



National American Indian & Alaska Native

**ATTC**

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

**IOWA**

**SAMHSA**  
Substance Abuse and Mental Health  
Services Administration

# Cultivating Connections in These Changing Times: Walking Together in Kindness, Courage, Endurance, and Love

## Session 1: Three Fires Talk

Theresa Sault-Brill

Dan Foster

Keaw'e Bone

Jason Butler

Elder June Blue

Michael Yellow Bird

Jim Wikel

Gera Marin

September 21, 2022

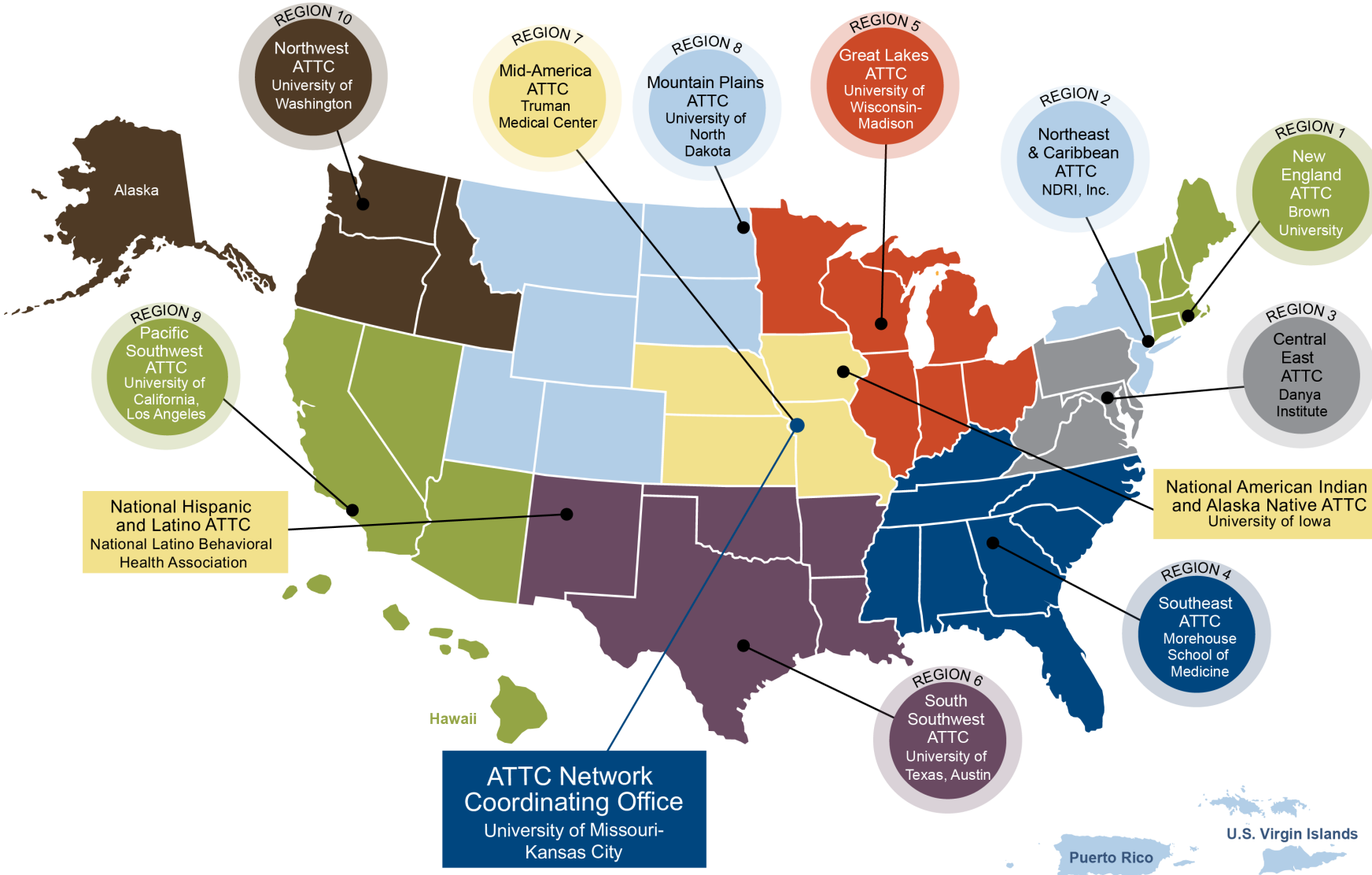


**ATTC**

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***

Substance Abuse and Mental Health  
Services Administration

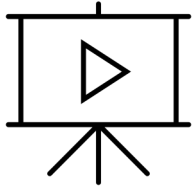
The National American Indian and Alaska Native Addiction Technology Transfer Center is supported by a grant from the Substance Abuse and Mental Health Services Administration (SAMHSA).

The content of this event is the creation of the presenter(s), and the opinions expressed do not necessarily reflect the views or policies of SAMHSA, HHS, or the American Indian & Alaska Native ATTC.

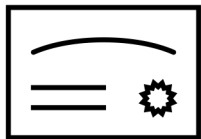


# Follow-up

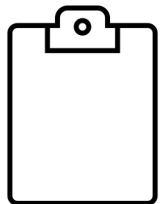
Following today's event, you will receive a follow up email, which will include:



