

Spring Living Series: “The Messengers Arrive”

Session 1

March 11, 2022

Panelists:

Sean A Bear I, BA, Meskwaki

Ray Daw, MA, Navajo

Daniel Foster, PhD,

Keaw'e Bone, BA QMHP,

Shirley Holmberg, MA

Theresa Sault-Brill, FVTC

Jim Wikel, CPRC

Special Guests:

Robert Begay, MA, Navajo



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

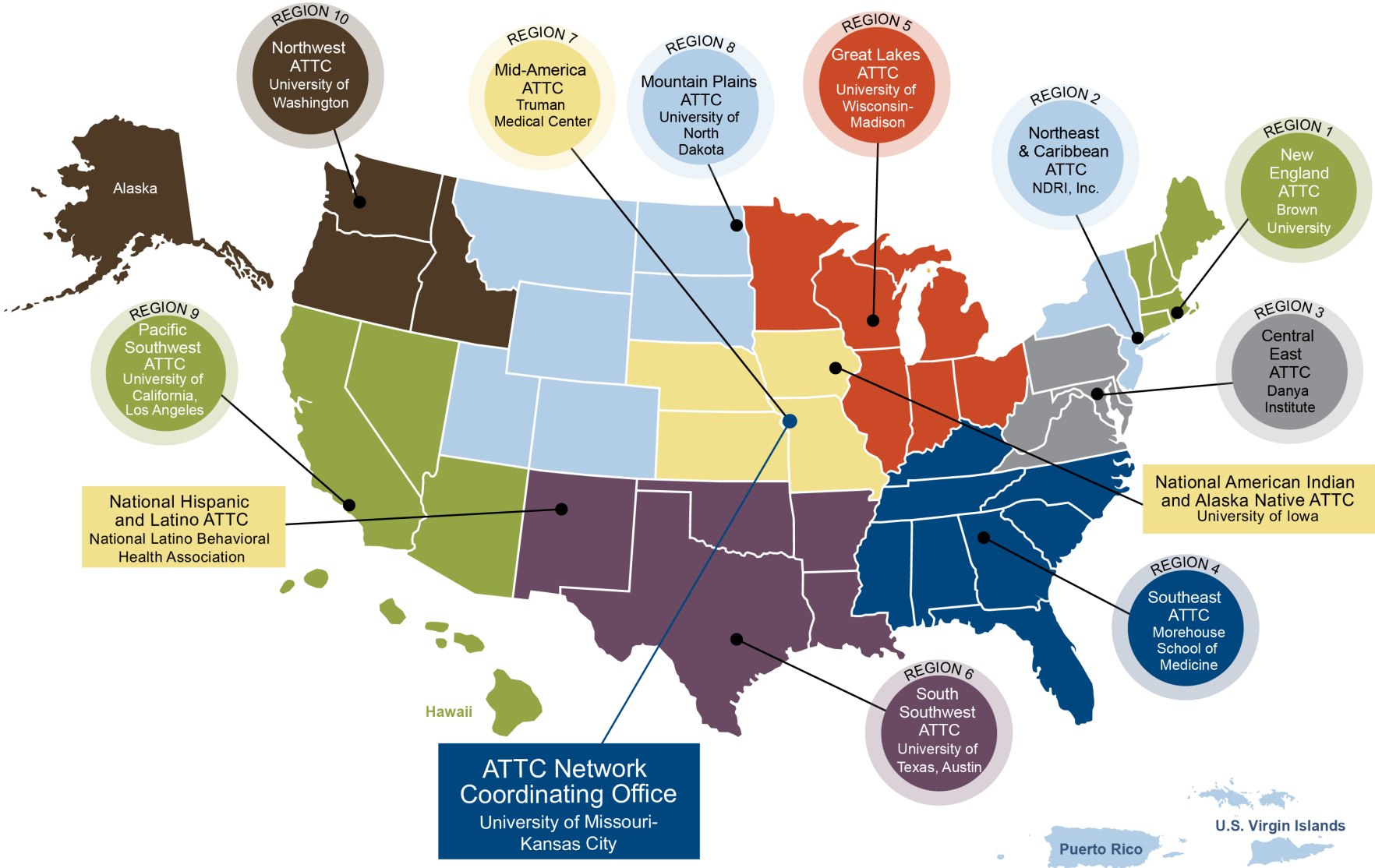


ATTC

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

U.S.-based ATTC Network

**American Indian
& Alaska Native
Addiction
Technology
Transfer Center**



SAMHSA

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Services Administration

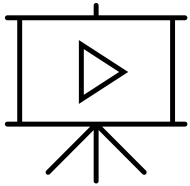
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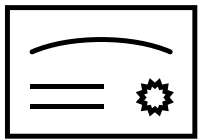


