



National American Indian & Alaska Native

ATTC

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



**Native Center for
Behavioral Health**

IOWA

SAMHSA
Substance Abuse and Mental Health
Services Administration

By Taking Back, We Rise Again (part 2)

Theresa Sault Brill FVTC
Aniishinabek and Menominee

March 2022

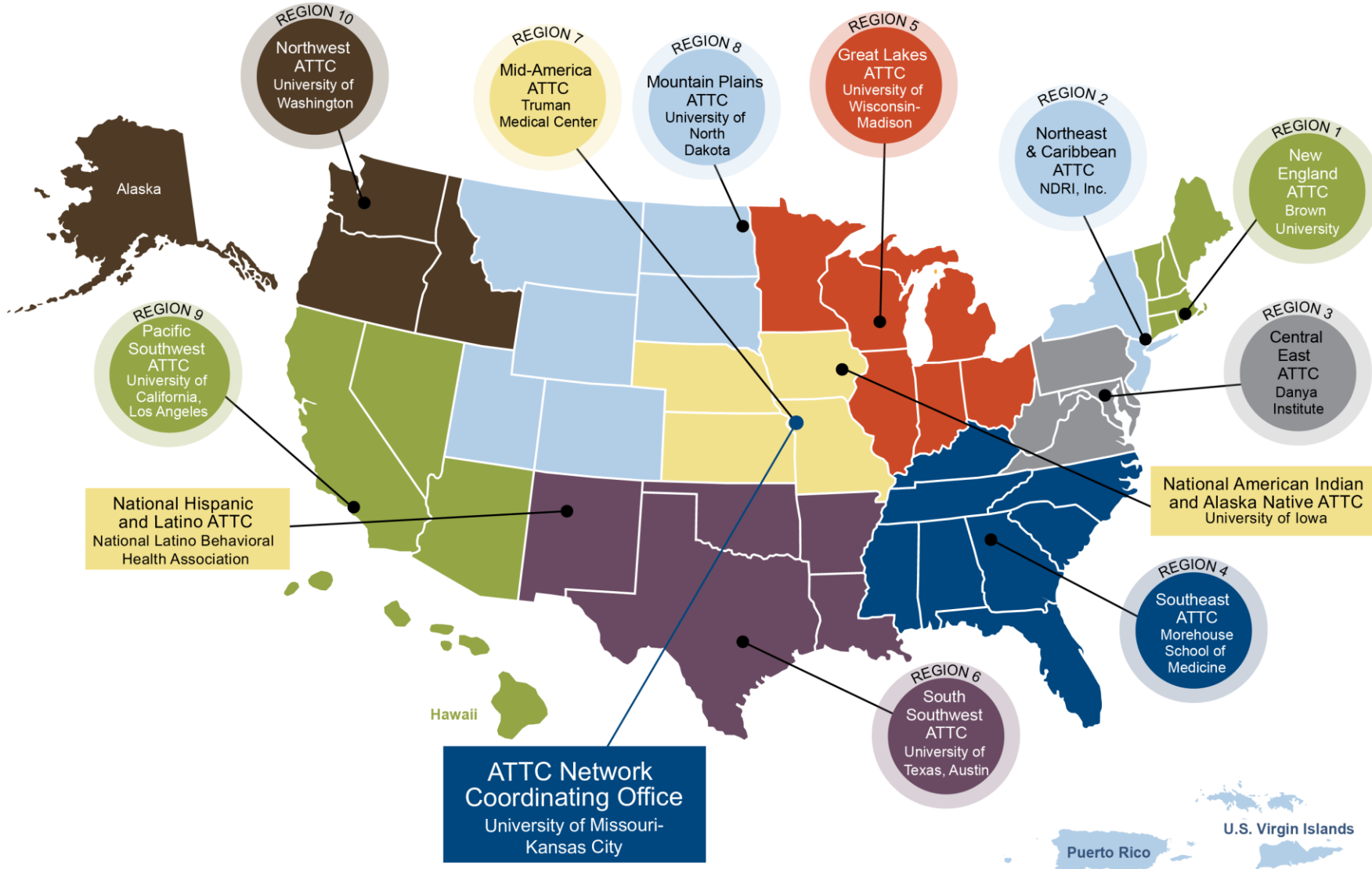


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U.S.-based ATTC Network

American Indian & Alaska Native Addiction Technology Transfer Center





Substance Abuse and Mental Health
Services Administration

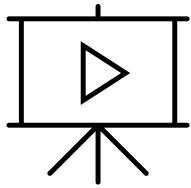
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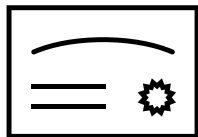


Follow-up

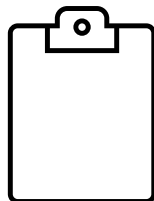
Following today's event, you will receive a follow up email, which will include:



Links to the presentation slides and recording, if applicable



Information about how to request and receive CEUs



Link to our evaluation survey (GPRA)



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
Ki-o-kuk, Sean A. Bear, 1st. Meskwaki Nation



Today's Speakers

Theresa Sault-Brill I have a vast background due to Traditional Elder's coming to me for various needs, concerns and issues over the span of my adult life. I did not seek to make careers in the Criminal Justice Field or Psychology fields. As a Spiritual and Cultural Woman, I have learned that our solutions are in our culture. I only was seeking to gain the educations, training and experiences to obtain understandings in all aspects that impact my people and other Indigenous peoples; though this so I could be able to truly help in education, empowerment and healings. Upon dealing with the gambit of sufferings throughout Indigenous Communities I learned that any and all portions of the systemized ways are rapidly and progressively failing Indigenous Communities across the board (as seen in our reporting percentage rates). Through my life experiences, educations and trainings we can show how our ways of learning, going about counseling etc. is the most effective, and as Traditional Sovereign People we can prove and justify our cultural ways to implement our real and needed solutions.



By Taking Back, We Rise Again (Part 2)

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This is a second part from the Behavioral Health Webinar in January. Going more in depth on what was presented in January and looking at topics like what the bad spirits play and feed upon and how to empower self, when it's "Okay to not be okay", defining what one is about and not about and what we can do in our life roles that leaves self-proud and with their peace.