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, 1<sup>st</sup>. Meskwaki



# Today's Panel

*Thersea Sault-Brill*

*Dan Foster*

*Jason Butler*

*Elder June Blue*

*Keaw'e Bone*

*Micheal Yellowbird*

*Jim Wikel*

*Gera Marin*

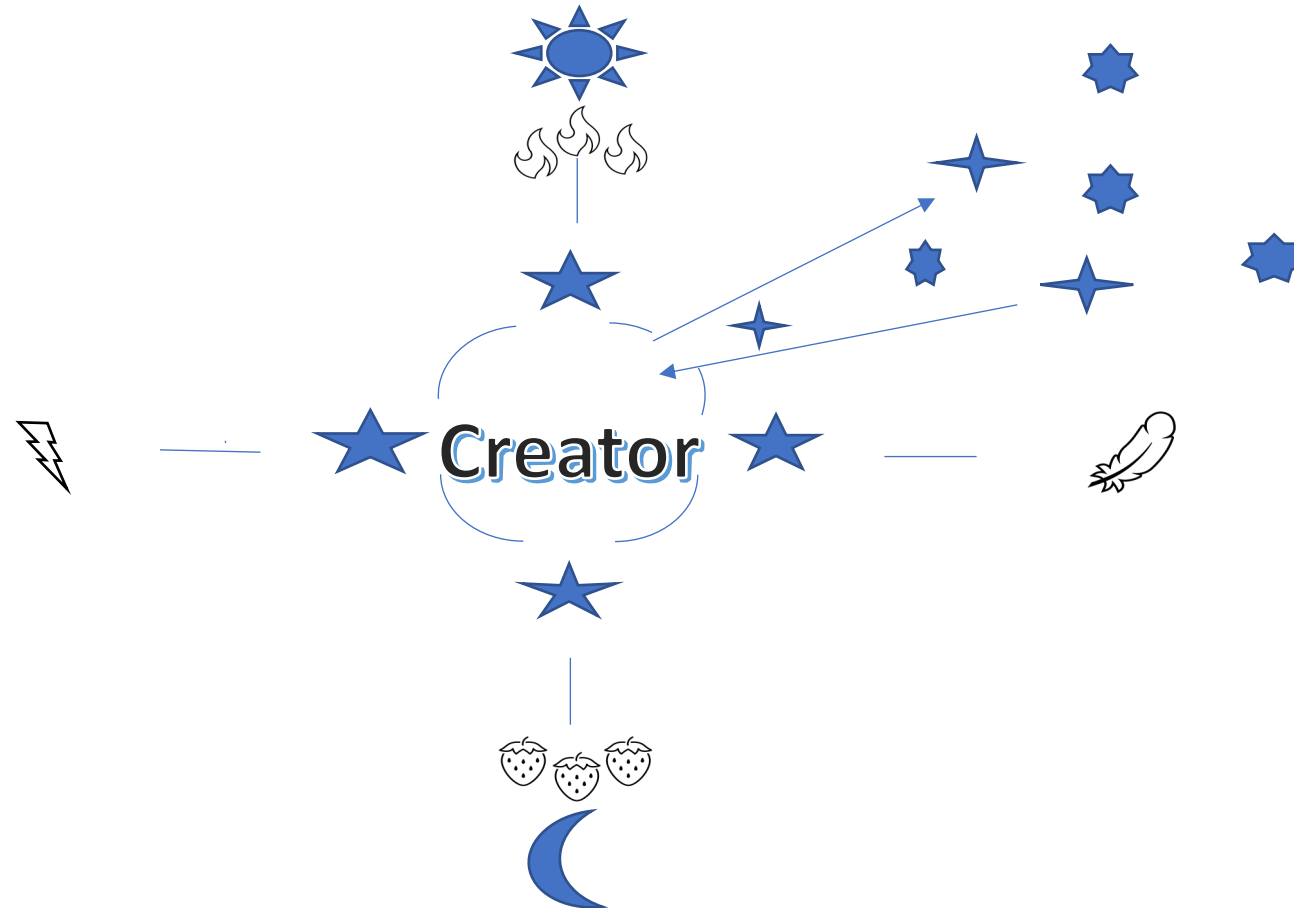




**Cultivating Connections in These Changing Times: Walking Together in Kindness, Courage, Endurance, and Love**

**Session 1: Three Fires Talk**

# Becoming Present With What Is



**Time to Take Yourself Back**

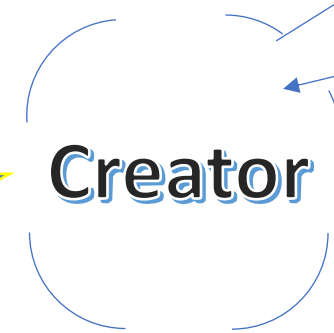


Night, North, Grandfathers, Star time, Winter  
Elderly to preparing for rebirth or death.  
From womb: Outer World



Death

Birth



Evening, West, Sunset, Fall  
Middle age to older adult.  
From womb: Heart and Mind



Morning, East, Sunrise, Spring  
Infant, toddler to youth.  
From womb: Spirit Enters



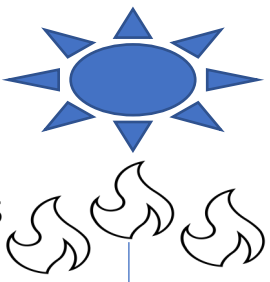
Afternoon, South, Grandmothers, Summer  
Young adult to adult.  
From womb: Body to Inner World



# **When ugliness is present & or there is a threat:**

- We tend to look to or at the ugliness or threat**
- Then we often find, we address or are speaking to or at the ugliness or threat**
- We are immediately no longer connected to Creator & Creation or That What Truly Is**
- Now we are engaged with the “bads”**
- Now the world we are present in is that of the “bads”**
- At that point, we are no longer in or a part of the world where Spirit of What Is lives, breaths & moves.**

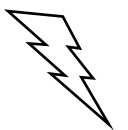
Discord – Fits – Ugliness – Unwarranted Attacks –  
Murder – Complexities – Destructiveness – Lies –  
Demeaning – Volatile – Takers – Untrustworthiness  
– Misguided Changes – Thoughtlessness –  
Demandingness – Unearned Expectations – Excuses  
– Fear – Manipulation – Wasteful – Inconsistency –  
Unbalanced – Twisted Faces



Respect \* Regard \* Place

### Creator

Kindness \* Honor \*  
Oneness \* Simplicity \*  
Peace with All That Is



Toxic or Power of the “bads” – Selfishness –  
About Themselves – Self Centeredness –  
Abrasive – Rudeness – Avoidance –  
Children Not to be Seen nor Heard – Not  
Enough – Injustice – Disrespect –  
Disconnectedness – Insulting to all, including  
self – Outbursts – Illnesses – Loss of Voice &  
Song - Uncertainty



