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Volume 1
Winter 2020



Circle of Eagles Lodge Society

Brothers and Sisters Healing and Wellness Journey

Prepared for Brothers, and Sisters, and Staff

Preface:

This document was created to highlight cultural and spiritual supports offered by Glenda Abbott as part of a living document that will grow with each season. This work will begin by focusing on developing a strong foundation of the Healing and Wellness Journey's with the Sisters at the Andersons Women's Healing Lodge.

During Covid-19 the unpredictability of potential restrictions require the daily, weekly and monthly offerings to be limited to the Anderson Lodge to minimize risk. However, in the future the majority of the Healing and Wellness Journey program will be available once per week with the Brothers at Naa-na-himiyis Brothers Healing Lodge.

At this time, the Indigenous Healing Modalities and Ceremony are offered by request to Brothers, COELS staff and family, as well as community Brothers and Sisters.

The next Healing and Wellness Journey booklets will include information on lodge specific offerings of Sweatlodges, Canoe Journey preparation information, and highlight other Elders/Knowledge Keepers available to the Brothers and Sisters in the Lodges and community.

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Each Life as a Sacred Path

Every human being who walks the Earth Mother has an individual sacred path through life. That sacred path is created by the weaving of many tangible and intangible threads, which connect all of our emotions, dreams, thoughts, and experiences.

The spirit's invisible thread of life force unfurls at birth and carries us through the twists and turns of growing up and learning about life on planet Earth. Our lives will change directions many times as experiences urge us to grow.

Every decision we make and every shift in our perceptions can alter the course of our path through life and bring new experiences or expanded horizons.

Every time we alter our priorities, we change our path.

Every time we allow ourselves to use our imagination, we change our view of reality.

Every time we decide to change direction, we design and redesign our lifestyles, habits, priorities, personal needs, and goals."

— Dancing the Dream

The Healing and Wellness Journey

Circle of Eagles Lodge Society (COELS) Healing and Wellness Journey incorporates ancestral foods, medicine, cultural arts therapies, and seasonal acknowledgements. The Healing and Wellness Journey will follow a seasonal calendar to include as many land-based and experiential learning opportunities as possible. The Healing and Wellness Journey will create a traditional medicine and healing space, that will be maintained with the Brothers and Sisters as part of the activities that take place within the four seasons. For this reason, the calendar and program booklets will be updated as required from 2 to 4 times per year.

Seasonal Calendar - Quarterly

1. **Fall** (October - December)
2. **Winter** (January - March)
3. **Spring** (April - June)
4. **Summer** (July - September)