Presenters: Theresa Sault-Brill



**Let your light shine so brightly
that others can see their
way out of the dark.**

Discussion Topics:

- This difference between goods & bads
- How bad spirits feed or play upon
- How to make best of "Ok not to be ok"
- Using "the wheel" tools
- Examples of & application ideas for "Tool or crutch"
- Talk about "matter" "mapping out what is in us"

We Already Know The Way

- Being of the 7th Gen we have multi purposes & some being: To break the cycles of pain that was brought into, taught & being repeated. Get back to the good ways of being that define the characters of or spirit of our ancestors.
- *Understanding that kind of good, the impact to the world around us & how much bad is fed through the continuance in various ways of hurt or dysfunction – It is the = of the opposition the people of today are up against when facing & not feeding into those bads. It is a fight we were born for as prophesied – that we have all we need already given to us, in us i.e., innate knowledge & around us. Sometimes fights are not fought like seen on tv, the opponent likes to make complex, yet meanwhile the solution is simple – “Go In The Good Ways. Be In The Good Ways. We Already Know The Way.”*

By Taking Back – We Rise Again

- Indigenous people were & are created to be highly or primarily spiritual beings that live, see & understand life through & as. *Define what you can change, do, add etc. to your life that would create a space, world & ultimately your life reflect this good spirit space, air, being etc.*
- What is lost or gone from us: *Define what you can do, want to do & plans for what in the next season that you can in taking of self back: Character, heart, mind, body & your daily life ways. In getting self back, caught up & living the life you were meant to be living you break cycles & bring back pieces of the ways.*
- What is needed now, for the next step & the steps beyond – *As we know when the changes came to our people, how long it took to break the good ways of life & be in the midst of generational cycles of dysfunction & trauma, we then realize, this will take giving our life time to continuing in being truly to in order to truly break the cycles, cut the paths back home & live by example the healthy ways. From that space the next gen can have space for the good spirits to exist amongst them vs all this heaviness or darkness they are growing up in & around today.*
- What can we do as individuals & as families & in our roles in our lives – *Define & keep redefining.*



What would you do
in these situations

Principals

- Define this by self, with significant other, family & friends.
- What are they & Where do we stand with & without them.
- Defining one's principals & Standing true to them in life.
- Define what is your part & responsibilities to self, family & community from normal in prime conditions expectations – to amending, growth, betterment etc. Redefine as ages change so does what we're responsible to self to & others.
- Looking at situations & seeing what would I do, choose & why. Catch self, learn from weakness, be humble by strength & address weaknesses so they are no longer weaknesses.

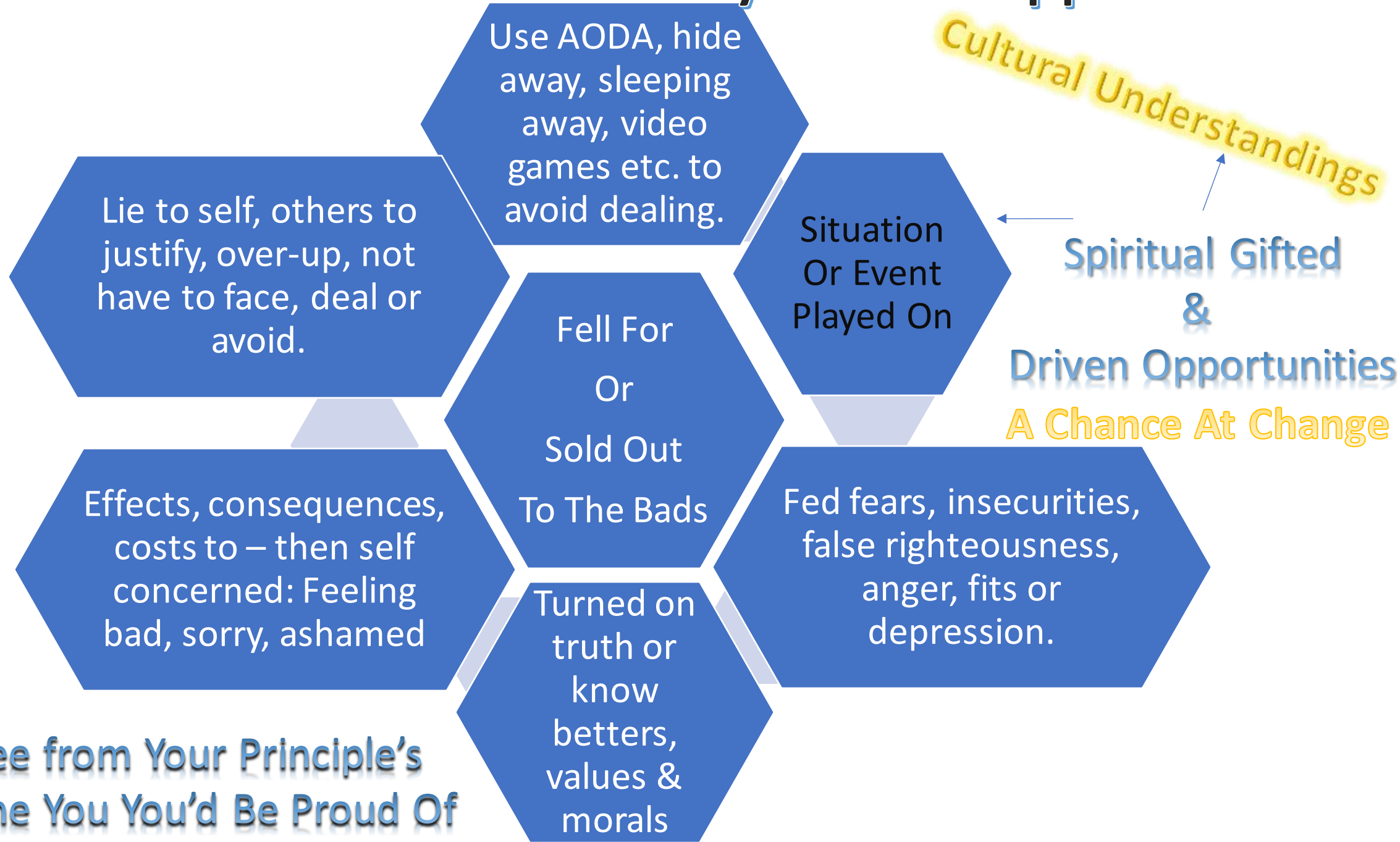
Feels Good to Do Good – Keep Humble

- In what ways can you do good for self 1st, family, significant other, friends & community. Does this way apply to your responsibilities as a role model & what form of role model i.e., a sister, a mother, a neighbor, a student, a co-worker etc.
- Sit with family, significant other & friends – See in what ways they & you can do good (as above) daily.
- Give examples daily with each other in what ways you did good in your roles. Check self: Did you get boastful about or just allow heart to be filled.
- If self or each other feels they didn't step up in their role that day, didn't do right by etc. – Ask what happened, find the lesson, what could they do next time, if amends need to be made or setting right – how can they.