# The Dark Night

Spitefulness – Authoritarian – Perversion –  
Nightmares – Rape – Rape Culture – Nightmares –  
Ego – Wounded Egos – Rashness – Forceful – False  
Pride – Pridefulness – Dishonor – Meanness



# As The “Dark Night” Moved In

Elders - Counsel Wisdoms - Law or Direction In the Ways



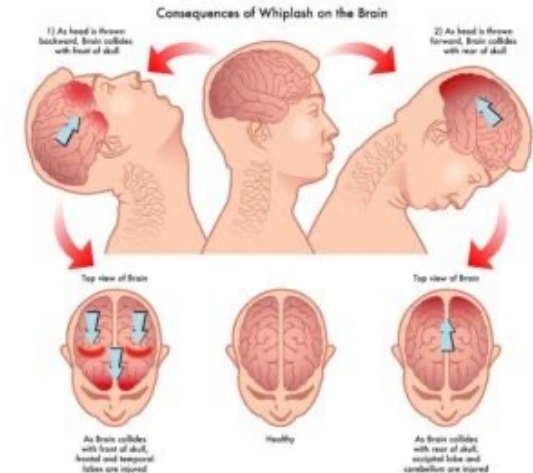
Ceremony - Foods - Healing Ways

# As Spirit Moves – What Really Matters

- **Attack:** Form of depends on what is hit (intent & Mentally, Physically, Spiritually – Self & Life)
- **To Deal Now:** We are scrambling – Already torn in many areas of one's life, needs, thoughts & feelings (no longer whole)
- **To Process the Injustice or that which occurred:** Tolls, costs & losses, what can be done to restore peace & is there a path of justice...
- **If path of Justice:** Potentially taken off of destined & developmental path & purposes. ALSO: Potentially no justice –Then potentially stuck in the time trying to process.
- **When Processing:** We take internally - Mind, heart, body & Spirit.
- **Release:** Did we release or was there not time to release – Then are we carrying.
- **If No True Release:** If we did not let go of fully, we may bring with us in different forms that which was put upon. i.e., Victim mentality, Spewed or Altered Purposes, Fear of Reactions to Life & Moments, Attitude or Attitude Adjustments – Character Changes.



(Garam, 2016)



# Character of Spirit Transformation Continued

- **When We Carry:** It becomes “*In Body*” & at risk for “*Embodying*”
- **As Attacks Are Meant To Take Down XYZ:**
  1. Is mind off in thought – Then attaching thought of to other moments. 2. Mind becomes “mind full of” (the not goods & not our natural “mindfulness” f the natural flow of good a-& Spirit ways of being restored yet.
  2. As all consuming of thoughts & moments, it begins to consume you, your personality, how you’d have been in moments if not for what is within.
- **As Mind Talks – Heart Responds – Emotion “in-motion”:** Emotion, when at an extreme or unbalanced states of being or understanding – over-powers & enacts our brains or “*mind off in*”.
- **Now The Attack Has Reached Our Heart:** One’s true heart may not be of one who’d react or choose what comes next in what either feels like or is a “*world that is of harsh realities*” harshness.
- **As Mind Is Taken Off & Heart Moving Away From THE BEING CREATED TO BE:** The body gets in gear to support mind & hearts positions (Where are you my sister's & brother’s – Come on back to you <3 )

