EmPower-Points to Traditional Healing Praxis

The Indian Dream
Surviving the American Holocaust
Healing Post Generational Trauma
From theLOCAdes to DISLOCados

IN

AmeriCaCa
Don't step in it! Don't bring it in the house!

Temachtilli
Prayer-talk that teaches
We Pray for this nation who first Prayed on US
Imagine, a native mother ministering a home remedy for a native child. An explosion startles them and the remedio falls …

More explosions repel him further and further from his mother. They desperately hang on, to a lasting embrace; She prepares him more native love—healing remedies again and again and again …
Our Severest Challenge
Healing from an America Holocaust

A parent trying to shelter, clothe, feed, teach, protect and love a native child—It is apparent

Traditional begins when triages the native child a remedy to child.

It is also apparent that a parent healing a native child is a threat … to Corporate America’s self-deception of divinity—

Two opposing World Views
Irreconcilable differences in mortal conflict Exploding in living rooms of our childhood. **Unconditional Love vs. Unconditional Profit.**

Traditional Healing Praxis is our Indian Dream, Native Love Providing shelter, food, education, medicine and protection.
Moments

Some cultures are defined by their relations to oppressive regimens;

Cultures that maintain their historical roots are not. Traditional Healing sustains a culture defined by its own terms
Traditional Healing Praxis History

Mi Ama,
Razalogia ,
Paulo Freire,
La Cultura Cura,
Innate - Resiliency,
Factors - of - Change,
Our Evidence-based on Survival
C. A. Evidence-based on Class - Privilege
disLOCAdos

NO DOGS NEGROS MEXICANS

20 Feb. 1929 EL PASO, TEXAS
On both sides of the border we are treated poorly
Not children friendly because of class envy
Unconditional Profit
From disLOCAdos to DislocaDos

Uprooted - Disconnected from our True Selves.

• Dislocados is chronic Post Traumatic Stress with few to no Protective Factors and constant states of Fight-Flight
• Dislocados is Freeze you’re under arrest! FOR WHAT?
• Dislocados is Depressive Episodes one after another; layers of loss - multiple deaths, unfair or unjust.
• Dislocados is Forced Migrations from your homeland.
• Dislocados is Anxiety generalized to your daily lives in unfriendly circumstances & called “illegal” human beings. Dislocados is Home Sick, reaching out to who disdains you…
• Dislocados is Legislated Congressional Hate
• Dislocados is Exploited forty hours and not making enough,
• Dislocados is Repressing the desire to protest, exploding in your body …
• Dislocados is Daily Reactions to Corporate American culture of hate.
• Dislocados is Hiding your Soul to survive; They cannot hurt what they cannot see
• Dislocados is Find a Safe-Place; make a way out of no way, Hope in the face of atrocities.
• Dislocados is Exploitation that you feel in your bones but no longer see, you have internalized … self-reproach.
• Dislocados is Every Fiber of your being telling you that this is unfair and a very bad deal;
• Dislocados is Trying to get out, get away, turn back and return to a time when it was safe to be you.
• Dislocados is Sitting in a class-room six hours per day tested about everything except you;
• Dislocados is Indoctrinated to envy the class that is oppressing your mother and father.
• Dislocados is an Unfriendly church, school, city, governing body, and economic system, blaming you.
• Dislocados is an Endless Effort to shelter, feed, clothe and protect your children, dealing with a stacked deck against you
• Dislocados is like Disheartened, trusting and believing what you were told about an Uncle Sam, and finding out he is a sociopathic mass murderer that went global.
• Dislocados is like looking at a mirror, map or history book and not seeing a reflection of yourself, your family, nor your people.

Corporate America, like a virus

• Conditions our Neurons to Associate CaCa with divinity through Conning deceit using Neuron Association Conditioning.
• Contagious because children learn from what they see and hear the AmeriConned do and say.
• The symptoms of this virus are; class envy, greed, egotistic narcissistic obsession with the accumulation of more and more ………..
Traditional Healing Praxis

Unconditional Native Love

The child socializes Humanity
Huatacame - Unconditional Love
Gives US Our Humanity

Heart

Face

'Children socialize US'

How we organize All Our Relations
Traditional Healing Praxis
40,000 years of Self-Reliance
'All my Relations'
Family, Community, Environment
Economy & Governing Bodies
Fulfills or Betrays
Our Greater Human Purpose
Traditional Healing Praxis
Traditional Healing Praxis
A Way of Living
Traditional Healing Praxis
A way of Loving

10 formas de amar
escucha sin interrumpir
habla sin acusar
dà sin escatimar
ora sin cesar
contesta sin discutir

comparte sin presumir
disfruta sin quejarte
confía sin titubear
perdona sin castigar
promete sin olvidar
Traditional Healing is

We Never Surrendered our children

How is Traditional Healing Praxis
Like a Compass, Candle, Map & Warning Sign?