Follow-up

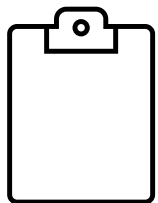
Following today's event, you will receive a follow up email, which will include:



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 Panelists:

Dan Foster

Shirley Holmberg

Ray Daw

Jim Wikel

Sean Bear

Theresa Sault-Brill

Keaw'e Bone

Special Guests:

Robert Begay



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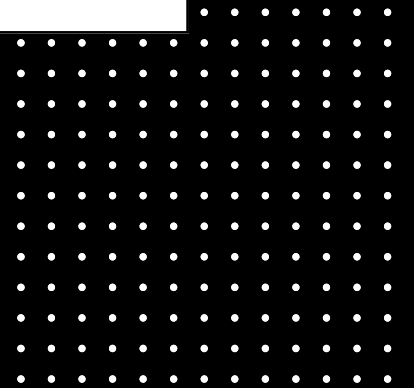
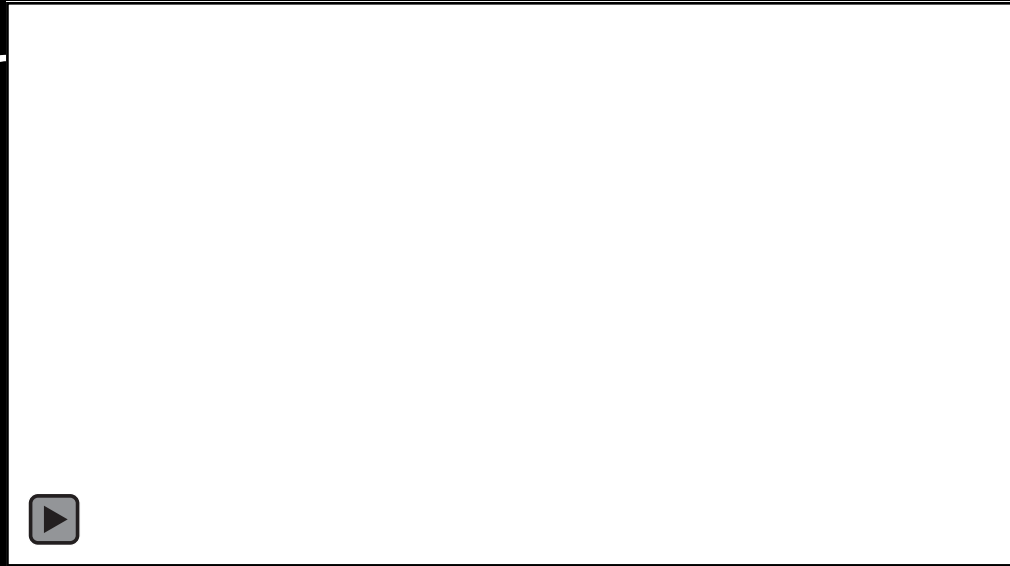
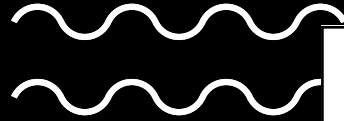
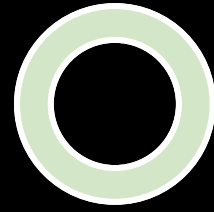
Steven G. Steine MA CADC

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“The Winged
Ones Return
and Bear
Awakens:

The
Messengers
Arrive”



Presented By: Theresa Sault-Brill
Aniishinabek & Menominee

Learning Points:

- Discovering the natural ways during this time of year: Living circular & how to better apply living this way of life in a linear world.
- Seeing winged ones as messengers & teachers.
- Exploring the bear's role in the time of Spring.
- Understanding how engaging in the natural ways can be good for mind, body, spirit & environment.

English	Western Dialect	Eastern Dialect
March	Onaabani-giizis (Snowcrust Moon)	Onaabdin-giizis (Snowcrust Moon)
April	Iskigamizige-giizis (Sugarbushing Moon)	Pokwaagami-giizis (Broken Snowshoe Moon)



(months & moons, n.d.)

Moon & Cycle's

- New life coming & awakening of the old. Remembering the stories of each being that comes again and the telling of their stories.
- Thoughts, dreams, planning & seeking
- Ceremonies
- Freeing of or letting go, cleansings, give aways, moving camps, visits, seeing each other & beings again i.e., reconnections
- Messengers of all kinds, messages & songs
- Circle of life – interconnectedness
- More Sun – Day light time, games, gathering, moving about, exercise
- Warmth from Sun, Trees, People & Beings begin to relax body – As prior releasing of mind, body, spirit & environment allows for being open to & for new beginnings & life

Spring

Ceremonies

- Moved Camp – went with blessings, with life. VS today staying stagnant, cabin fever etc.
- Full Moon, New Moon, Star Nation Arrivals etc. Ceremonies etc.
- Parts of the Earth awaken, connect to, open up, come to life etc.
- Feeding of the Waters, Water Spirits, Releasing Ceremonies, Cleansing Ceremonies etc.
- Grounding & Releasing as Feet with the Earth

“Birds as Messengers

All four of the birds (eagle, hawk, owl and falcon) discussed in this study were identified by the speakers as being messengers in some form, often serving as intermediaries between humans and the Creator.

