

MEDICINE WHEEL FOR INDIVIDUAL AND FAMILY HEALING

North – Giiwedin. Revisioning – Aanji izhinamowin

PHYSICAL - Mashkawi-bimaadziwin
 White - Waabishkaa,
 Winter - Biboon, Caring -
 Bamenim, movement -
 Mamaajise, actions -
 Izhiwebiizi and
 consequences -Inakamigizi,
 Elders – Gichi-aya'aa, Bear -
 Makwa,
 Sweetgrass - Wiingashk

SPIRITUAL - Manidoowaadizi
 Yellow- Ozawaa,
 Spring -Ziigwan,
 Child -Abinoojiinh,
 Tobacco- Asemaa,
 Wolf - Ma'iingan

Mother Earth
 -Shkaakaamikwe
 nurtures all races,
Balance -
Dibaabishkoojigan

PSYCHOLOGICAL - Inendam, SOCIAL - Wiidookaa'e
 Red - Miskwaa,
 Relationships -
 Inawendiwen, Youth -
 Skiniigi, Cedar –
 Giizhik, Giniw - Golden
 Eagle.

South – Zhaawan. Being - Bemaadizid,
 Hearing - Noondamowin, Listening - Bizindamowin

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Revisioning our future

- What is my/our vision for the future of our family?
- What does Turangawaewae look like for us?
- How do we want to be living and what the key values that will shaper that?
- How can Intergenerational relationships and resilience be strengthened and restored?
- What are the steps we want to take to decolonize the ways we are thinking and living?
- What economic, social, cultural and technological and environmental resources will be needed?

East – Waabung. Arriving – Bagami- & Grounding - Gwayakwakamiga

Prayer, Spiritual Connection, Love (establishing or quality of therapeutic relationship). Positive identity, past experiences, wisdom, knowledge, homeland, ceremony.

- How did you come to be living here?
- How do the challenges show themselves?
- Trauma and intergenerational trauma (manifestations and impacts?)
- What does it mean to be well? How do kin-relations support this?
- What keeps you strong? What are the resources (inner and outer) that you have drawn on in the past & now?
- How does your culture support you here? How does it get in the way?
- What ceremonies, medicines, daily practices will help ground you here? What skills, knowledge, wisdom?
- Stories of Turangawaewae - symbols of and ceremonies for.

Re-memering and Re-Gathering (cultural resources for moving through trauma, regathering self, and family)

- What new understandings are emerging about the causes of the challenges I/we are facing?
- What are the cultural beliefs and lifeways of immigrant refugee communities and Indigenous peoples in Canada that will strengthen my/our ability to move through these challenges?
- What are the healing ceremonies and everyday practices that will strengthen family and intergenerational relationships?

West – Baangishimog Re-memering – Aanji Mikwendaasowin. Re-gathering - Aanji Maamawinigewin

Listening to self, listening to others: *relationships, cultural assessment, identity and decolonization.*

- How do you understand your cultural history & what has shaped your understandings of this?
- How has colonization & other social/historical influenced your life and beliefs?
- What's the quality of your intergenerational relationships and how does your culture as well as being in Canada affect these?
- How do your cultural beliefs both help and hinder you and your family here in Canada?
- Gender roles and sexual diversity (Two Spirited)
- How do your past and present relationships shape experiences of trauma and resilience
- What do you know about Indigenous ways of living here in Toronto?