The 7 Dangers: Riches without working, Pleasure without consciousness, Understanding without character, Business without ethics, Science without humanity, Religion without sacrificing, Politics without principals

To Maximize Profits - Minimize Expenditures
Oppressors replicate oppressive relations

Humans are not born oppressive, these behaviors are learned. Oppressors love to see the oppressed envy the royal family, To preserve profits…replicate oppressive behaviors

Rent oppressor suits, oppressor cars, drink oppressive drugs, rent oppressor ball-rooms and turn all your social cultural events into costume parties; Religiously drink like, eat like, dress like, talk like and act like oppressors at all of your most important ceremonies like weddings, senior balls, birthdays, & graduations.

What we See… and
Hope to continue protecting, for our children
Corporate Americanned
Blind Patriotism

Land-rush Gold Rush & Oil Rush are Like a Coke Rush

Pathology of Addiction - Narcissistic - Sociopathic

To Maximize Profits - Minimize Expenditures
Repeatedly Exploit or Abuse
Arrest and hold in Captive

Innate Resiliency

Innate Resiliency

Children:

Protective—Factors

Adults:
· Self soothing
· Curiosity
· Engaging
· Critical Thinking
· Flexible
· Problem solving
· Tolerance
· Creativity
· Humor
· Self-Protection
· Safe-protected Opportunities
· Autonomy

Responsive-Care
Bonding-warmth
Triaging needs
Protection
High Expectations
Encouraging Pro-social
Teaching Life-skills
Teaching self-care
Nurturing Boundaries
Prioritizing support
Resource-
Providing structure

wherever you are
Know who you serve

1. **A History of punitive oppressive experiences with systems of oppression and exploitation** preceded current interventions by Social Agencies.

2. **Forced migrations** fragment families, causing layers of loss.

3. **Language differences between parents and Corporate America** making decisions that affect our lives.

4. **Translating and negotiating systems** children translate for adults on both sides of the conversation.

5. **Literacy is inherent in class privilege - economic conditions**, education a de-grading experience process to track labor for exploitation.

6. **Forced Migrations cause children to grieve layers of loss of** during infancy and early childhood.

7. **Economic conditions contribute to under employment** and decrease social, medical, and educational opportunities.

8. **Service Providers confuse economic - class conditions with** neglect by impoverished parents, left feeling threatened and not supported.

9. **Care-providers with an impaired ability-to-respond** to the cultural and linguistic needs, exacerbate stereotyping of Raza and punitive definitions of the problem; implied goals, impede it takes a village, to raise a child.

10. **National Identities have become a source of pride, to compensate for** a history of invasion, oppression, and exploitation. Over-identification with an oppressor class is a digression from Indigenous roots, Self-hate & class envy.
11. *Repeated abuse, like exploitation and oppression, happens only in states of captivity; physical, economical, political & psychological*

12. *America declaring US “Illegal Alien” is like less than human again and again.*

Raising a critical thinking voice in protest, joins us with other,

**Social Justice Healers, Workers, Teachers, Lawyers, Preachers, Neighbors, and Voters;**

*Like our children’s lives, depend on US …*
One is the symbol of the largest association of genocide in history, where people who thought differently were repressed by threats and psychological abuse. For many years millions of people, including Jews, homosexuals, the sick, etc, etc were massacred... and the other is the symbol of Nazism.
American Holocaust

American History is full of ___ it and never mentions a holocaust, Manifest Destiny - Discovery and Thanks-giving. A New World Order has gone global.
His-story rewritten is still covered in our blood

We see it, we feel it

New World - Order Now
The Land Rush & Gold Rush has gone global
Corporate American Oil Rush Wars
Evidence Based Practice
# Class (room) Privilege

