



National American Indian & Alaska Native

ATTC

Addiction Technology Transfer Center Network  
Funded by Substance Abuse and Mental Health Services Administration



# Native American Heritage Month: Celebrating Traditional Medicine & Spiritual Beliefs and Practices & Honoring Native American Veterans/Warriors

*Sean A. Bear I, Meskwaki, Co-Director*  
*Ray Daw, Navajo, MS., Advisory*

# Today's Speaker

• I am Dine' (Navajo) From New Mexico. I'm currently a Native American behavioral health consultant. My career has been largely within and around the Navajo Nation, Native non-profits and most recently in rural Alaska, in both inpatient and outpatient settings. My work in behavioral health has been heavily towards developing Native trauma-appropriate approaches that are healing and effective in tribal behavioral health prevention, Intervention, and treatment services. • • My work includes extensive experience as a consultant with SAMHSA in program development and evaluation, culturally-based prevention and intervention services, public policy, grant reviewing, and American Indian/Alaskan Native modalities. I'm also trainer in motivational interviewing and historical trauma. •

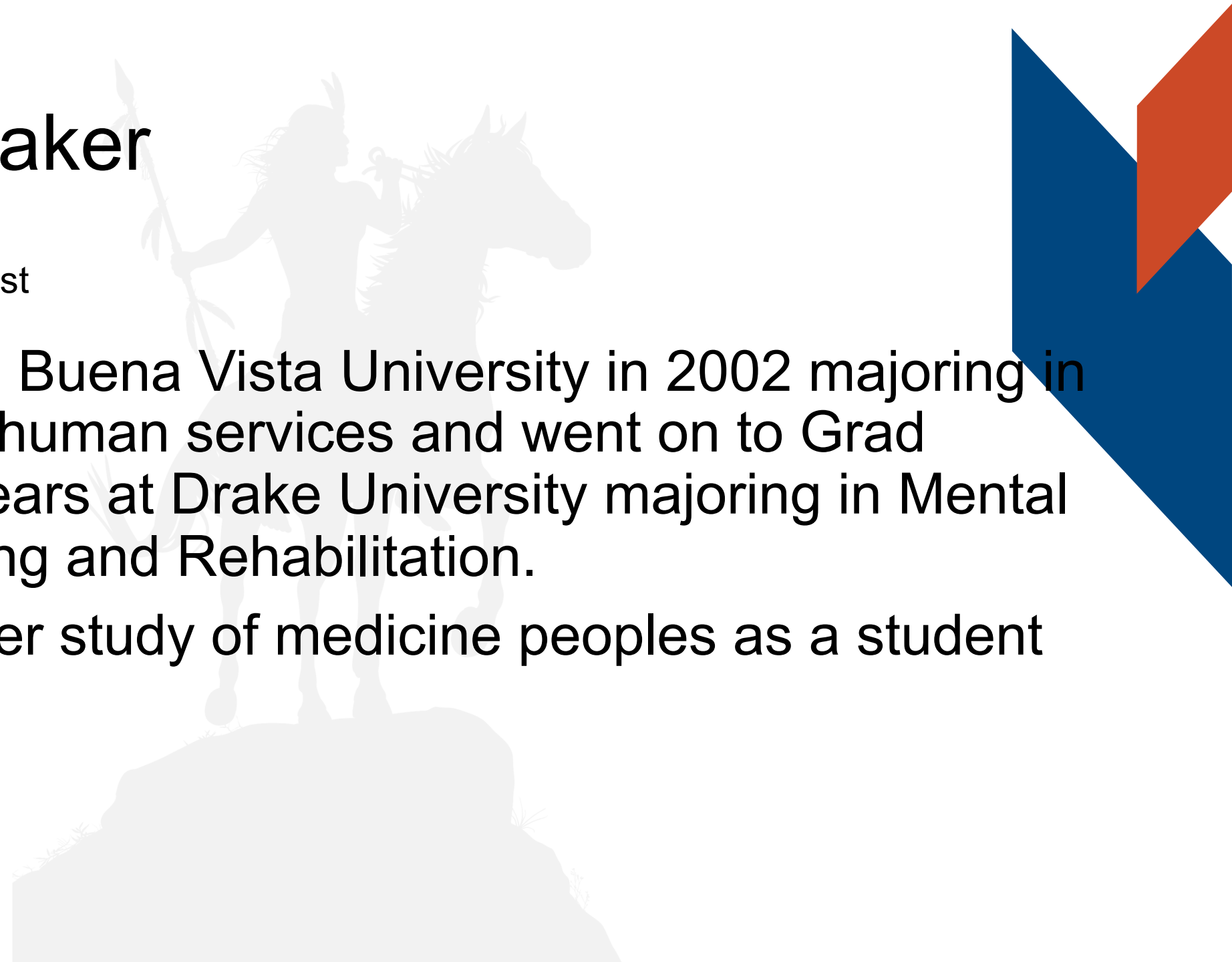
FB: Ray T Daw

# Today's speaker

- Sean A. Bear 1<sup>st</sup>

I graduated from Buena Vista University in 2002 majoring in psychology and human services and went on to Grad school for two years at Drake University majoring in Mental Health Counseling and Rehabilitation.

