

A powerpoint done by Nikko Green of Cycle #42

Rituals That Heal

An Article by Patricia St. Onge



“What happens when the pain of the world breaks into our lives?”



The reality of what's been happening today in society, is the realism of racial prejudices, and how they involuntarily effect people of color all around the USA. Patricia's daughter, Bre, faced this issue as a young child wanting to play at a local park with others, and being excluded simply because of the color of her skin.

What Has Been created A “Generational” Curse.

Over the course of “generations”, black and brown people across America have been oppressed, profiled, abused, and murdered because of what this society has bred into being, strategically.



“What heals the collective broken heart of a community that has experienced injustice?”

A Solution of sorts

The Medicine Wheel framework

The Medicine wheel is a structure of spiritual, mental, emotional, and physical healing, through the “four Directions”, and it is a traditional belief passed down through generations of some Native American Tribes.

The East: The direction of the spirit. The action is to “reimagine the world we want to live in”, and commit to making a change through social justice.

The North: The direction of the body. This is where we unite as a people, and “resist the destructive structures” that tries to oppress, and divide us.

The West: The direction of the mind. We look with to find strategies to strengthen and restructure the world that was designed to oppress.

The South: The direction of healing. This is where we focus on supporting each other for the loss we’ve all endured. A “Condolence ceremony” is how the natives got through the grievances and emotional stress the world has burdened them with. Coming together and healing as a whole, from death and more, is the point of the south direction.

Why This is Needed...

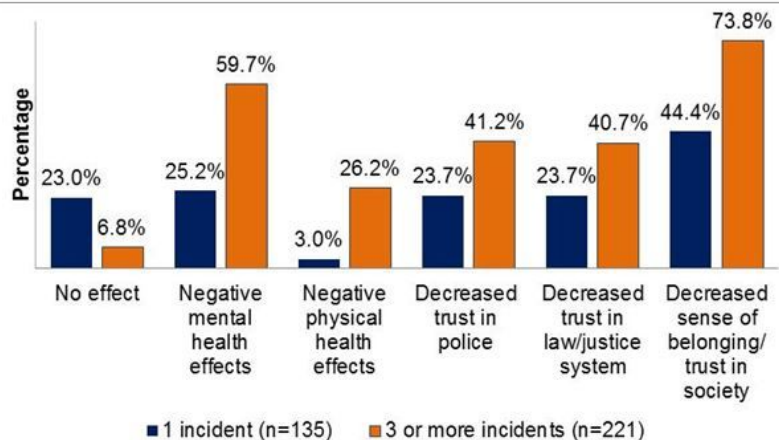
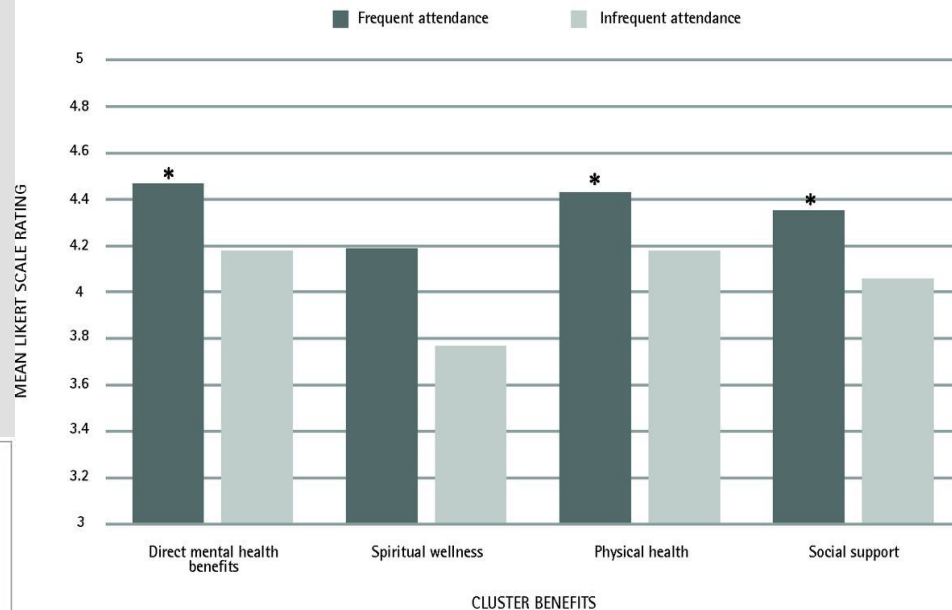


Figure 2. Benefits of frequent attendance in each of the 4 medicine wheel clusters: *Frequent attendance was those who answered "never miss" or "attend most of the time" on the survey; infrequent attendance was defined as anything less frequent than "attend most of the time."*



*Frequent attendance resulted in greater program benefits ($P < .05$).

What it takes for The Unification of Our People

The medicine wheel gives a clear and structured method of bringing people together, via relational struggle, no matter the cultural background. If, in fact, this was to be the plan of action, that the oppressed would turn to as a whole, we could work on educating ourselves to embody a different mindset, than the mindset we've grown to hold due to the generational oppression that has evolved and taken hold of our lives in so many ways. This framework would teach us to support each other emotionally, spiritually, physically, and mentally. What we could do is disembody the generational curse put on us from the inside by dismantling the hold the oppression has placed on our spiritual wellness, and mental wellness, which would in turn allow us to build new ways of living, and develop those structures that could overthrow the oppressive burden we've been under for far too long.

Overall...

This could add to directional change we've been fighting for over the last century.

The purpose of the Medicine wheel is to strengthen the oppressed, and allow them to see new things through all of the loss we've encountered.

Through committing to a life of growth and change via enlightened ideals, and cultural unification, we'll have a plethora of unique minds that could tackle the system, and deconstruct the punitive measures through strategic plans that came to be from ideas thought of, and blueprinted, through the directions of wheel.