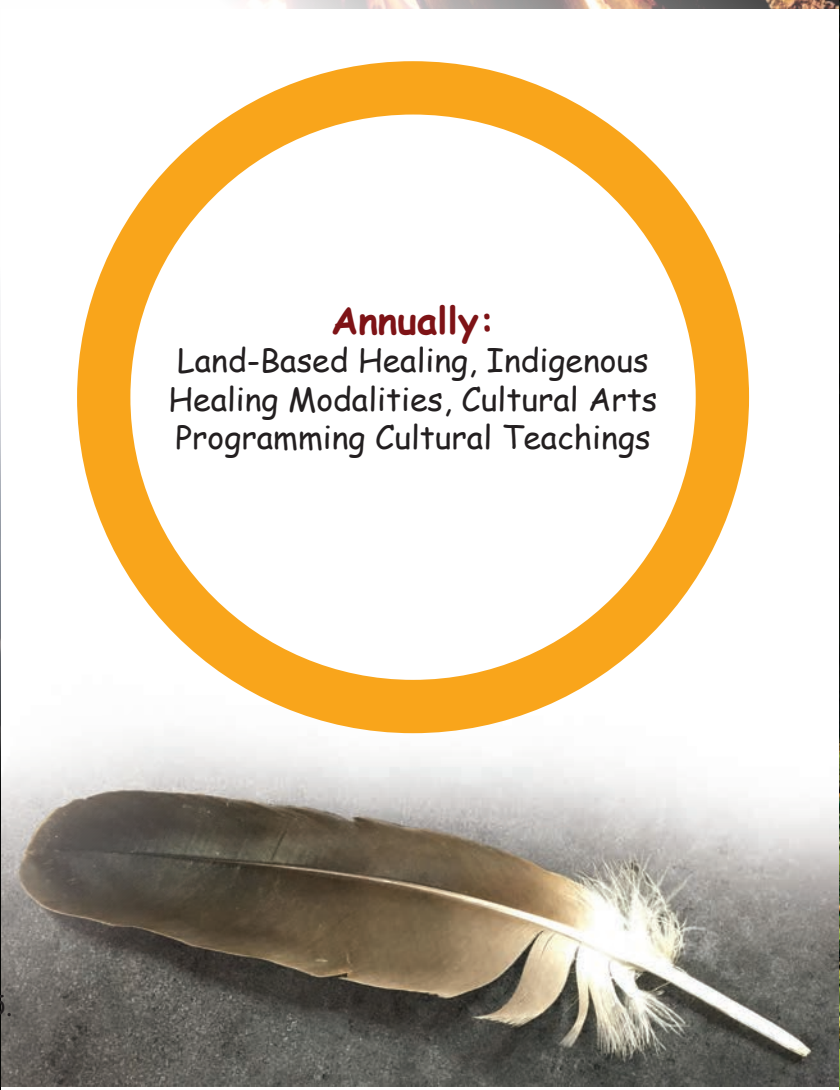
Daily
Individual Healing Plans



Weekly:
Spiritual 1 to 1
Sacred Fire is Lit at Anderson Lodge



Monthly
Full Moon Sacred Fire Teachings
Pipe Ceremony - Matriarchal



Annually:
Land-Based Healing, Indigenous
Healing Modalities, Cultural Arts
Programming Cultural Teachings



Daily

Individual Healing Plans

Sisters will be invited to complete a 1 to 1 session "Balancing our 4 Dimensions of Wellness - Mental, Intellectual, Physical and Spiritual: through developing a self care plan". This is a tool that Sisters can use to explore how to work towards holistic wellness using medicine wheel teachings.

During the initial interview we ask Sisters what they need to be able to continue cultural and spiritual practices in the room or during the week. This helps to build a strong foundation for cultural and spiritual coping mechanisms that they have available for personal use. Items such as smudge kits, sage, sweetgrass, cedar, cultural/spiritual music or other items will be made available upon request.

Weekly

Spiritual 1 to 1 Support

Spiritual 1 to 1 sessions are determined from interests that were discussed during the initial interview developing the personal wellness journey. These sessions could include healing ceremonies, teaching circles, cultural counseling 1 to 1, or identifying holistic self care plans based on medicine wheel teachings that were requested. The 1 to 1 sessions are available on a weekly basis, with sign up sheets available.

Sacred Fire on Wednesday evening

The Sacred Fire will be lit after supper on Wednesdays at Anderson Lodge for the Sisters. This can be on a 1 to 1 basis or a small group. During COVID-19, no more than 3 people can sit around the fire, so space will be limited. Sacred Fire teachings will generally include any ceremonial needs identified during the day or week. Sharing songs, teachings or talking circles on a 1 to 1 basis, will take place around the fire. Sign up sheets are put out the week before in the Healing Lodge.



Monthly

Full Moon Sacred Fire Teachings

Full moon gatherings around the Sacred Fire happen within 4 days of the full moon. These teaching circles involve sharing songs, moon teachings, traditional foods, life stages, rite of passage teachings and medicine teas.

A pipe ceremony, led by a matriarch, begins the full moon Sacred Fire on the Wednesday closest to the full moon. Any special requests for prayers may be made prior to, or during the Pipe Ceremony which takes place that day.

Annually

Land Based Healing:

Brothers and Sisters will be given opportunities to make deep connections that are rooted in land-based healing modalities, made available through Indigenous storytelling, world view, and philosophies.

Common traditional medicines will be harvested and prepared for Naa-na-himyis Brothers Healing Lodge and Anderson Sisters Healing Lodge, every year, as part of the experiential land based learning and cultural opportunities available to the Brothers and Sisters. After the herbal remedies have been prepared they will be stored and can be accessed at the Healing Lodges and COELS Resource Centre.

- Skin Salves
- Flu medicine
- Traditional Tobacco
- Other common family medicines

Maintaining traditional medicine requires coordinating harvesting trips for plant medicine with COELS staff, Brothers and Sisters.

Indigenous Healing Modalities:

Indigenous healing modalities will be made available to the Brothers and Sisters in the lodges which consist of various ceremonial and healing practices. These could include traditional medicines, ceremonies for grief, loss, trauma, and providing space for fulfilling long term individualized healing journeys. Individual needs are identified on a 1 to 1 basis and can be scheduled as needed.

