

The background of the entire image is a photograph of a sunset over a body of water. The sky is a deep blue with wispy white clouds. A bright rainbow is visible on the left side, arching over the water. The water's surface is dark blue with gentle ripples.

WINGS OF WISDOM

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HIAK TAAH Healing & Retreat Center



A woman with short grey hair and glasses, wearing a white top and a necklace, stands behind a dark wooden podium with a microphone. She is speaking. The background behind her is a blue and red patterned curtain. The entire scene is set against a blue sky with a rainbow on the left side.

Medicinal Herbs

Stress & Burnout

Dream Interpretation

Spirituality

Team Building

Communication

Goal Setting

Jealousy

Parenting

Power of the Mind

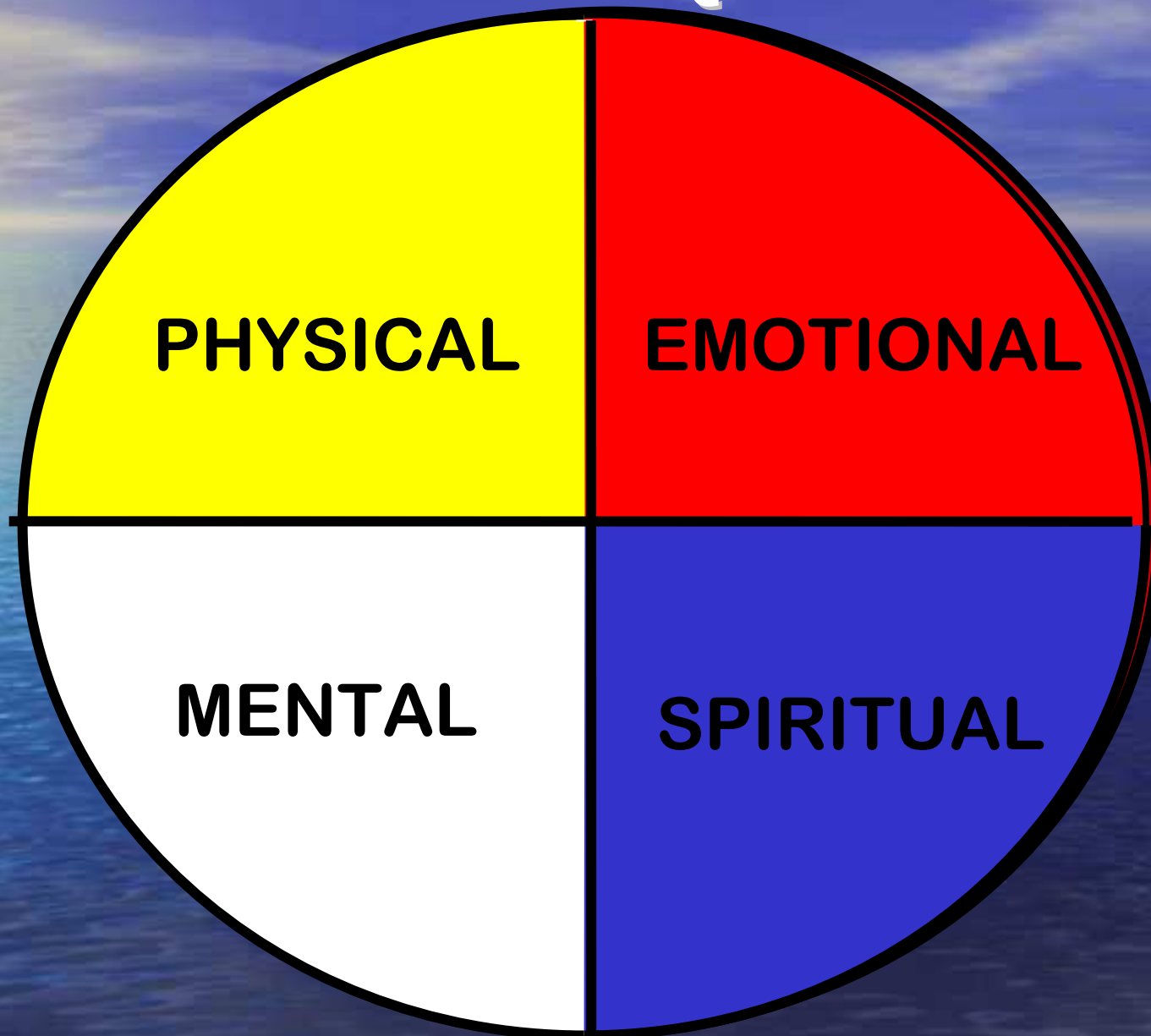
Pain Techniques

Natural Healing Ways

Relationships Building

Natural Approach to Diabetes

HUMAN QUALITIES



MY TRUTHS

- We are body, mind, emotion and spirit
- Wellness=harmony with body, mind & spirit
- All illness effects mind and spirit as well as body
- Most illness & "dis-eases" are unresolved emotions
- We need to take care of self, **first** to take care of others
- We need to take responsibility for our own wellness.
- We have the power within to heal ourselves

