or Message

988 CRISIS LIFELINE

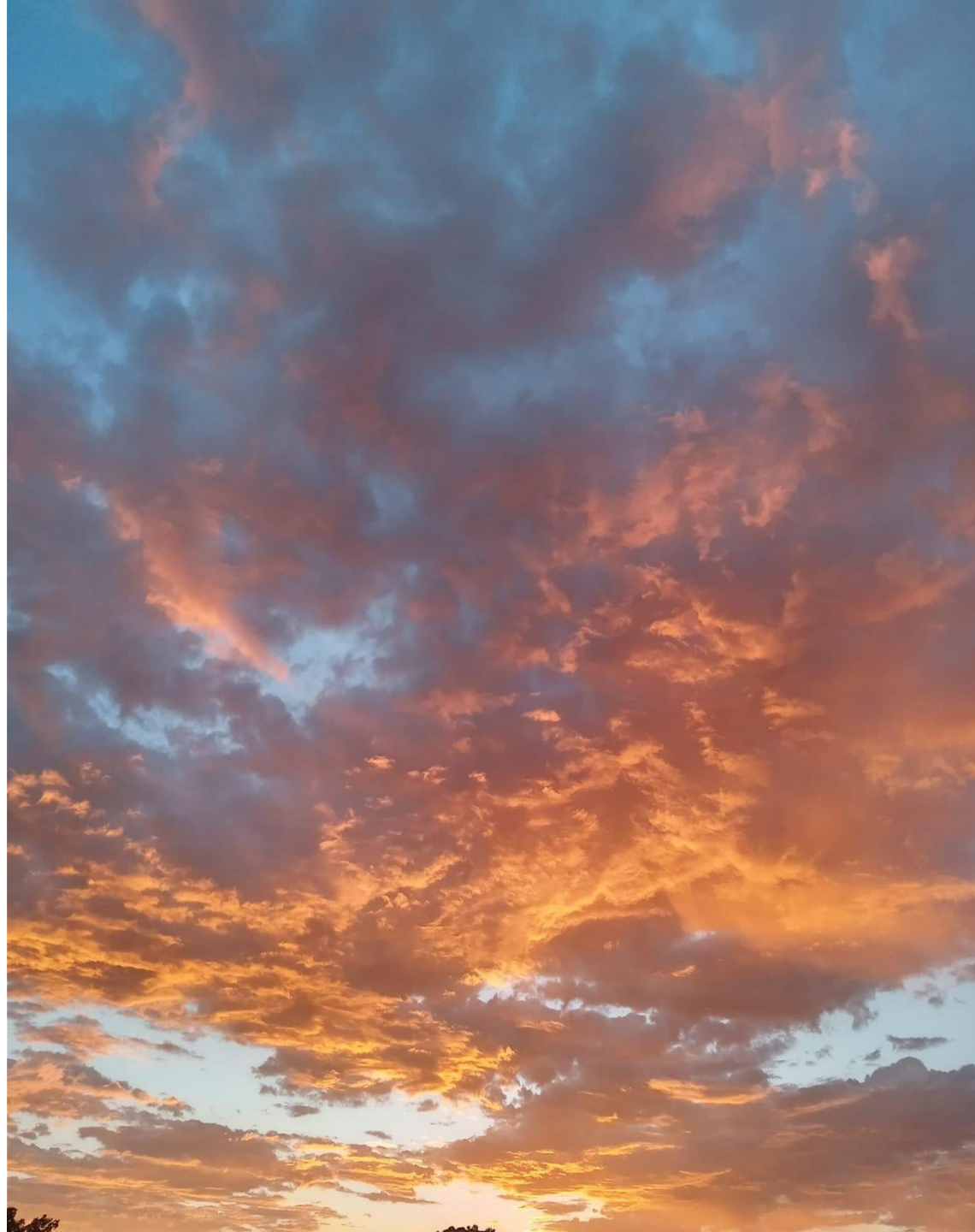
9888
For Mental Wellness

988 NM Crisis Support
988nmcrisissupport
988nmcrisissupport
<https://988nm.org/>

Behavioral Health Services Division
HUMAN SERVICES

**Veterans
Crisis Line**

DIAL 988 then **PRESS 1**



How to contact us

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- FB: Ray T Daw

- Sean Bear
- Sean-bear@outlook.com

- **FB: Native Warrior Wellness**