Cultural Arts Therapy:

Cultural arts therapy provides Brothers and Sisters facing physical, emotional, and spiritual challenges with new pathways toward understanding and self-expression. This form of culturally based therapy uses the power of the artistic expression to get people to engage with their therapy in new ways, which may enhance healing of all kinds. Activities could include sewing, beading, carving, weaving, moccasin making, painting or more.

Cultural Teachings:

A general questionnaire will be completed with the Brothers and Sisters as they enter the Healing Lodges, to assess interest in cultural teachings that will be made available to them. The cultural teaching circles could include traditional parenting and birth, rites of passage and life stages, ancestral foods, traditional plant medicine, smudging and more. These teaching circles will be facilitated by COELS Spiritual and Cultural knowledge keepers and support staff.



**Cedar Bath
Ceremony**



Pipe Ceremony - Matriarchal



**Indigenous
Healing
Modalities**

**Cedar Cleansing
Ceremony**



**Head/Mind Medicine
Smudging Ceremony**



Cedar Bath Ceremony

Description:

"Cedar Bath is a ceremony of cleansing and purification that can be used for all kinds of circumstances. The cedar bath brings new beginnings and removes any blockages that stop us from fulfilling our spiritual purpose."
Kim Izzard

The Cedar Bath ceremony is over 500 years old and is used for all kinds of circumstances. The ceremony can be accessed when things happen in our family or community as well as for healing many forms of trauma. Cedar is used for cleansing, protection, purification and bringing balance into yourself. It is also known for attracting positive feelings, energy, and emotions.

Cedar medicine is a healer of trauma of all forms.



What to Expect:

Participants may want to dress in comfortable clothing and will remain fully clothed throughout the whole ceremony. They will lay down on a massage table and will be made comfortable enough to be on the table for up to 1 hour. During the ceremony they will be covered with a cotton flat sheet.

Ceremony begins with intuitive energy work session where ceremony Helper receives messages by putting the hands over the body without physical touch. Permission is always asked and will up to the participant to be granted or not granted before Helper places hands down on areas that require energetic prayers or healing.

Cloths are soaked in cedar tea and are placed over the heart space where we believe we hold deep roots and connections for release. Cloths are also placed over the eyes, top of the head, over the neck and in their two hands for the duration of the ceremony. Cloths are pulled over the body down to the feet four times. After all the cloths have been pulled then another sheet and a comfortable blanket is placed on top to keep the participant warm. The ceremony helper may brush down with eagle fans or rattles if required.

You can have the Cedar Bath on your moon time or if you have used substances the day before. The ceremony cannot be done if you are under the influence of substances at the time of the Cedar Bath ceremony.

What does the participant need to bring?

- Optional- Extra top/shirt. Everyone remains fully clothed and under the sheet, however sometimes they might get damp on their T-Shirt or top.
- Tobacco of their own if they wish or some will be provided.
- Be in a good mind to lay down comfortably for about 45 minute-1 hour.

Covid-19 Safety Plan:

- Participants will be expected to wash their hands before coming into the healing space.
- Hand sanitizer will be provided
- Ceremony Helper will wear a mask & gown during the ceremony
- All PPE gear worn will be changed in between participants when there are more than one planned in a day

Pipe Ceremony- Matriarchal



Description:

The ceremony can be requested by the Brothers or Sisters for life acknowledgements, prayers for personal and family reasons, life stages and ongoing rites of passage. Sometimes this will acknowledge seasonal changes or beginnings/ending of cycles. Prayers for healing or feasting the ancestors on the journey.

Within 4 days of every Full moon there will be a pipe ceremony so any general requests from either house or staff can be made for that monthly ceremony.

What to Expect:

The Pipe Ceremony is considered sacred to First Nations people. Each pipe carrier has been given different teachings for how to carry their bundles which could come from their kinship/family or have been passed to them from their spiritual teachers. In general, when approaching any pipe carrier please do not assume each person follows the exact same protocols. This particular pipe is carried by a matriarch, and young grandmother, that has been passed through family/kinship ties as part of a family responsibilities.

The pipe ceremony provides a direct link from our human world to the spirit world. The ceremony teachings are that the pipe carries the requests of prayers directly to Creator. Tobacco and broadcloth are used to request the prayers for the people and is smoked in a prayerful way in the ceremony. The pipe carrier can do the ceremony in almost any location as long as there is room to sit in a circle and there can be smudging/ smoking with the pipe.