The Elder's Would Say: Be Careful For The Spirit Tracks You're Leaving

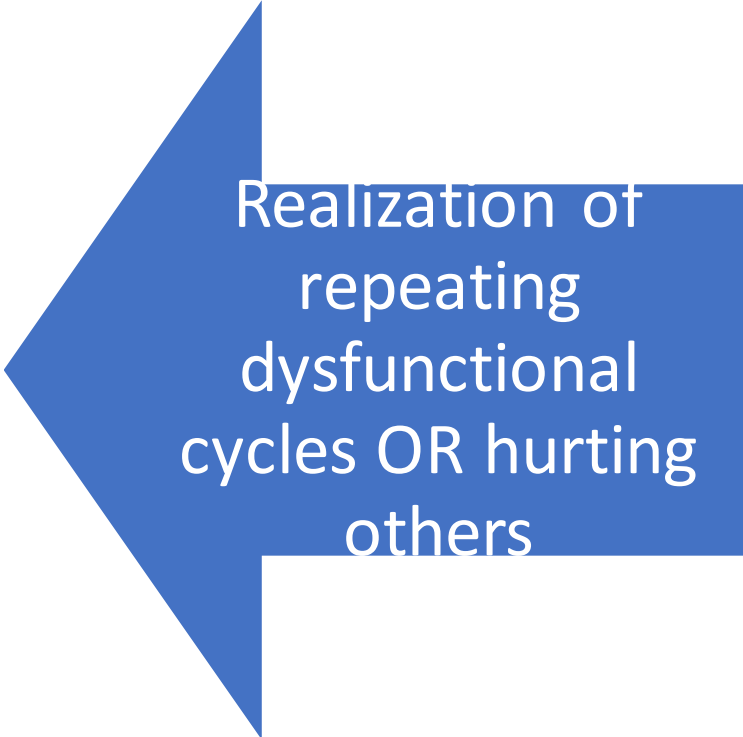
- What thoughts are going through you throughout your days & nights: Are they of ego, fear or anxiety, about situations of dependency or co-dependency, entitlement, deep sadness, injustice or unfairness, anger, righteousness or false righteousness etc.
- Does the words you speak match the life you live – OR – would you been seen as a false face, trickster or some other being that doesn't live true to their words
- Does the talk or conversations you make be that of what the Old One's would be proud, stand by, agree with – Would the Great Spirit of All this Creation be at the same level of your words i.e., are they truth & good or about service or solution based or just venting, trauma bonding, feeding into or reconnecting to & staying in that place – Instead of moving forward with the lessons to empower, to protect, to heal, to help self or others etc.
- What fruits are coming from, or would you expect to come from: What You are thinking or thoughts, your words you speak on, your choices, the way you are living your moments meanwhile choosing or wishing for better – What are you putting into & in what ways. *(Are these thoughts, choices etc. really representing you or what you're about? If not, where is it coming from? Face that, deal & move forward into what you are about. Acknowledge & correct or take back each time.)*
- Speaking of "fruits", As the saying goes, "Food IS Medicine" – so as is "Bad Foods = Bad Medicine"... What are feeding self, what is that feeding, what is that teaching those around you & what are they feeding in effect

At What Point Can The Cycle Be Stopped

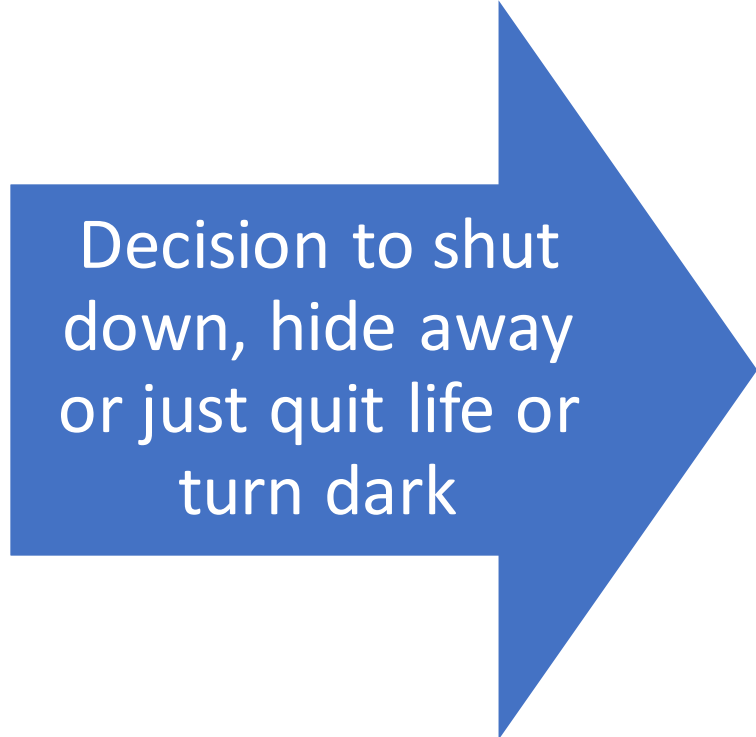
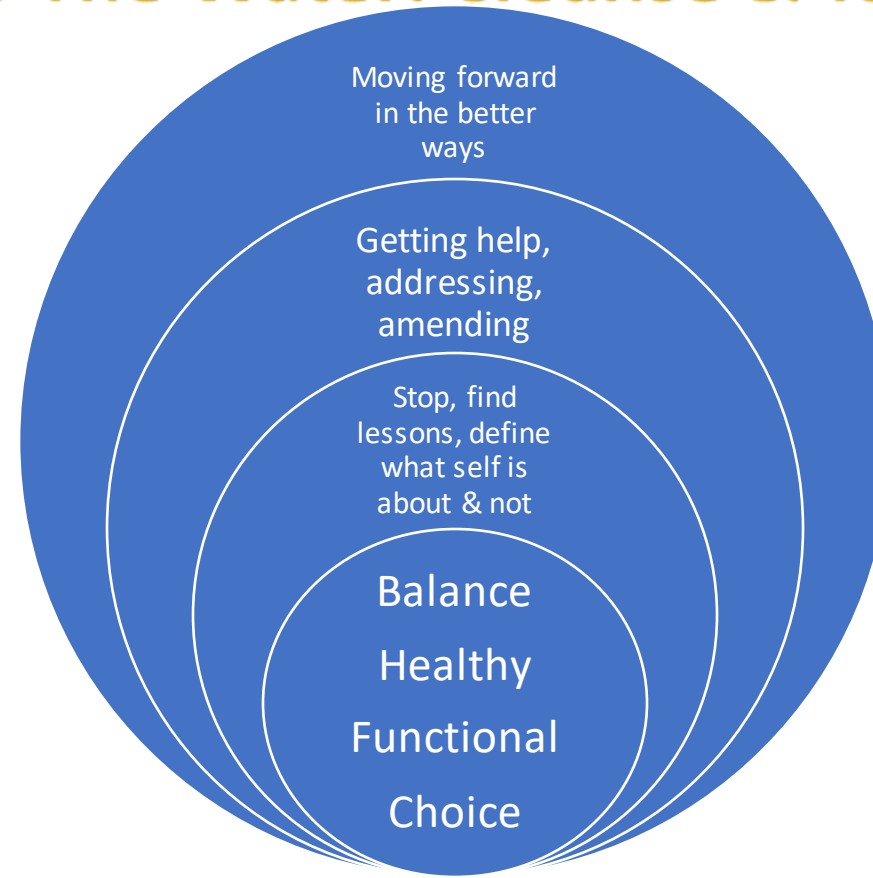