OTHER BELIEFS

- We are not whole
- We need help from outside
- A “you fix me” policy
- We believe “I am powerless to heal or help myself”
- With this attitude we give our power away
- Our pain is so complex we need a complex answer




THE HEALING EARTH

TEACHINGS FROM
RESPECTED
INDIGENOUS ELDERS

Caren Trujillo, Wellness Consultant

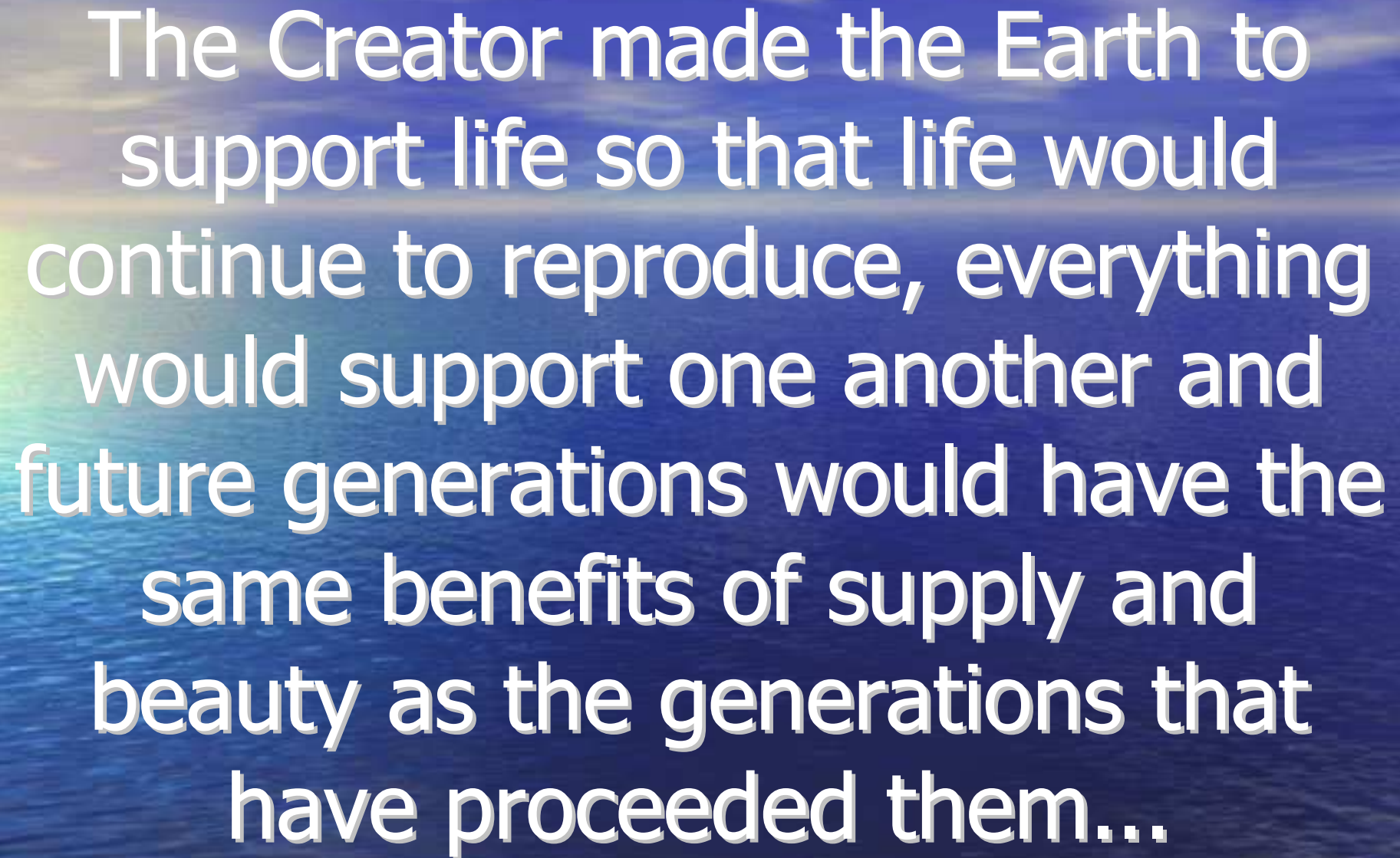
**From the Creator, the Great Spirit,
there came a great unifying life force
that flowed in and through all things –
the flowers of the plains, blowing
winds, rocks, trees, birds, animals –
and was the same force that had
breathed into the first man. Thus all
things were kindred, and were
brought together by the same great
Mystery...**