The participants sit in a circle with the pipe carrier. According to some protocols, men may sit in an inner circle and the women sit in an outer circle; in others, all sit in one circle. Women who are in their menstrual period are required to excuse themselves from participating in this ceremony because it is believed that they have great power and could do harm to the ceremony.

The pipe carrier says prayers to their directional helpers which might vary from kinship systems, location, and nation. The pipe is then passed to the participants for them to either touch or smoke it. The protocols of this pipe are that once the tobacco is finished the pipe must be passed around the circle 4 times. Sometimes a small feast of salmon, corn, berries, or tea might have been part of the pipe ceremony. All cloth, feast food and offerings are smudged before the ceremony and are taken care of in a special way after the ceremony is over.

After this, the pipe carrier may speak a few words of gratitude about life and expectations; each participant is also invited to speak such words; and the ceremony is considered closed.

What does the participant need to bring?

- Broad cloth and tobacco- check to see cultural worker for it to be provided.
- Depending on the request a small feast of salmon, tea, corn or berries might be required

Covid-19 Safety Plan:


- Participants will be expected to wash their hands before coming into the healing space.
- Hand sanitizer will be provided
- Covid Protocols might require not passing the pipe to all participants but only have the pipe carrier turn the pipe 4 times for the ceremony.
- Distancing restrictions will allow maybe one other person to attend depending on space.
- If there is feast food involved individual containers will be used to avoid sharing utensils or passing food

Cedar Cleansing Ceremony

Description:

Cedar is used for cleansing, protection, purification and bringing balance into yourself. It is also known for attracting positive feelings, energy, and emotions.

Cedar medicine is a healer of trauma of all forms.



What to Expect: There are different levels and ways that the Cedar Cleansing ceremony can support healing.

Level 1: Urgent: This ceremony can be used as urgent care for someone who is grief stricken and is needing a way to release immediate emotions that are not serving the person in a good way.

- Space Requirement: Private space/room with access to smudging, eventually will need fire.
- Requires, tobacco, broadcloth and Cedar Tea/Bowl, smudge kits for head/cleanse

Level 2: Intermediate Care: This ceremony can be used to clear feelings of grief, trauma, loss, negative thinking, spiritual clearing, and cleansing trauma that no longer serves the individual

- Space Requirement: Private space/room with access to smudging, eventually will need fire.
- Requires, tobacco, broadcloth and Cedar Tea/Bowl, smudge kits for head/cleanse

Level 3: Long term planning: Deep rooted traumas and addressing specifically for clearing of sexual traumas, miscarriage/loss of baby, grief/loss as well as others not listed here.

- Requires private space with access to smudging, eventually will need fire.
- This is a longer more involved ceremony that could involve creating a small feast, fire, support in creating a grief/loss bundle with the individual
- Require: tobacco, broadcloth and Cedar Tea/Bowl, smudge kits for head/cleanse

What does the participant need to bring?

- See each description for each requirement
- Optional- Extra top/shirt. Everyone remains fully clothed and under the sheet, however sometimes they might get damp on their T-Shirt or top.
- Tobacco of their own if they wish or some will be provided.
- Broadcloth or some could be provided for the Level 3.

Covid-19 Safety Plan:

- Participants will be expected to wash their hands before coming into the healing space.
- Hand sanitizer will be provided
- Distancing restrictions will allow maybe one other person to attend depending on space.
- If there is feast food involved individual containers will be used to avoid sharing utensils or passing food
- Masks will be required

Head/Mind Medicine Smudging Ceremony



Description:

The head/mind medicine is a smudging ceremony that helps with negative thinking, mental wellness, and suicidal thinking. This is helpful when people can become overcome with grief, loss, an inability to think positively or have a positive outlook on life.

What to Expect:

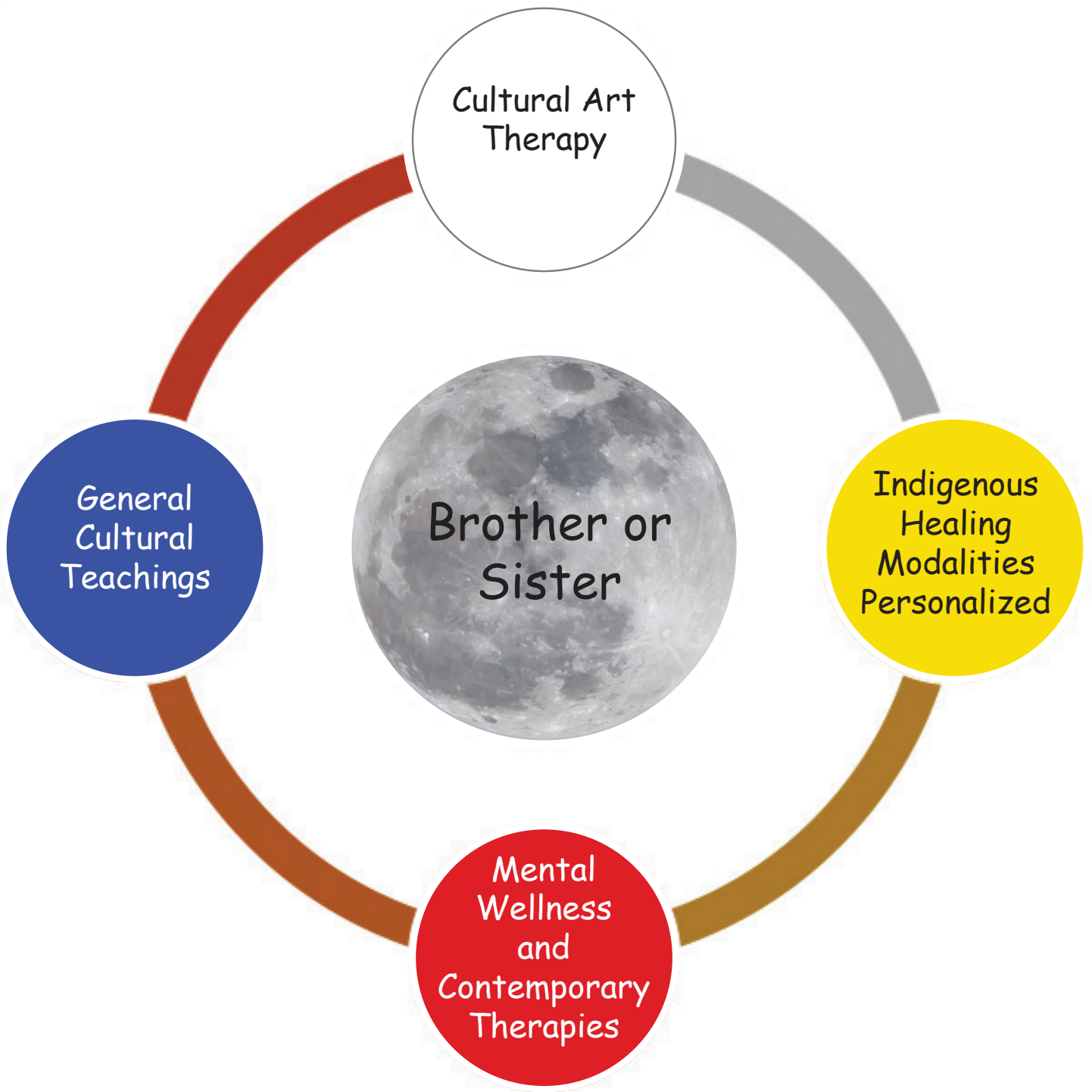
The participant sits down comfortably either on a chair, at a table, or it could be in a sweat lodge. A stone is warmed up until it is hot and then a large blanket is brought to where the participant is seated. The stone is put into a small frying pan with a heat protected base. A small amount of the mind medicine is burned and the participant breathes in the smoke very deeply over and over until it is burned all the way through.

What does the participant need to Bring:

- Tobacco of their own if they wish or some will be provided.

Covid-19 Safety Plan:

- Participants will be expected to wash their hands before coming into the healing space.
- Hand sanitizer will be provided
- Distancing restrictions will allow maybe one other person to attend depending on space.



Brothers and Sisters Intake

Background information:

Initials/Alias: _____

Month started: _____

Expected Completion: _____

House/Community: _____

Which Cultural Activities do you practice regularly in your life already? Check any that apply:

- | | |
|---|--|
| <input type="checkbox"/> Daily Prayer | <input type="checkbox"/> Big Drum |
| <input type="checkbox"/> Smudging | <input type="checkbox"/> Hand drumming |
| <input type="checkbox"/> Sweat Lodges | <input type="checkbox"/> Sacred Fire at Andersons |
| <input type="checkbox"/> Powwow/tribal dances | <input type="checkbox"/> Potlatches/feasting/giveaways |
| <input type="checkbox"/> Sharing Circles | <input type="checkbox"/> Other: |

Other continued:

Spirit Baths (cold water), Cedar Bough harvesting, Long house, prayer ties

Do you have any specific needs around these regularly practiced activities that COELS can support you with? Example Smudge kits, access to sweet grass, sage or traditional tobacco etc:

What has been your experience with cultural arts, ceremony, and teachings in the past?