Now see from Your Principle's
Is This The You You'd Be Proud Of

Running Like A Deer Shot: Don't Run 'A-Muck', Instead, Run To The Water: Cleanse & Take In Life Again



Realization of
repeating
dysfunctional
cycles OR hurting
others



Decision to shut
down, hide away
or just quit life or
turn dark

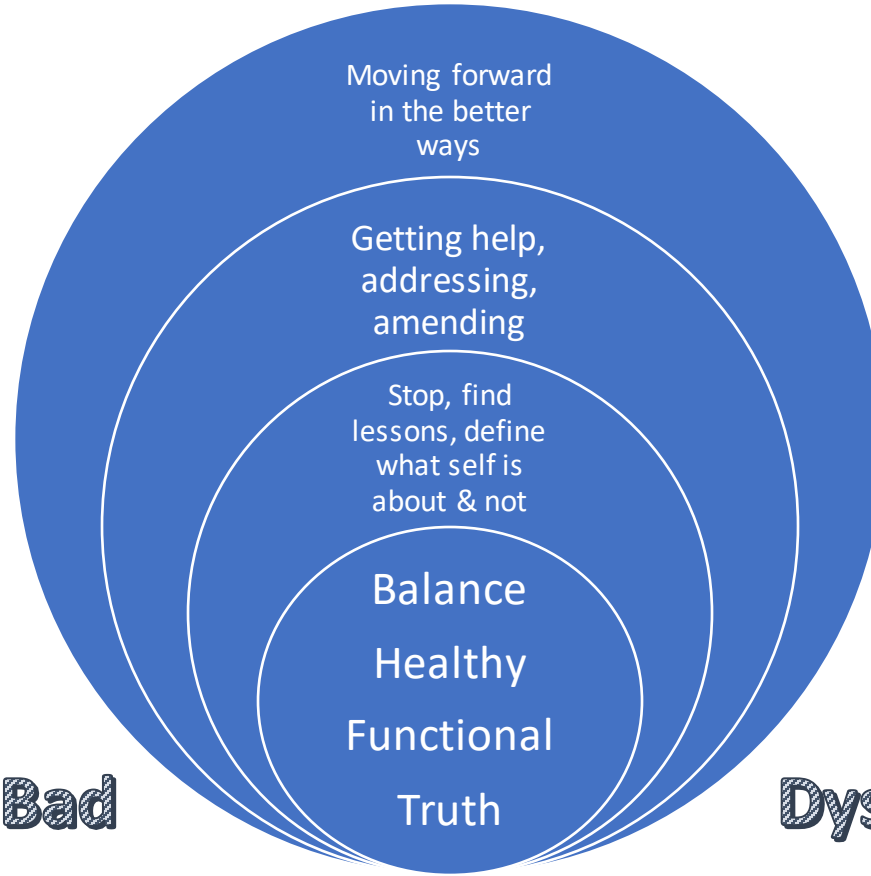
Dysfunctional or Bad Situation

Dysfunctional or Bad Choice

We Are All Gifted, We Are Larger Than Life – Especially As 7th Gen Due To What We Have The Power To End & Bring Back.

Left Feeling:
Small, Helpless,
Powerless etc.

**Dysfunctional or Bad
Situation**



Thinking self is
powerfully
gifted, special
beyond most etc.

**Dysfunctional or Bad
Choice**

Our Choice's or Free Will with
Beautiful Humility IS Beyond Powerful & Makes Us The Greatest Helpers
As Our Healing Heals Generation Before Us & Beyond Us

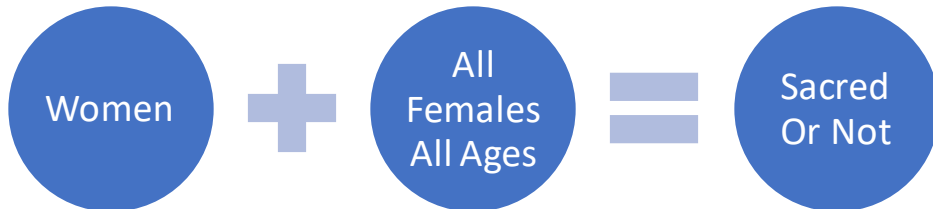
How The Old One's Were Mind, Body, Spirit & Their Worldly Strong At Peace & In Balance: Protected From The Bad Beings

- To come in a good way in every way, not just manors. To have one's peace & living in & with the natural flow of life.
- Must live life: Mind, body, spirit & environmental or world around in a good way. This you cannot fake to spirit.
- Know your truth & be at peace with. If not at peace with, create truth that you are or will be.