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<td>Margaret Miller</td>
<td>Chemical lab supervisor</td>
<td>Deputy Director of the FDA</td>
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<td>Lidia Watrud</td>
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<tr>
<td>Hillary Clinton</td>
<td>Monsanto Council</td>
<td>First Lady, US Senator (D), Sec State</td>
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<td>Roger Bleachy</td>
<td>Director, Monsanto</td>
<td>Director USDA NIFA</td>
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<td>Islam Siddiqui</td>
<td>Monsanto Lobbyist</td>
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<td>Clarence Thomas</td>
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<td>US Supreme Court Judge</td>
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<tr>
<td>Donald Rumsfeld</td>
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<tr>
<td>Anne Veneman</td>
<td>Board of Directors</td>
<td>US Secretary of Agriculture</td>
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Corporate America Controlling Health Care
Like Pedophiles Controlling Child Care
Looking into a mirror, church or history book
Not seeing our image is shocking
Children are born singers, artist, dancers, actors,
Then we are de-graded in the class-room
Trained to envy class

“Everybody is a genius. But if you judge a fish by its ability to climb a tree it will live its whole life believing that it is stupid”

Albert Einstein
In-Native Resilience
'You don't got a Prayer'

We Pray for those who still prey on US
August 12th 1521 the gathering of the five Eagle Clans in Teotihuacan 80 days and nights fighting and We knew we could not win a military battle; The Elders spoke, women; and then the children spoke, drop of blood-To the agreed and understood, There more Mechica people! 

Then Chuahtemoc yomotlatin . . . Our Sun has gone down return again . . . to light us anew . . . Let’s join together, let’s embrace each other and … all that our hearts love . . . Most honorable fathers and most honorable mothers … teach your children … They will raise themselves up and gain strength and make real our beloved Anahuac."

Tenochtitlan was a reflection of who we really are!
Presentimientos

Gonna Take a Lotta Love

The Tlamatinis saw the burning of Tenochtitlan and hundreds of thousands of our books

They lifted a resilient voice:

Occepia iuhcan yez, Occepia iuh tlamaniz in iquin, in canin

Once again it shall be, once again it shall exist, sometime, somewhere;

What existed long ago . . . will exist again . . .

The Power of Re-membering
We Re-Member
We are Tenochtitlan, We are Tepeyac, We are … still here!

How did we Survive?

We have survived:
- Gold rush murders
- Shredded treaty
- Legalized slavery
- Boarding schools
- Shasta Dam land theft
- Exterminated salmon run
- BIA “unrecognition”
- Forest Service contempt

Our Survival is Evidence Based on our Healing
Like the lives of our children depend on US!
Don't envy them, Choose none of their ways
Don't step in it, nor bring it into the house
Who are they?
Wasichu, He who eats all, leaves none for those in need
Ixnex, With Ash on his face, speaks sacred words acting like he didn't
burn the village down.
Hiso-Sheets, Wannabe part of the upper class looking down on US.

When the Earth is RAVAGED
AND the Animals are Dying, A NEW
TRIBE of People Shall Come unto
the Earth from MANY Colors,
Creeds and Classes, AND who
By their Actions AND Deeds
Shall make the Earth green
again. They shall be known as the
Warriors of the Rainbow.

-Hopi Prophecy.

Warriors of the Rainbow
Fe Sin Fronteras
Faith Without Borders
Healing Without Borders
Welcome Home
Examples of Traditional Healing Praxis

I DON'T BELONG HERE!
I WANNA LEAVE!!!!....
He trabajado como burro desde 8 años!
Paque vivir?

Ya no puedo trabajar!
Ya quiero morir!

La paz es hija de la convivencia, de la educación, del diálogo. El respeto a las culturas milenarias hace nacer la paz en el presente

Rigoberta Menchú

Soy inutil - una carga disLOCADA
Without Struggle there is no Victory
We struggle to survive without a living wage
One generation after another reminding each other
"Si valgo y puedo salir adelante!"

Soy La Grande, Una Maestro de remedios
Social Justice Healers

“Our goal has not changed. It is to achieve dignity, self determination, and national liberation for ALL Chicanos/Raza in Aztlan. The Chico struggle seeks the transformation of society into one that is free of all forms of misery, inequality, exploitation and oppression. In this new society all peoples will enjoy the fruits of their labor and live a life of peace and dignity, free of poverty, regardless of their sex, race, or nationality.” — FROM RAZA UNIDA (PNLRU) Constitution

“I look the same, I feel the same, I cry and sing the SAME.. I am the MASSES of my PEOPLE AND I REFUSE TO BE IGNORED!”