Several speakers indicated that the eagle, or Wanbli, is associated with carrying prayers to the Creator/Great Spirit. Rosalie Little Thunder advised that since eagles fly the highest and can go places that humans cannot go, Wanbli brings a wide variety of good advice to those who seek it. According to Bryant High Horse, the eagle is not the last leg of messenger, but intercepts another bird (Thunder Bird) and this bird of the heavens carries messages even further into the universe. The chain of messages and prayers from human to the spiritual realms can also involve the hawk, as hawks are known in oral tradition to convey messages to the eagle. The falcon, or Chayton, was discussed by some speakers as a messenger as well.

Birds in Native Spirituality

Birds also have an important place in Native spirituality and ceremonies. When a Native person dreams or has a vision about a certain animal, the person may then wear regalia related to that animal. Jace DeCory and Rosalie Little Thunder advised that when wearing an emblem of an animal, a person is mimicking the desired characteristics of that animal. For example, when dancing the Eagle Dance, a dancer is mimicking the eagle and hoping to gain characteristics associated with the eagle, such as intelligence.”

(Winged Messenger Nations: Birds in American Indian Oral Tradition, n.d.)

The Great Messenger



(wloves and wolfpuppys, n.d.)

Stories don't just teach us lessons; they also teach things like the season changes:

One's like how South Wind fights North Wind - Why & What the fight brings.

Noticing when this fight comes –
So does the change in the seasons.

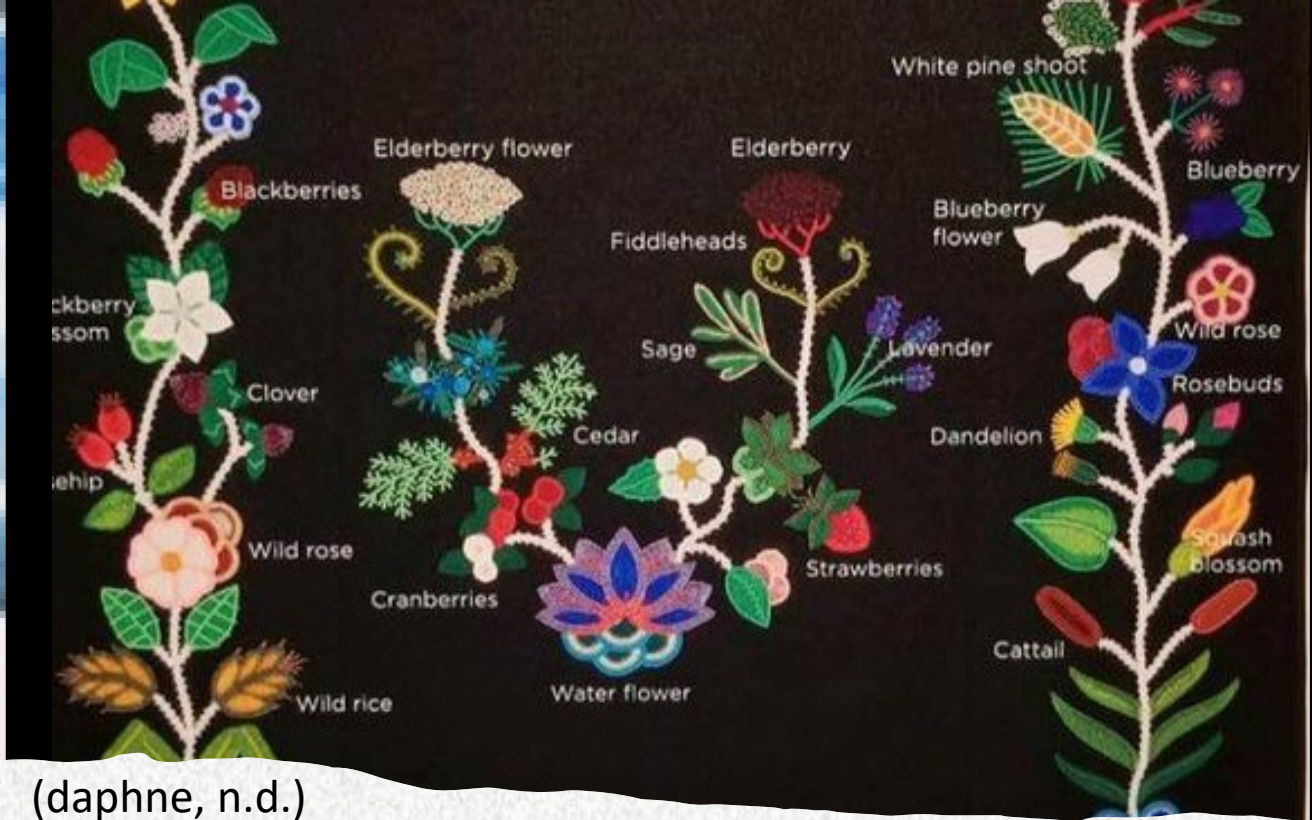
Robin aka An Opiichii Story





(Loest, n.d.)