** So many think – They're okay. They're good. Etc. That their spirit tracks aren't attracting bads etc. YET, What if you saw another thinking as, doing as, choosing as, moving about as. If you saw the Old One's reactions watching. None of us are exempt, what goes with – goes with. What comes from – comes with etc. It is the laws of many that is a part of what is. So, what is it you choose. What is it you are doing. How is it you're thinking. That is the elements that come together & make what is you, or where you're at & if not careful, where you're heading.*

That Which Is Sacred

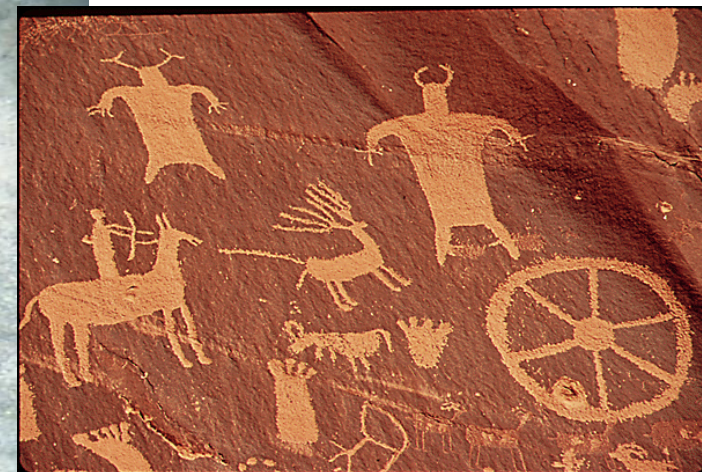
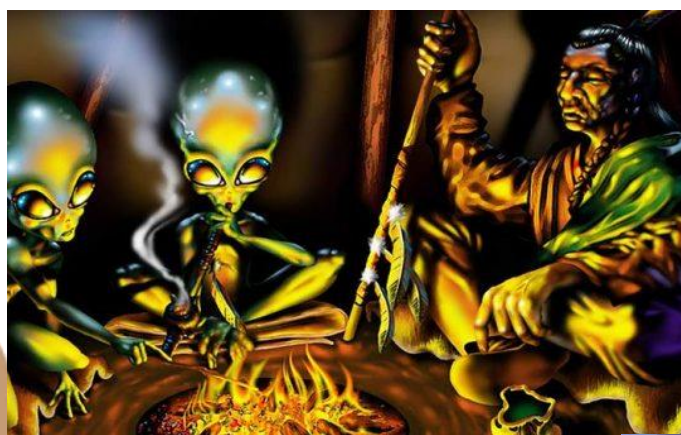
How Are You Truly About



- How do you treat, care for etc.
- What do you do, think like or about.
- What is it each needs – To feel... to know... the world around them to be like... etc.
- They say, “Life is Sacred, it’s A Way of Life, it’s A Sacred Walk”, to Prepare for Ceremony, Life is the Ceremony” – So how are you going about your life.



m.mcclaren



Bad Beings – New & Old

Identifying Where You Stand & What For

* *How To Depower Them & Empower Self* *

- With the inherited abuses, many of our people have inherited their bad spirit beings. Teachings to deal with remain the same.
- Bad spirit beings feed off fear, hurt, insecurity, worthlessness, to try to get you to believe you are bad, stupid etc. The bad spirits need the individual or group to operate from one's own free will i.e., choice.
- Life – The Most Sacred gift, along with love. Are you caring for your life, your self care, your space or home, caring for your loved ones, for the life around you. Are you going about it in a respectful way: mind, body, spirit etc.
- If the echo or memories of past traumas or spirits playing on your emotions has been deeply impacting or ongoing: You can track this by taking note: How many times a day, what time of day, what is it that comes i.e., “I’m fat, I’m ugly, I’ll never be loved, I’m not taken seriously, No one cares” etc. These, along with fear like insecurity, “S-he will cheat on me, will leave me” etc. Then fight back ;) Tell self the truth, find your beautiful truths & create more beautiful truths about self. Know the truth i.e., If they are cheating, then end it & heal so you can be with one who wouldn't. (Take back your mind, then hearts responses or emotions to. Break the patterns. Rewire your neuro wiring. I.e., “Be Mindful”.)

"hat man"



hooded figure



False or Un-Natural Worlds

- The teachings taught us to be ware of these kind of worlds, fantasy or dream like places that can take one's heart, mind or thoughts, dreams & eventually suck your life from you. Anything false or un-natural is something not part of our Creator or the good or natural universe or star nation that we come from, are a part of or belong to.
- Another false world the elders spoke on is the t.v., superhero, superpower types, anime & video games. They take so much of one's dreams to places they cannot realistically achieve. They take motivation & even abilities to function in a real group or personal setting. They take attention span. They take away from family duties & life. Many that choose these options for an escape crutch tend to have a form of disassociation disorder. Many who play the video games or rather chat online that in person share the feelings "They will always be there" - many of those have childhood abandonment issues even if the parent present, but not as the parent was an addict.
- Thoughts as words have power, matter & create matter – as do stories. t.v., movies, songs, video games, role playing etc. take thoughts & dreams to. Stories are sacred to us, words taught they have power, dreams – including daydreams important too.

Indigenous Stories Have Power

Nothing of the Goods or of the Natural Creation
Will be found in the Un-Natural or False Worlds

* When Not Being Okay IS Okay *

How To Make The Best Medicine Out Of It

- When the incident just occurred or just came back etc.
- If you can or as soon as you can: Stop & self care i.e., Check all that needs to be done is taken care of, plan some healthy meals loaded in healthy carbs & vit c etc. as traumatic incidents can deplete you, bathe, drink plenty of water, deep breaths, plan to go to bed at a healthy time, stretching when waking etc. Make a healthy safety plan for all parts of self.
- Reach out to an individual that is experienced in dealing with the incident you've gone through if needed. Work through needed resources, where self can become empowered through, any lessons & how to go through or be functional your next days in a good way.
- Plan a day where you can go to the water, the grandfathers or where there is rocks or have a fire etc. that calls to you where you can begin the process of releasing: Talking with spirit about what happened, crying, screaming etc. letting it out. When ready go back to release to spirit so spirit can handle in spirit timing & you can take back your life before the incident occurred the best you can with what you have now & go from there. To not allow the incident to take any more away from you & or your loved one's. Feast the spirits in the area you are going to, gift your offerings. *Restoration = is to Restore. Restore Self from before the trauma occurred = Take Self & Life Back*

The Lakota Lamé Boy That Brought The Grass Dance

<https://neurosciencenews.com/stress-movement-20154/>

I believe it depends on the type of stress one is put under i.e., what areas of the brain processed that stress would see the impacts if contradictory to their innate beliefs of how the good world should be. Also, I firmly believe many of our elders have developed Alzheimer's or dementia due to the long-term atrocities or later cycles of dysfunctions & combined with our changed cultural diets - as food truly is medicine: good, bad or indifferent.

