

MINO

BIMAADIZIWIN

INDIGENOUS PROGRAM

VOL. 2024 CANADA

ORIENTATION GUIDE

A THEMED STUDY GUIDE DEVELOPED BY

MINOBIMAADIZIWIN.COM



12 STEPS OF AA (ALCOHOLICS ANONYMOUS)

- 1. We admitted we were powerless over alcohol — that our lives had become unmanageable.*
2. Came to believe that a power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of Higher Power as we understood Him.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to Higher Power, to ourselves, and to another human being the exact nature of our wrongs.
6. Were entirely ready to have Higher Power remove all these defects of character.
7. Humbly asked Him to remove our shortcomings.
8. Made a list of all persons we had harmed, and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with Higher Power as we understood Him, praying only for knowledge of His will for us and the power to carry that out.
12. Having had a spiritual awakening as the result of these Steps, we tried to carry this message to alcoholics, and to practice these principles in all

THRIVING BEYOND™
COMPLEX TRAUMA

REACT

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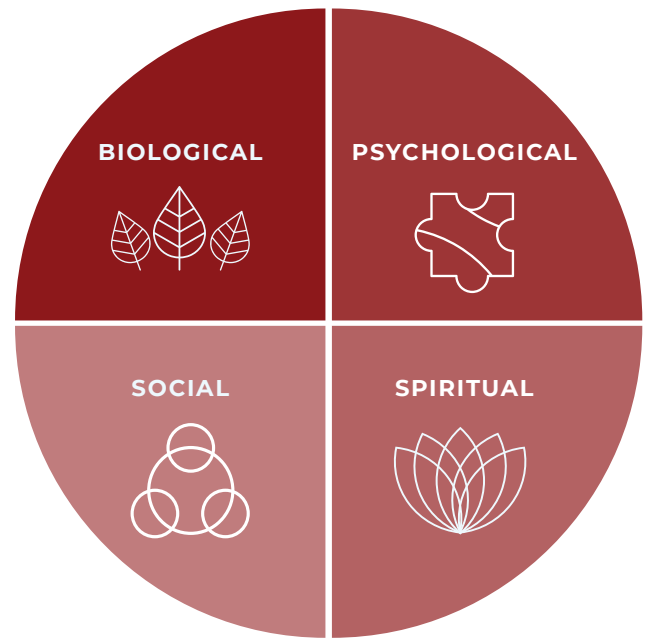
Mino Bimaadiziwin is a Complex Trauma recovery program that is based on the following concepts: The Medicine Wheel, The 7 Sacred Teachings, The 12 Steps of AA, and the RE/ACT program by Tim Fletcher. The “two eyes open” approach blends the richness and depth of traditional indigenous healing practices together with industry leading science for holistic (or “whole body”) wellness: biological, psychological, social and spiritual. Notice how these two approaches overlap!

Traditional Indigenous
Medicine Wheel



The Medicine Wheel is circular symbol broken into four areas or quadrants. These four areas have four different colors assigned to them, which are most often yellow, red, black, and white. It is also very important to note that different nations have different medicine wheel teachings, according to their stories, values, and beliefs. So, there is not only one perfect medicine wheel.

A Holistic Approach
to Wellness



Mental Health refers to how we balance out biological, psychological, social and spiritual needs. Healthy thoughts and emotions are directly related to how our bodies function, how we relate to friends and family and how we experience spirituality. Mental Health is not the same thing as mental illness. When the four blocks shift out of balance, mental illness traits like depression can form.

These 12 activities will be an important part of healing. When we love someone with anxiety, our own motives or fears can get in the way. We may be worried about our place in their life, the success of our relationship, our ability to go out and do things like we once did, or have other reasons for wanting to help. Take some time to discover our reasons. Be honest!

1

MINDFULNESS EXERCISE

Mindfulness means paying attention to the present moment. It means taking a step back and noticing what is going on in our world. The goal of mindfulness is to simply observe - we want to see, hear and understand what comes to our minds and bodies when there are no distractions around us.

2

INTRODUCTION

Introduction to the day's topic of wellness. These topics will follow the 12 Steps of AA and circulate around the traditional Medicine Wheel. We will hear from various Indigenous speakers, industry leaders, front-line workers and elders.

3

EARTH TEACHING

For centuries, indigenous people have learned from the earth. The earth has provided great wisdom in teaching us about how we are connected to it, to each other and to our selves. Each lesson, we will explore how the earth has been teaching us about a topic that science has recently discovered.

4

TOPIC OF THE DAY

Tim Fletcher will provide a short video that will address the psychological aspects of the topic. Now that we can see and learn so much about the human brain, these Cognitive Behavioural Therapy educational tools will help uncover the many ways Complex Trauma has affected us and our traditions, families and selves.

5

REFLECTIONS

Answer questions based on what you have learned so far. Here is where you have an opportunity to reflect on what you think about the topic, and ask questions.

6

MEDICINES

The earth has provided many medicines that Indigenous Peoples have utilized to treat all sorts of ailments and illnesses. While you may not directly connect to each of the medicines, glean from the material and apply only what connects with you.



7

SACRED TEACHINGS

The wisdom of the sacred teachings are applicable in so many areas of life - whether we deem them as spiritual or intellectual, these sacred teachings will be pulled from all sorts of Indigenous tribes and histories to provide a visual of the differences and similarities that make us such a beautiful people.

8

GROUNDING/MEDITATION

Grounding is a healthy exercise that helps us clear out our minds and focus on basic brain function and the 5 senses. By focusing on the 5 senses (such as breathing, sound, sight, touch, or smell), we calm down our limbic brain which is the centre for stress. When we are stressed out, it's very hard to focus on trauma work, so grounding is an action that prepares us.

9

LAND-BASED HEALING

Earth and our connection to nature is scientifically proven to heal us in many ways.

Land-based healing gives us the opportunity to connect to nature in a biological way, boost endorphins, calm down our nervous system and relax or quiet down the limbic brain.



10

JOURNALLING

Gratitude journalling and self-care help us stay focused on the reason why we exist and the reason why we want to stay in recovery. Journalling also helps us bring subconscious thoughts and beliefs into the conscious and process them so that they don't continue to impact us in a negative way. Write down 5 things that you are grateful for, and 3 things that you hope to learn. Take your time.

OPTIONAL GROUP ACTIVITIES

11

SMUDGING

Earth and our connection to nature is scientifically proven to heal us in many ways.

Land-based healing gives us the opportunity to connect to nature in a biological way, boost endorphins, calm down our nervous system and relax or quiet down the limbic brain.

12

SHARING CIRCLE

Connection and talk therapy have proven to provide incredible healing benefits for mental health issues including anxiety, depression and substance use disorders. Share what you are comfortable with, and see how others' shares impact your own memories or understanding of the topic.

REACT

If you have any concerns or questions regarding any of the content contained in this document, please reach out! We would love to hear from you, and will be eager to assist in any way that we can.

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