Spirit Baths, Big drum/hand drumming, singing, powwow/tribal dances, potlatches, feasting, seasonal ceremonies, naming, rites of passage/life stages, daily prayer & smudging, fasting, Sundance, etc

Where did you learn? Home community or other?

Do you have any skills you are willing to share or teach others? If so, what are they? What supplies are needed?

Which Cultural Activities would you like to practice regularly that you might want support with from COELS? Check any that apply

- | | |
|--|--|
| <input type="checkbox"/> Daily Prayer | <input type="checkbox"/> Big Drum |
| <input type="checkbox"/> Smudging | <input type="checkbox"/> Hand drumming |
| <input type="checkbox"/> Sweat Lodges | <input type="checkbox"/> Singing |
| <input type="checkbox"/> Powwow | <input type="checkbox"/> Potlatches/feasting/giveaways |
| <input type="checkbox"/> Traditional/Tribal Dances | <input type="checkbox"/> Long House |
| <input type="checkbox"/> Spirit Bath | <input type="checkbox"/> Other: _____ |

Is there anything you would like to add that we may have missed?

What is the nation-worldview you come from or may have learned from in the past? (Lakota, Coastal Salish, Cree, Anishnabe, etc) _____

General Programs and Activities:

Cultural Teaching Circles:

These are general short teachings taught by Glenda from a Nehiyaw (Cree) perspective:

Please check the boxes that interest you and choose 4 write a number (1-10) in the order of interest.

1-Very interested...(2,3,4).....5-Somewhat Interested.....(6,7,8,9).....10- Least interested

- Ancestral feasting & Ancestral Foods
- Praying with Tobacco
- Traditional Parenting
- Smudging with cedar, sage and sweetgrass
- 4 Common medicines- Sage, Sweetgrass, Cedar and Tobacco
- Indigenous Fatherhood (Balance of Roles)
- Fasting & Spiritual Naming
- Cosmology of Choosing Gender & Two Spirit Teachings
- Traditional Tobacco versus Commercial
- Life Stages and Rites of Passage
- Traditional or Ancestral Birth
- Traditional Plant Medicine
- Healthy Relationships and Traditional Courtship

Are there Cultural Teachings that have not been listed that you are interested in learning? List:



Cultural Art Therapy:

These are general offerings to the Lodges but also help to contribute to the Personal Wellness Journey.

- Sewing
- Beadwork
- Moccasins
- Painting
- Carving
- Ribbon Skirts
- Mitts
- Dream Catchers
- Other: _____

Are there Cultural Art Therapy offerings that have not been listed that you are interested in learning? List:

Personalized Cultural Ceremony and Mental Wellness Planning

Indigenous Healing Modalities:

These are more specific ceremonies that can be arranged based on needs expressed by Brothers or Sisters on 1 to 1 time while the Sacred Fire is lit. Please see short write ups of the ceremony you are interested in so you know how to prepare:

- Making Individual Self Care Plans- How-to live-in 'Balance with our 4 Dimensions of Wellness- Mental, Spiritual, Physical and Intellectual'
- Cedar Bath and Energy Work (grief, loss, trauma, re-balancing mental health)
- Cedar Washing Ceremony (trauma, sexual trauma, grief, loss)
- Spirit baths
- Head Smudge for depression, negative thinking, suicidal thoughts and mental wellness
- Other: _____

Mental Wellness and Contemporary Therapies:

List if you are active (A), want to attend (WTA), or Want more information (WMI)

- _____ Regular Mental Health Therapy/Counselling
- _____ N/A
- _____ AA
- _____ Regular Talking Circles
- _____ Anger Management
- _____ Other

Coping Mechanisms and self-care:

1. Journaling: _____
2. Talking 1 to 1 with knowledge keeper/elder: _____
3. Foot baths: _____
4. Going for walks: _____
5. Recipes or comfort foods: _____
6. Meditation: _____
7. Books: _____
8. Other: _____

Are there any special requests that would contribute to balancing mental health for holistic wellness?