Now, for the mouse to learn to eat with one hand due to the brain developing damages in the area of motor abilities - I feel is correlated to the type of stress or trauma they were put under. The body wants to restore balance - so enacts a way to function - i.e., survival skills for a trauma survivor but they are developmentally or dysfunctional in their ways of perceiving the world, responding, interacting, choices of diet, crutches etc. to stay on a coping cycle. So, I firmly believe - even with Neuro damages done, & if unrepairable - the brain will pull on other resources with or without your aid - with aid not only fully being able to overcome the traumas impacts to live, be & experience how life can be truly good - as with the Lakota's Grass Dancer lame boy story - can even come with an additional gift(s) honoring being above, embracing & going beyond one's disability.

The Story of the Grass Dance

<https://www.southdakotamagazine.com/grass-dance-story>

Definition of Principle by: Oxford Languages

principle
['prɪnsəpəl]
NOUN

1. a fundamental truth or proposition that serves as the foundation for a system of belief or behavior or for a chain of reasoning.

2. "the basic principles of Christianity"

3. *synonyms:*

4. [truth](#) · [proposition](#) · [concept](#) · [idea](#) · [theory](#) · [postulate](#) · [assumption](#) · [basis](#) · [fundamental](#) · [essence](#) · [essential](#) · [philosophy](#)

5. *(principles)*

6. a rule or belief governing one's personal behavior.

7. "struggling to be true to their own principles" · [\[more\]](#)

8. *synonyms:*

9. [morals](#) · [morality](#) · moral standards · moral values · [ethics](#) · [\[more\]](#)

10. morally correct behavior and attitudes.

11. "a man of principle"

12. *synonyms:*

13. [morals](#) · [morality](#) · moral standards · moral values · [ethics](#) · [\[more\]](#)

14. a general scientific theorem or law that has numerous special applications across a wide field.

15. a fundamental source or basis of something.

16. "the first principle of all things was water"

“The Shadow Man” & Some History

The Shadow Man

There was a man who dwelt alone
beneath the moon in shadow.
He sat as long as lasting stone,
and yet he had no shadow.
The owls, they perched upon his head
beneath the moon of summer ;
They wiped their beaks and thought him dead,
who sat there dumb all summer.

There came a lady clad in grey
beneath the moon a-shining.
One moment did she stand and stay
her hair with flowers entwining.
He woke, as had he sprung of stone,
beneath the moon in shadow,
And clasped her fast, both flesh and bone ;
and they were clad in shadow.

And never more she walked in light,
or over moonlit mountain,
But dwelt within the hill, where night
is lit but with a fountain—
Save once a year when caverns yawn,
and hills are clad in shadow,
They dance together then till dawn
and cast a single shadow.

J. R. R. Tolkien.

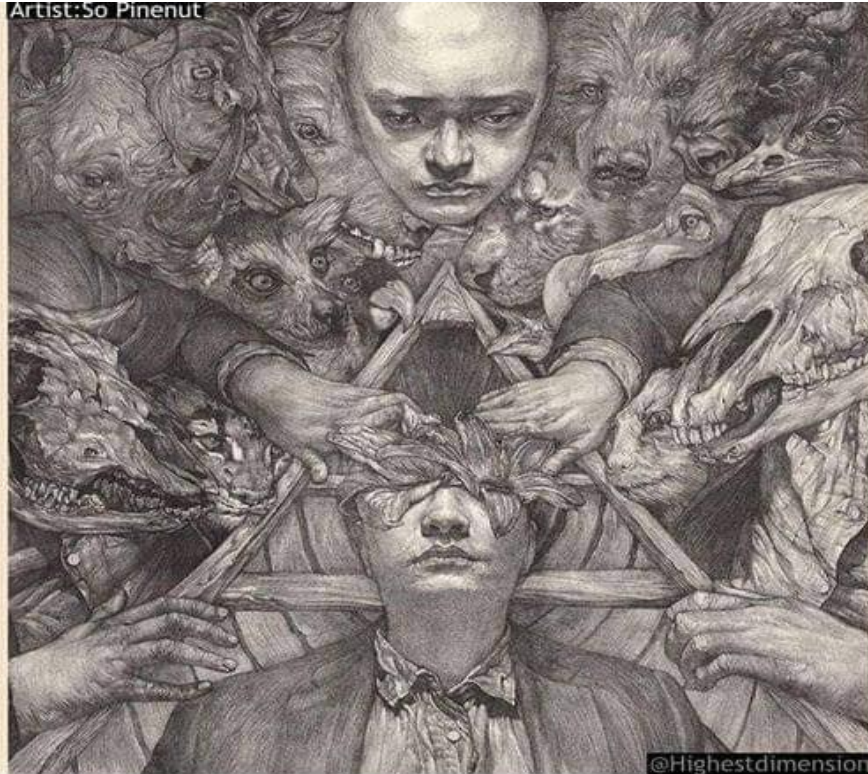
- There are many beings from bad, false or un-natural worlds that are prophesied would come to trick for their own motives & even one's from our historic stories like the Wendigo or How the Mosquito was Created. We did not seek to tap into them to learn about the enemy – we sought how to depower them by observing & using the teachings of the goods & stories of the old i.e., lessons.
- Today many Indigenous people have forgotten these teachings, so they think that how to fight, break from or weaken the spiritual enemies is by getting to know or tap into, fight them physically even in their dreams etc. Meanwhile, like this “nugget of truth” story on the “Shadow Man” – he was-is already weak without being fed or tapped into, he needs the humans to tap into or connect with him in any aspect possible....even if it's just losing their truth of reality by buying into the woeful stories he speaks to the people's subconscious. Many Indigenous that has been diagnosed with schizophrenia have spoken on hearing & even seeing this being & all the horrible things he says to them playing upon their unhealed wounds or weaknesses from not truly reconciling with self & or others.
- Can check self when listening to stories of the bads, feeling one etc. by noting things like: Do I feel heavy, an off warmth, the air about your space feel thick or heavy or full, does your breathing feel tight or not free.
- Try reconnecting to like the original place she was in this story of the “Shadow Man” of being in the sunshine, the light of air, the dance & sound of the natural water & life. Life before. Notice as the air changes around you & your chest becomes light again. Once you are back with, remember your or the truth, what you can do no matter how hard it seems to do etc. with client plan.
- If in the past in thoughts or too “anxious or depressed” about the future – one cannot be fully in the present. What part is off in a place that is not any longer or not here yet: Heart, mind or spirit. That leaves an open door for spirit to move through or play upon.