# Spirit Becoming “in-bodied” By Continued

- **As Body Aligns With Mind & Heart – Spirit Enters:** Spirit is now of mind, body & spirit collective choices. This now touches or impacts Spirit & one’s path. *(Here is where the cycle or circle has began – to counter or break the cycle, mind needs truth or reconnection to that which is & release of, heart needs to be in agreement with & body will need a proper diet to counter the imbalance or misuse of chemicals & organs involved in the attack.)*
- **Your Spirit Walk & The Tracks You Are Leaving:** When Spirit moves through or even enters darkness, (not of Creations darkness) sickness, ugliness, violence, heaviness, etc. – UNLESS Spirit is true to self & all that truly is –
  1. Spirit light, energy, being is not true – It now becomes transformed.
  2. If Spirit is no longer wholly as Created to be – It becomes vulnerable as t is off balance, not connected to where it comes from & not with the circle ways.
  3. If Spirit does not get back to being as Created to Be & in the Circle Ways or Restored – Where did one’s true Spirit go. Now, choices after choices of mind full of, heart-less of true self, body moving in tune off with & Spirit becomes that of which.

(More to this of the course: As we feed into i.e, thoughts, letting self or life be impacted beyond what occurred – we hold onto & feed into that spirit.)

## What We Possess – Possesses Us... Taking Our Spirits Back Continued.

- **As We Are Attached To The Attack(s) or the Effects Of:**
  1. We are off in a place, time, reacting to what isn't.
  2. When we are off in what isn't ("nuggets of truth" i.e., being deceived or the great deception) is not reality or in the now.
  3. We cannot wholly "time travel", therefore we are physically here, yet not present.
  4. When not wholly or truly present, you miss your presents, gifts, blessings & self.
  5. When self is absent, who or what is enacting on your behalf.



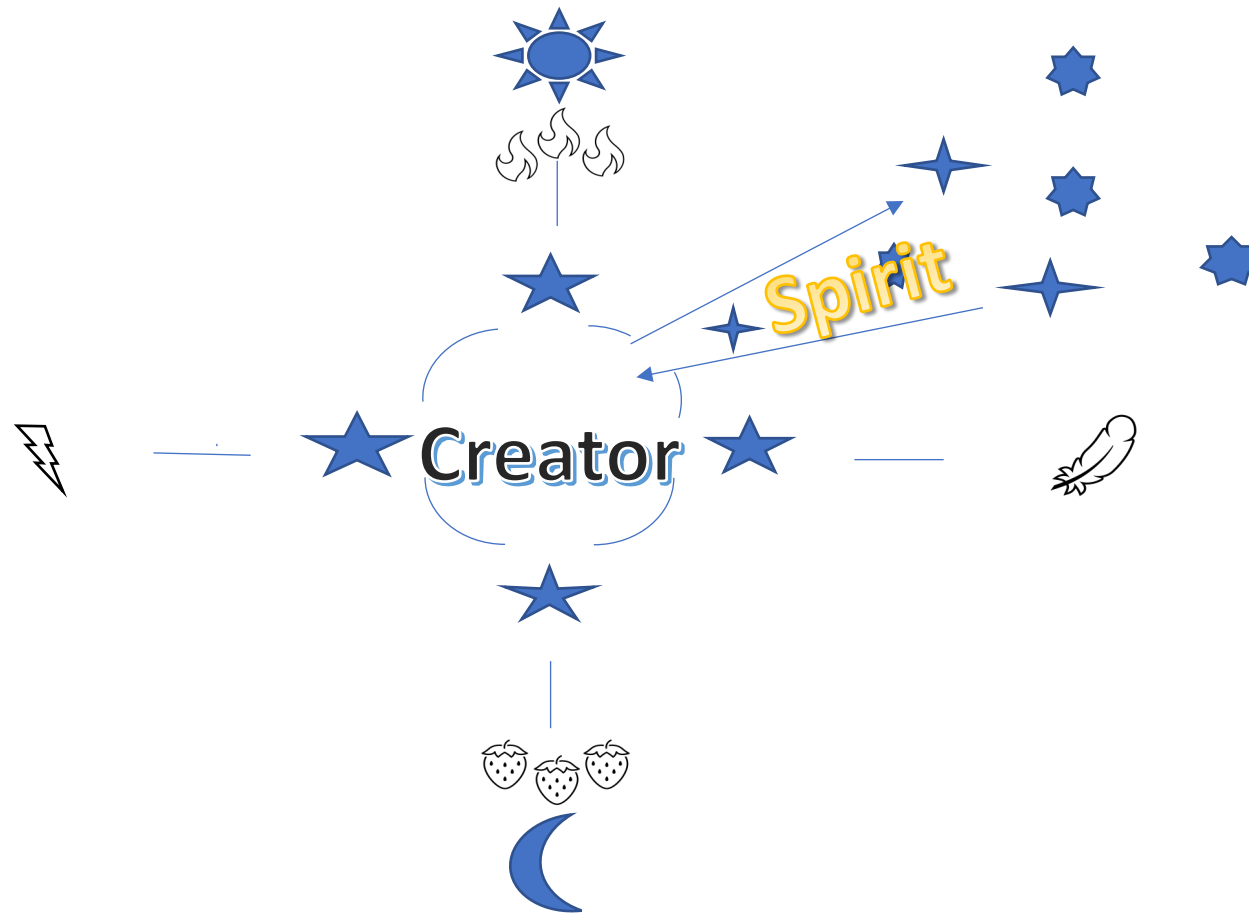
# What of That Has Seeped Inside:

- \* Leadership
- \* Community
  - Family
  - Self

## What Have You Embodied or “in-bodied” By:

- Portraying
- Behaving Like
- Thinking In Ways Of

# Women – Homelands – Ways of Life





**Creator**



# References:

Garam, J. (2016, May 04). *Are You The Victim Of Verbal Abuse Without Even Realizing It? 10 Things You Need To Know*. Retrieved from Prevention: [https://www.prevention.com/sex/g20509886/verbal-abuse/?fbclid=IwAR2SqzUp39RkUigO\\_9VyZ2IzezVIEA5ZQXK7s7hzXQdgNa8OIOk-dl8nbNQ](https://www.prevention.com/sex/g20509886/verbal-abuse/?fbclid=IwAR2SqzUp39RkUigO_9VyZ2IzezVIEA5ZQXK7s7hzXQdgNa8OIOk-dl8nbNQ)

# THINGS YOU CAN NO LONGER ACCEPT

I three-part webinar series on behavioral health in indigenous communities.

Actualizing change by implementing indigenization solution-based models using incorporation of community immersion.



# The First Fire

Sun brings life to our world and keeps us all in balance with our surroundings and everything that it touches.

When we think of a being or entity that could be described as being all powerful.

I like using the idea of the sun because it gives all of the parameters, we need for a conduit of physical understanding of this type of being, furthermore a role relationship for all humans capable of complex reasoning.

What is it that we can do as humans to the sun?

Have you ever measured your gravitas in the world with a relative understanding of the celestial body that provides all the needs you have in this world baring the production of water and air molecules you breathe?



# The Second Fire

The fire that was given to us by (Sgiunetlvnv or our creator).

This is a physical fire here on earth that is to be tended to and care for in the most sacred of ways nothing but the seven sacred woods would be put in this fire in observance of this fire someone would be praying with this fire at all times and has a team of men that would be tending to this fire.

Our physical actions that we put out into the world are streamlined behaviors of our third fire that is to be explained in the following slide.

Being able to control ones environment is the biggest and most profound impact one can make in this world.

Learning how to do that impact responsibly must come from a perspective of appreciation or the things that are of great value will depreciate in value.

That is how art becomes fine art and everything in this world down to the air we breathe.



# The Third Fire

The fire that resides within us all, what does it feel like how can we nurture it and keep a healthy steady burn,

The passion that each one of us carry for the things we want, the things that we need.

The fire within all of us, when we listen to our gut we go with the best choice that allows us to feel ok about making a decision.

When we receive biofeedback about someone we have never met before in our entire life and we don't feel like we should trust them, or we are pulled towards someone for any particular reason if we allow ourselves to learn about the situations that the gut feeling has put us in.

we can use that lesson or teaching as a way to progress through life.

Through this type of learning, new types of information is learned and built upon.

rather than wrote knowledge being played on a loop through out a population.

the information learned would not be stagnant when it isn't being used dynamically constantly