Ekosi! Thanks for completing this form!



Mental Health Supports Available:

Healing Lodges

Each of the Healing Lodges have access to staff trained with counseling skills available for Brothers and Sisters to speak to should they require support. There is also a house reference list of available elders/knowledge keepers who can be contacted as needed.

Crisis Mental Health Support:

KUU-US Crisis Line Society
First Nations and Aboriginal specific 24/7 crisis line and serving the entire province.

Toll-free: 1-800-588-8717
Youth Line: (250) 723-2040
Adult Line: (250) 723-4050

Crisis Helpline

The Crisis Intervention and Suicide Prevention Centre of BC (Crisis Centre) is a non-profit, volunteer organization committed to helping people help themselves and others deal with crisis

1-800-784-2433
or 310-6789

Community Based Support Services

These community organizations deliver culturally safe mental wellness and addictions programs for Indigenous People:

Native Courtworkers & Counsellors Association of BC

604-628-1143
1-877-811-1190

Aboriginal Wellness Program

2750 E Hastings Street
604-675-2551



About the facilitator:

Glenda Abbott is from Pelican Lake First Nation, Saskatchewan, in Treaty 6 Territory. She is a Nehiyaw (Plains Cree) grandmother, Sister, Auntie, Mother, birth knowledge keeper and attendant, knowledge holder and practitioner of Indigenous healing modalities. Glenda has been involved in Indigenous program and curriculum consulting with diverse Indigenous communities throughout North America, as well as internationally.

Glenda has dedicated much of her time to learn from knowledge keepers to revitalize and reclaim Indigenous knowledge systems. This work has included many Indigenous led community projects. She has also been involved with cultural revitalization initiatives, related to Indigenous midwifery, women's teachings, traditional medicine, ethnobotany-food sovereignty and land-based education curriculum development.

For more info contact:

GlendaA@coels.ca

Covid 19 Safety Plan:

1. Upon arriving you will do a COVID-19 safety health check

Daily Health Check		
1. Key Symptoms of Illness*	Do you have any of the following new key symptoms?	CIRCLE ONE
	Fever	YES NO
	Chills	YES NO
	Cough or worsening of chronic cough	YES NO
	Shortness of breath	YES NO
	Loss of sense of smell or taste	YES NO
	Diarrhea	YES NO
	Nausea and vomiting	YES NO
2. International Travel	3. Have you returned from travel outside Canada in the last 14days?	YES NO
4. Confirmed Contact	5. Are you a confirmed contact of a person confirmed to have COVID-19?	YES NO

If you say yes to any of the above questions, please follow the direction given by Public Health....

2. Complete the contact tracing information sheet
3. Masks are mandatory and will be made available to you.
4. Social Distancing Measures taken to ensure there is enough space for social distancing which may impact how or where the healing and wellness session takes place. Brothers and Sisters may experience some restrictions on non-essential gatherings, but every effort will be made to ensure they have access to individual spiritual supports as requested.
5. Factors to consider when making decisions on ceremony and spiritual supports:
 - People who are self-monitoring for symptoms should always avoid attending any 1 to 1 session or weekly cultural/spiritual wellness session
 - Everyone will be expected to practice personal protective measures (e.g., wearing a mask, frequent hand hygiene, avoid touching eyes/nose/mouth).
 - Healing lodges will implement staggered 1 to 1 sessions and maximum participants in areas to ensure social distancing rules are followed. (Ex. 6 ft in enclosed spaces and 12 ft for singing)
 - If healing lodges are on lock down, cultural and spiritual sessions will also remain on hold until it is lifted. Some online, telephone and other supports can be made available upon request.

Also See COVID-19 Safety guidelines listed in each section of the Indigenous Healing Modalities.





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Circle of Eagles Lodge Society

Head Office Administration

6520 Salish Drive
Vancouver B.C. V6N 2C7

Tel: 604-428-7963
Fax: 604-874-3858

Naa-na-himyis Brothers Healing Lodge

1470 East Broadway
Vancouver B.C. V5N 1V6

Tel: 604-874-9610
Fax: 604-874-3858

Anderson Lodge Healing Centre for Women

2716 Clark Drive
Vancouver B.C. V5N 3H6

Tel: 604-874-1246
Fax: 604-874-9464

COELS Resource Center

2008 Wall Street
Vancouver B.C. V5L 1J5

Tel: 778-658-5760
Fax: 604-874-3858

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