Rodolfo “Corky” Gonzales

www.facebook.com/flagof aztlan
Money you do not eat, money you do not breath nor does it give you shade, neither does it give life nor protection from the elements.
Traditional Healing Protocols

1. **Explore One’s experience** within the context of Traditional Healing; one may feel safe evoking the spiritual aspect, not just the intellectual. Faith without borders; like the Serenity Prayer, add at the bottom *Si valgo y puedo salir adelante.*

2. **Pay Attention to the language and context** that people use to describe their own experience. Pay Attention also to the pain of remembering the great possibility that traditional healing was silenced in families and demeaned in communities religiously.

3. **Pay attention to the Balance b/w Traditions and Religion . . .”** We don’t do that anymore because of the way we were treated when we use to do that.” Meet them where they are at and respect it—accept all of their responses in relation to the Traditional Healing experience.

4. **Indigenous experiences have been integrated into** experiences with organized religions; the only ceremonial-spiritual door left open to Indigenous people, before The Freedom of Religion Act, 1973. We must respect this, even if theirs differs from your own faith

5. **Closing—after Opening a person up** during a healing process is important. We should provide a way of closure—

6. **The Generational Traumas** from dominant ruling classes demeaning Indigenous Traditions have left some of our people very guarded and triggered by related questions for survival some may be hesitant talking with you. Creating a ‘safe-place’ experience for healing is crucial for any trauma recovery;

**Cultural Response-ability Model**

provides:
1. A validation of your own intuitive ability to respond to the culture of others and identify what may impede you
2. An increased ability to enter a relationship with implied optimism and within a process of defining the problem and related resolutions, roles and goals.
3. An increased ability to respond to the culture of others with respect, even when other cultural world-views conflicts with your own over-exposure to patriotic, religious worldviews. Cultural response-ability allows you to be strength-based
4. An increased appreciation for the inherent resiliency in Native Cultures helps you assess for and listen to this strength.
5. A historical synopsis of the roots of cultural incompetence offers a reflection and warning for the well intended.
6. An increased ability to respond locally and think nationally.
7. Understanding Cultural incompetence as an American tradition moves US to embrace Cultural response-ability. With this ability to respond we lift a voice of resiliency and redemption.
8. Wherever we work we need to know the Vision, Mission statement, and ask; How does it assure cultural competency? What are the Definitions of culture and competency common among staff and administration? Is Cultural competency reflected in staff and administrative diversity? Are they Advocates of Cultural Competency? Who is willing to be Social Justice Healers?

Digression from our Roots
Causes Dislocado States
1. **The complexity of multigenerational oppression** and the inherent socio-historical trauma of oppressed children; negotiating between two realities feel the hunger, the pain, the anguish; but cannot see the hidden source.

2. **The journey from child to man is a constant battle**, retaining a national identity and integrity;

3. **Lack of historical continuity**, causes layers of loss; as each generation is dislocated, forced to digress from what was meant to be, to an exploitable reality.

4. **Our children are negotiating between two conflicting worlds.** America masked oppression by describing it as a ‘melting pot’ to become Americanized, and live the American-Dream, our salvation.

5. **Native America failing to prosper, in this dream, is pathologized** like native oil not mixing well; thus refusing to melt-in, refusing to assimilate or acculturate, therefore not being successful in this dream.

6. **Native characteristics labeled** as stubborn, lazy or non-goal oriented followed. American psychologist, sociologist, historians, actors, and politicians blame Native defects while exalting America the Beautiful.

7. **Native resistance is depicted, not as a natural** human response, but as ignorance; for who would resist assimilate into the American-Empire? Who would refuse becoming part of God’s gift to humanity?

### Under Oppressive Conditions

**Acculturation Scales are like trying to weigh a mile;** The wrong measuring-stick produces the wrong outcome.

**A Digression Scale measures** to what degrees our people have lost, or retained, a sense of national integrity, and to what degrees they have become like Corporate American oppressors. Digressing from 40,000 years of self-reliance to exploitable subjects of Corporate America.
A Digression Scale

1. OPPRESSION THRIVES ON STATES-OF-CONFUSION
   Uprooted and in a state of intense anguish, envy of oppressors begins as a false remedy for the stress …

2. DYING OF OVER-EXPOSURE,
   Internalized Anger/ Self-hate makes him more exploitable

3. INTERNALIZED OPPRESSION
   Impersonating the oppressor and believing he is an exception to the superimposed inferiority of his own

4. WANNABE KINGS,
   Dislocados, in a Dissociative State, he now believes being a man is being an oppressor; he pledges his allegiance to.