Chief Luther Sanding Bear, Sioux



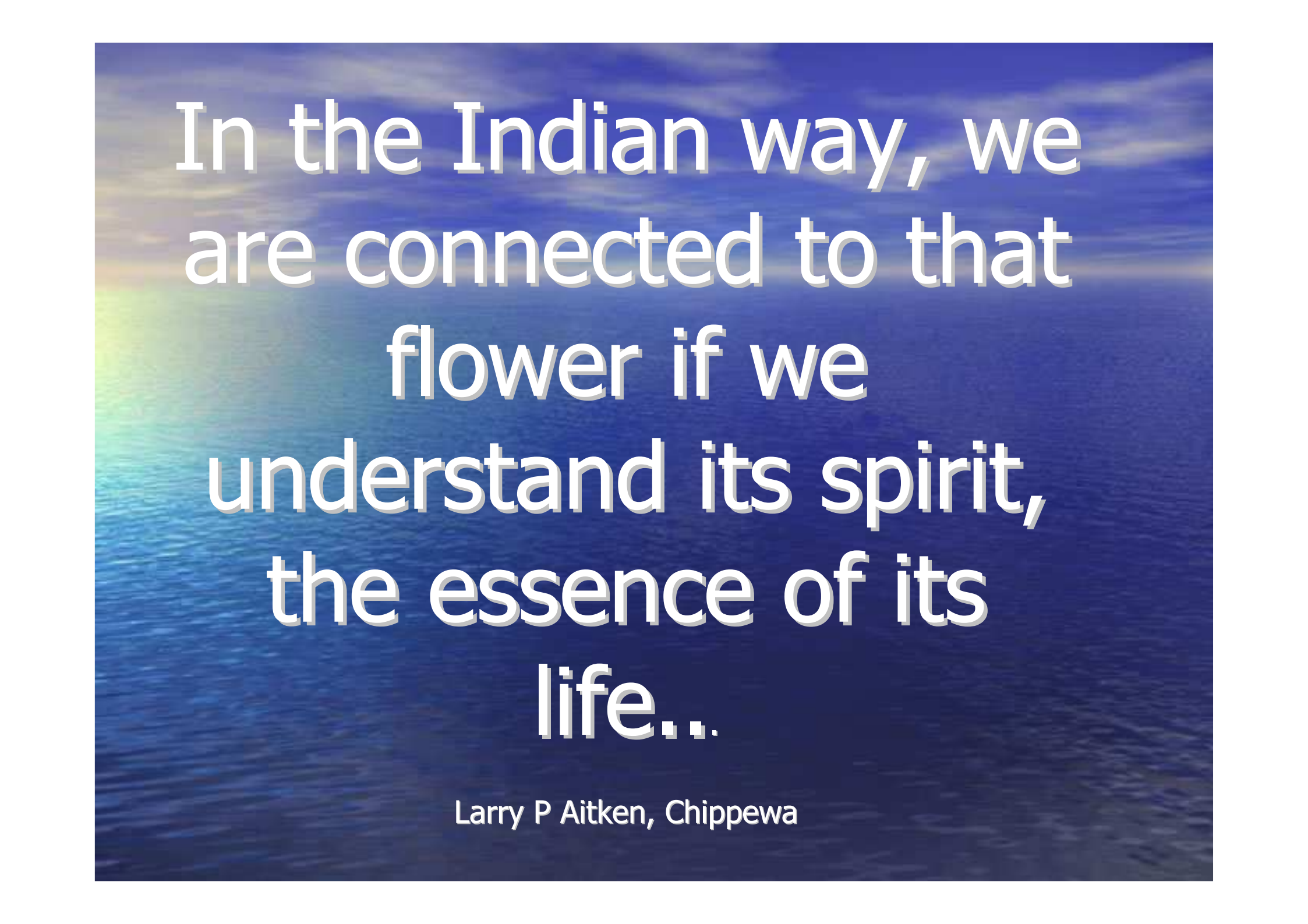
People are equal partners
with the plants and
animals, not their masters
who exploit them...