I have been under study of medicine peoples as a student since 1994




# Native American Heritage Month








# Agricultural Practices

- Seasonal, among other practices
  - Indigenous practices of selective breeding led to today's Crop Rotation of Today along with;
  - Corn derive from Maize where colonists found Natives eating corn.
  - Three Sisters: Corn, Beans, Squash. Pumpkins, Sweet Apples.
  - From Central American came Maize, Papaya, Chocolate.
  - From South American came Avocado and Pineapple.
- 




# Livestock

- Long ago, we didn't have livestock
    - Sheep in the Southwest
  - Animals were allowed to live in their own normal environments.
  - Dogs- Domesticated wolves
  - Cats-Domesticated wild cats
  - Sheep- Derived from wild mouflon (Mnt. sheep)
  - Cows-derived from wild cows
  - Buffalo, Elk, Etc. roamed free (hunted)
- 



# Indigenous Knowledge

75 % of all Medications have derived from Indigenous knowledge of Herbs, Plants, Trees, Flowers, Etc

- Anti-Cancer Medication and Treatment for Cancer
    - Derived from Periwinkle and Yew
  - Anti-Malaria Medication
    - Derived from Wormwood and sage wort
  - Pain Medication
    - Aspirin derived from White Willow Bark
- 

# Native American Guerilla warfare

Would have come primarily from our hunting practices  
Stalking prey takes patience and alertness of all that's around.

Wind carries scents, prints left behind, setting up places to await game are much like ambushes, being able to shoot precisely takes precision, much like snipers.

While looking at many movies, there were those who had grown up shooting and hunting from childhood, just as the Apache learned to fight with knives.





# Indigenous knowledge for Medications

Approximately 60% of all Cancer medications, 75% of ant-infectious medications, and 61% of all new medications world-wide come from plant based materials known and used by indigenous peoples of the world.





# Traditional Medicines/Spirituality

“Native Cultural Beliefs  
and practices  
are an integral part of  
our Heritage  
as it is part of  
who we  
are”



# Traditional Medicines/Spirituality

- Traditional Medicine is comprised of most all things within the Native American Culture. Medicines come in many forms from prayers, herbs, ceremonies, hand healing, to nature, animals, spirits, etc., all of Creation and the Creator.
- Spirituality is the basis by which all beliefs and practices have come. From the time we were Created, born, live, and return Home (our original form).
- Through connection with the Creator, many medicines have been given to medicine, healers, and gifted peoples for ages.



# Medicines

- Medicines used today are still commonly used among tribes and individual, along with those who know of some of their uses.





# Smudging

- Smudging (to smoke) has many uses which include negating negative energies, protection, cleansing, and teas.
- There are numerous medicine used to smudge including the four directional medicines.



# Big Drum

Much of the big drum has its roots from ceremonies that derived from the big drum ceremonies.

- Percussion instruments were common and varied for purpose and tone.
- Flutes and whistles were very varied • Stringed instruments were created with regional variations
- Gourds were common also






# Native music and songs

- • Ceremonial songs specific to healing practices that range from hours to days. These songs can acknowledge special periods in male/female development. Some songs are private and sung in very specific settings.
- Secular singing occurred with social dancing, lullabies, stories, games, courtship, and personal use.
- • Throat-singing exists among Arctic Inuit

# Native Humor



- • Native traditions is deep with humor
  - Humor includes stories and jokes between tribes or Native communities
  - Native societies knew laughter eased tension, stress, anger, and other negative emotions
  - Moral teachings, with humor, are very common
- 



# Traditional beliefs are part of the Culture

- Drums were utilized not just for today's commercialized pow-wows, which have been used over 150 years to help the native communities by showing others songs and dances of the people and in honoring certain things or peoples.
- Many of the regalia used today are representative of the medicines once worn in battle meant to protect warriors.
- Many younger single people danced in fancy styles to draw attention from potential partners, those with others, and older peoples danced much more reputably.
- While the people danced in a clockwise motion, many warriors danced on the outside of the people in a counter-clockwise motion in protection of the people.

# Traditional Spiritual knowledge

- Drums have also been used in healing practices for much longer than pow-wows.
- There are many beliefs and knowledge of various drums, rattles, arrowheads, staffs used by medicine peoples, symbols and words of power, yet depending upon the power each has, there are differences for which they are used.
- Anyone can pow wow, but not everyone today can or willing to walk the path of medicine, native spirituality, healing where these gifts are earned.

# Long house

- Long house of the Oneida
- How many Native American/Alaska Natives native homes can you say in their own languages, as not all natives used those of the plains







# Native Veterans/Native Warriors

- From history, the Indian Scouting Service came from the use of native Scouts, which later became what is now known as the Special Forces.



# Native Warrior practice

- Much of what is now used in military tactics came from Guerilla warfare of natives.

“They approach like foxes, fight like lions, and disappear like birds”





# Female Native Veterans

- It has a long history of women who have joined the military as some have fought alongside men in history for ages.



# Native Families

- Native families have followed their warriors to military installations all over the world.





# Thank You!

In Honor of our Native  
Soldiers, Native Warriors.

Comments or Questions?



# How to contact us

Sean A. Bear 1<sup>st</sup>, BA

Email: [sean-bear@uiowa.edu](mailto:sean-bear@uiowa.edu)

Ray Daw, MA

Email: [raydaw@aol.com](mailto:raydaw@aol.com)

