

“OUR MEDICINE STORIES”

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National American Indian and Alaska Native

MHTTC

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

SAMHSA
Substance Abuse and Mental Health
Services Administration

TTC

Technology Transfer Centers

Funded by Substance Abuse and Mental Health Services Administration



indigenous lotus

MISSION

To motivate indigenous people to live healthier lives by learning to self-heal through mind-body connection.

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DISTRICT. SANTEE AFFILIATED*

Founder of Indigenous Lotus

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LEARNING OBJECTIVES

Indigenous Lotus

Podcast – Healing through
Storytelling

What is Medicine?

Teaching/Mentoring is Medicine

Integration into the Classroom

INDIGENOUS LOTUS

Indigenous Lotus is a for-profit business 100% owned and operated by an enrolled Sisseton-Wahpeton/ Santee affiliated womxn with a team of Indigenous womxn from other nations.



INDIGENOUS LOTUS MISSION

The mission of indigenous Lotus is to motivate indigenous people to live healthier lives by learning to self-heal through mind-body connection.

INDIGENOUS LOTUS WORK

- Life & Wellness Coaching
- Motivational Speaking
- Movement Classes
 - Forms of Meditation, YI2SR, Sculpt, Buti Practice, Yoga and Restorative.
- Clothing/ Apparel
- Annual Indigenous Mind-Body Retreat
- Podcast “Our Medicine Stories”

PODCAST

"Our Medicine Stories" provides space for guests to share their stories and forms of medicine practiced by elders, youth and those throughout our communities, offering wellness tips, self-care practices, & DIY's that could be integrated into your own life and journey.

Sharing stories is a form of medicine itself. Filled with lessons, imagination and it's the way we carry our oral traditions on to each generation.



WHAT IS MEDICINE?

Medicine isn't necessarily the pill you take but what you do, the way you think and what you put into your body.

“MEDICINE IS ...”
FORMS OF
MEDICINE

Common traditional and adopted practices:

- Beading & Sewing
- Drumming, & Singing
- Running & Dancing
- “Prayer” – Concentration

This is what we are capable of doing.

“TEACHING/MENTORING IS MEDICINE”

Children are sacred.

They themselves carry past traumas of their parents and ancestors and since there are parents unable to provide appropriate teachings its up to another adult to pass those healing teachings on.

But that's where the term it takes a community/tribe to raise a child. As teachers and mentors, aunts and uncles this is our tradition, not just a position.

INTEGRATION INTO THE CLASSROOM

- Teaching through rhythm—for example, learning about math to the beat of a drum,
- Reading an English text while riding an exercise bike.
- Having a disciplinary conversation while walking around.
- Change “What is wrong with this student?” to “What has this student been through?”
- Positive physical space
- Increase natural light
- Positive priming - Barbara Frederickson

Do the work for yourself for your own wellness.

STORIES TEACH US ABOUT LIFE, ABOUT OURSELVES AND ABOUT OTHERS. STORYTELLING IS A UNIQUE WAY FOR AN INDIVIDUAL TO DEVELOP AN UNDERSTANDING, RESPECT AND APPRECIATION FOR NOT ONLY THEIR OWN CULTURE BUT FOR OTHERS.

THANK YOU/ MIIGWETCH/
PIDAMAYA

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