We Inherited the “Shadow Man”

- As Indigenous people, when the Euro’s came over, so did some of the “ghosts, spirits or bads” came with them. With their learned atrocious ways of treating people, taking over lands etc., so came the darkness & the beings that fed off of from their history.
- Here, dating back many years before their time here was stories on this “Shadow Man” that many of our people today speak on seeing or battling. [9 Things You Should Know About J. R. R. Tolkien \(thegospelcoalition.org\)](https://thegospelcoalition.org/9-things-you-should-know-about-j-r-r-tolkien/) This author R.R. Tolkien even speaks to the “nuggets of truth” that as Indigenous we are taught only the bads give.
- The “story” on the previous slide speaks nuggets of truths that as Indigenous we know of this bad being “The Shadow Man” i.e., he played off her empathy, he took her from a sunshiny place & brought her to the dark to use her so he could have a body or life.
- If you look at J.J. Tolkien’s life (see above link), losses, how that leaves one feeling to be played upon by a “Shadow Man”, that he was surrounded by i.e., Christians, war, sicknesses that might have enhanced part of the mind & quieted other parts as correlated with the other authors that wrote similar stories in ways connecting to beings having Spirit's like Winnie the Pooh etc.

Now You Know – Don’t Fall Prey ;)

"From Victim to Victor"



I started to be free when I discovered that the cage was made of thoughts.

I can't explain why I made so many mistakes, why I repeated them knowing I was digging a hole too deep to climb out of. I only know I did.

I can't explain it, excuse it, but I own it. No one forced me to do it. I could have been influenced, manipulated but at the end, I said YES. Therefore rather than excuse, I choose to be accountable.

Why is this important? Accountability takes me from a victim mentality to a victor mentality. Puts me in the drivers seat and in control of my next move.

I can't explain the past, yet I don't have too. I just have to learn from it and choose to **BE** and **DO** more.

Balance Teachings & The Wolf



Goods

Healthy Responses:

Recognizes an Issue or need,
No anxiety, fear or panic about,
Does not take personal unless is,
Does not respond from ego,
Seeks communication
to tend to matters,
If matters cannot be resolved may
Engage others to help, takes
Proper steps in restoring
The functionality of life.



Bads

Trauma Responses:

**Wolf backed up into corner,
Misinterpreted responses leading to,
Reactions, Opening for bad spirits to play upon,
Digs holes or compounds then cycles out.**

Working in the Helping Fields or Being a Servant: The Difference Between Helping & the Sickness of a Victim

- The line between Decompartmentalizing and disassociation: Victim programming today tells the people not to feel guilt or shame. That is wrong and shameful to feel made to feel that.
- Yet to feel guilt and shame is an important part of the process, as it acknowledges conscience or brings to the surface and role in is an important part, as there is their guilt or shame based on self, ego, how others may see them or due to the pain they caused others when in pain, by their reactions to, lashing out on life or even repeating the learned abuse.
- They are then seeing what they did to begin the process of where to reconcile with self, how they were to others (*as we tend to hurt those or take out on those closest to us when hurt and cycles begin*) and how to begin the healing for self, those we hurt, the lessons found and empowerment to no longer stumble upon the same traps.
- Then the empowerment lessons that help to let go and move on: The what would you do situations, like what if I told you in victim programming it is textbook that many will go down these routes after being a victim of: You may do X Y or Z these things would only bring more hurt for self and others - would you choose to catch yourself, recognize the path you're heading down and not hurt self more or others because you were hurt by someone else. What could you do if you were given options or ways - would you choose them vs being textbook in a dysfunctional manner that could lead to another cycle of dysfunction or co-occurring disorders

Passion or Self vs Victim Focus & Losses

Goods

The Elders would
Say, "The bads
Will try to stop
You or redirect you."

Bads

Natural Norms that Produce
The Fruits of Self:

Consumed By Trauma:

Aware of one's passions, interests, dreams,
Aspirations. Writes down, speaks to their
confidants or teachers & does things daily
Towards bringing those desires to life, lives
By those character morals & values.
Aware of & exited for their loved one's
Passions etc. as above. Finds joy in
Supporting them in & recognizes what does
Not serve their true self, heart, spirit etc.

Thoughts go immediately to try to make sense of,
Remember, replays trauma. This disrupts mind,
Then heart & takes spirit away from the place,
Space & into choices to comfort, crutch, get justice,
Get away etc. Many journal the trauma, bad
Dreams etc. & do not put 1st their + interests.
Focus on pain, anger – who done it i.e., blame enters
Until consumed by in mind, body, spirit & their life
Reflects. Even one's art changes to darkness or sexual

Understood Matter

- We walked in truth
- We held self & each other accountable. Saw to justice or restoring peace. Stepped up to our parts: good, bad or indifferent.
- We lived because of Spirit, understood the Creation of each & all has a story, a time, a part & the boundaries of.
- Knowing our life & lives are because of Spirit, supported by Spirit, guided & fed by Spirit – With that we are just a spirit within, if we walk within that circle, live, think, see, understand & keep to those boundaries.
- Knowing we are only a part in that moment, yet the ripples go beyond – Knowing without the other parts, beings, the people's & Spirit we would not be. So, there is no ego to be had, if one does well, all are better off. If one is not going about well or able, others feel the weight. Understood to always seek to learn better at that is our callings or part, doing our wholly honest best – that includes self care & not cutting corners or mixing with or one can't truly be wholly present & or at their best to learn, share, bring, face – anything.
- We always had to face honestly our every thought, feelings upon & what was coming from Spirit, vision, dreams etc. We sought trusted counsel that was knowledgeable in such **matters** –
- **Matters** = matter, it bares weight & this was-is understood. Weight to weight down thoughts, bring them down – away from a good spirit level, hearts feelings about, conscious etc. can leave one's body even feeling heavy, begin to lag etc.
- Matters can weaken body, immune system & ability to become ill, then carrying illness, hinders your work, craft or what you bring to the circle etc.
- Matters can take thoughts off, away from what really is true, tunneled or narrow thinking off into the thought & not the whole. If not with the whole, not seeing all truth or aspects. Only path seen is where one is at. Response next. Movement. Dreams. So much can become impacted.
- When thoughts are off so can become emotions or heart. The imbalance becomes of body now & the cycle back & forth from body & mind like a bad whirlwind. These whirlwinds can turn to storms that are not natural. Storms can now reach & touch beyond self.
- **Matter** = being of matter or weight or substance, if not a natural pure body, created naturally by Spirit – is not of.