5. SPIRITUAL AMNESIA,
   No Historical Roots only American His-Story; No longer guided by a national identity, his Spirit is Broken and the Oppressor is sustained.

A Digression Scale

1. OPPRESSION THRIVES ON STATES-OF-CONFUSION
In this state uprooted from our own world-view; but the tip of our roots are still touching, serving as a historical continuity; gives signals that oppressive ways are culturally inappropriate. An intense anxiety is distressing when feeling exploited
but cannot identify the cause. Natural defensive reactions remain impulsive and confusing.  

A chronic and desperate search for relief ensues; He is not grounded and stands on Americanned grandiose images based on negative images of his own people. 

To be a man is to be an oppressor and the measuring stick of successes. The related class-ceiling has walls that are not apparent, but the feeling of being boxed in is. Shame for his own and envy for the oppressor ensues

2. DYING OF OVER-EXPOSURE, INTERNALIZED ANGER/ SELF-HATE
Without a national world-view, this uprooted person is overexposed to images of oppressors as divine manifest destinies, replacing his own historical continuity with the oppressor’s myths of their own valor and honor. Over identifying with the oppressor results in transforming the abused self from the person threatened to the person threatening, thus begins a false sense of relief from the unexplained distress from repeated exploitation; displaced into self-blame, self-reproach, or blaming those closest; this makes this person more exploitable.

3. INTERNALIZED OPPRESSION
Uprooted from one's own national origin and transplanted into the world-view of oppressors, one suffers from the Conned-Fusion of two separate realities. Identifying with the oppressor has grown into a devotion and loyalty. He now believes he is an exception to the inferiority of his own people. He tries to excel to the standards held by the oppressor, by impersonating the oppressor.

4. DISSOCIATIVE STATES, Dislocados
At this stage, being a man is being an oppressor replicated in intimate relationships. Severed from his own roots, he succumbs to the prescribed consciousness of the oppressor; an abnormal separation from ideas thoughts or emotions of national origins. His pledge of allegiance is to the oppressor; to become what he has envied and dissociates from all that he was meant to be. The oppressor is sustained and related over-identification with him is complete.

5. SPIRITUAL AMNESIA, No Historical Roots only American His-Story
The repeated assault on the indigenous national identity is the forced disconnection of men from the spirit of his people. No longer guided by a national identity, his spirit is broken; he takes on a spirit which drives the oppression. He has no
recollection or memory of true cultural authenticity and instead believes his negative adaptive behaviors are the cultural expectations.

**Corporate America makes-a-killing** from the children growing up with a “false” sense of whom they are and what they should be. They are raised in an oppressive ambience, indoctrinated by oppressive standards and beliefs, prerequisites for an exploitable population of American consumers . . .

**America has tried relentlessly to break our spirit:**

Poet Warriors cry out from American prisons, **“You can jail my body but you will never jail my spirit!”**

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**How do we Find our way Home**

*Can machpa tiuitze? Where have we come from?*

*We were given In tlauilli, in ocotl, in machiotl, in octacatl, in coyaoca tezcatl, mixpa nicmana;*

I set before you a light, a torch, an example, a measuring rod, a great mirror.

*Like rain in the deserts of our minds; We fulfill their prophesy,*

58
A Light-of-Hope in American Darkness
Eres como un sol brillante, hermosa mujer
You are the morning light of the sun, a beautiful woman
How this candle stays lit is our Traditional Healing Praxis

Encontrados
Re-Membering
Seven Traditions

- "Es un hombre que cumple con su palabra"
• Is a man of his word

• "Tiene un sentido de responsabilidad para su propio bienestar y para otros en su círculo"

• Has a sense of responsibility for his own well-being and that of others in his circle

• "Rechaza cualquier forma de abuso...físico, emocional, mental o espiritual... a sí mismo o a otras personas"

• Rejects any form of abuse: physical, emotional, mental or spiritual...to himself or others

• "Toma tiempo para reflexionar, rezar e incluir la ceremonia en su vida"

• Takes time to reflect, pray, and include ceremony in his life

• "Es sensitivo y comprensivo"
• Is sensitive and understanding

• "Es como un espejo, reflejando apoyo y claridad de uno a otro"
• Is like a mirror, reflecting support and clarity to one another

• "Vive estos valores honradamente y con amor"
• Lives these values honestly, and with love
My Traditional Healing Praxis