Some of the First to Arrive

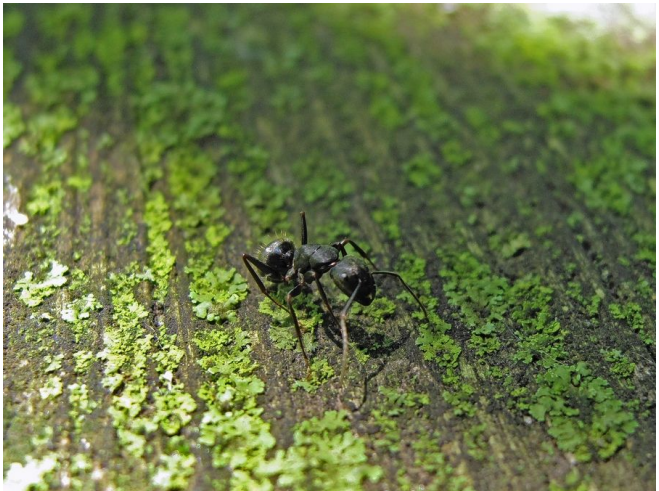


(daphne, n.d.)

- (IMAGES, n.d.)

The Bear's Dual Roles of the Law of the Ways & Being with the Medicine's





SPRING (ZIGWAN)

- Went to Sugar Camp where they produced sap for maple sugar.
- Repaired existing lodges and built new ones.
- Met up with other families that they have not seen in a long time.
- Men went to hunt, and the women made the maple sugar
- Built canoes

Spear-fishing & Fishing



(Division, n.d.)



Healers

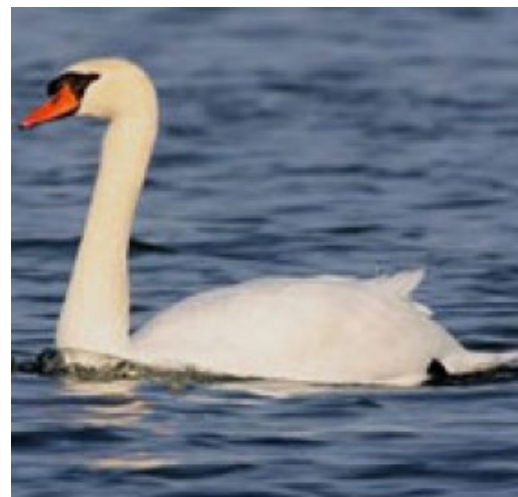


Messengers

Teachers



Warriors



Mother Earth's Hair aka Sweet-grass



(Hierochloa hirta, n.d.)

Resources:

[Rare Heirloom Garden Seeds, Buy Online | Alliance of Native Seedkeepers](#)

[Sweetgrass Plants For Sale | Hierochloe Odorata | Fragrant Holy Grass - The Growers Exchange \(thegrowers-exchange.com\)](#)

[Hierochloe hirta - Morning Sky Greenery \(Sweetgrass or Mother Earth's Hair\)](#)

[Native American Indian Robin Legends, Meaning and Symbolism from the Myths of Many Tribes \(native-languages.org\)](#)

[The Thunderbird of Native Americans – Legends of America](#)

[Oral Tradition in Native America \(nativeede.wixsite.com\)](#)

[Role of Birds | wingedmessenger \(nativeede.wixsite.com\)](#)

[The Seasons, the Equinox, and the Solstices \(weather.gov\)](#)

[Unexplained Pulse From Inside Earth Repeating Every 26 Seconds Puzzles Scientists - MessageToEagle.com](#)

[The Earth Is Pulsating Every 26 Seconds, and Seismologists Don't Agree Why | Discover Magazine](#)

[Earth Pulse Frequency | Schumann Resonance Generator \(subtle.energy\)](#)



"It is hard for me to understand a culture that not only hates and fights his brothers but even attacks Nature and abuses her. Man must love all creation or he will love none of it. Love is something you and I must have. We must have it because our spirit feeds upon it. Without love our self esteem weakens. Without it our courage fails. Without love we can no longer look out confidently at the world. Instead we turn inwardly and begin to feed upon our own personalities and little by little we destroy ourselves."

Chief Dan George

THE SOUL IN WORDS



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