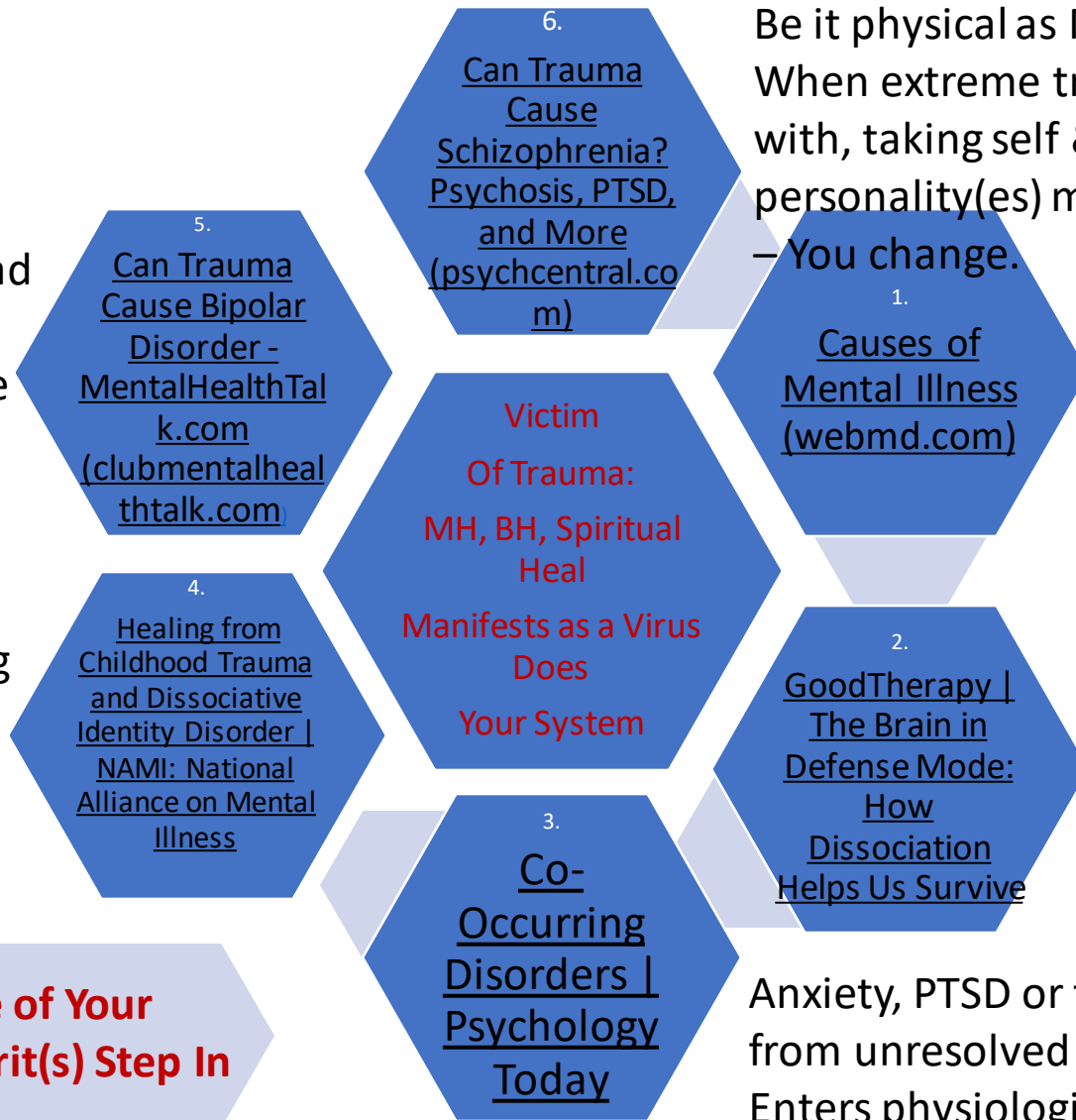
Catching the Cycle: You're Matter * You Matter

Long term or extreme trauma & the physiological impacts can lead to as the individual tries to normalize, yet still living with the trauma mentally, emotionally or ongoing still.

What can come due to continuing to go into a dissociative state i.e., Survival Mode consequences.

How Trauma Can Take Place of Your True Character – Where Spirit(s) Step In

How Others Hurt, Fear, Anger etc. Takes Space & Manifests Into You, Your Character & Life – Taking Self & Life Back



Be it physical as MH or Spiritual as Spirit(s) stepping in: When extreme trauma or replaying trauma & not dealing with, taking self & life back & moving on – another personality(es) manifest or spirit – Your “matter” changes – You change.

“Factors that may contribute to mental illness”: Stress from can lead to – 2.

When very traumatic or ongoing or prolonged living in the trauma, dysfunction or it replaying in your heart or mind etc. if unhealed can lead to dissociation.

Anxiety, PTSD or the “haunting of”, Depression from unresolved & onto crutching or band-aiding: Enters physiological illness.

Resources:

[What is Inspiration? - Dr. Wayne W. Dyer \(drwaynedyer.com\)](https://drwaynedyer.com) *(What is taking space in the place of the purest & truest you? To recognize & take back.)*

[Eleanor Longden: The voices in my head | TED Talk](#) *(Note: When in a good place: Mind, body, spirit & your world around you, is when the trauma your brain is trying to protect you from the memories can resurface so you can now handle dealing with it, healing it & letting it go with healthy support resources. Therefore by “doing you” can help that which is repressed help to come out.)*

[Causes of Mental Illness \(webmd.com\)](https://webmd.com)

[GoodTherapy | The Brain in Defense Mode: How Dissociation Helps Us Survive](#)

[Co-Occurring Disorders | Psychology Today](#)

[Healing from Childhood Trauma and Dissociative Identity Disorder | NAMI: National Alliance on Mental Illness](#)

[Can Trauma Cause Bipolar Disorder - MentalHealthTalk.com \(clubmentalhealthtalk.com\)](https://clubmentalhealthtalk.com)

[Can Trauma Cause Schizophrenia? Psychosis, PTSD, and More \(psychcentral.com\)](https://psychcentral.com)

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