Haida Gwaii



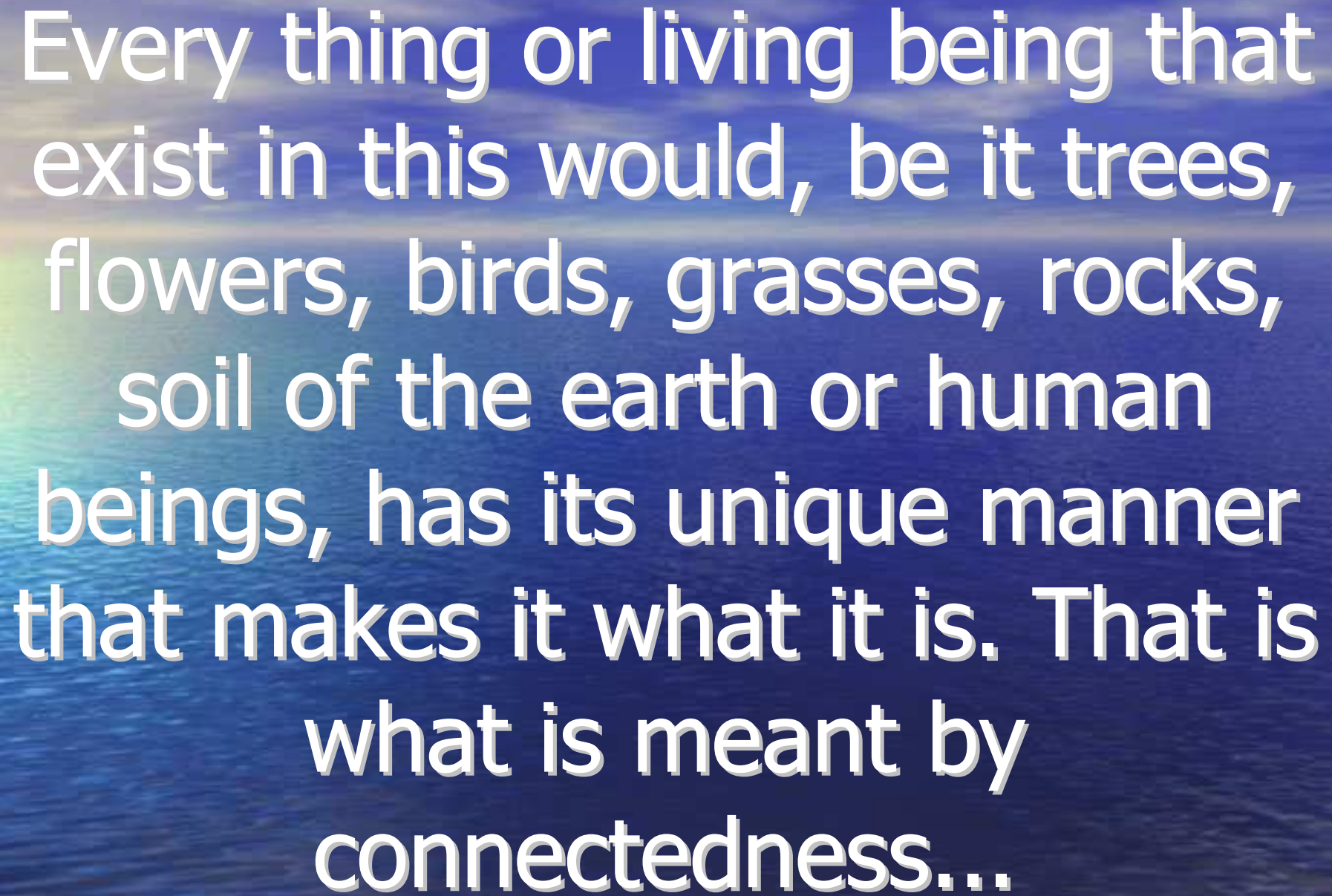
The Creator made the Earth to support life so that life would continue to reproduce, everything would support one another and future generations would have the same benefits of supply and beauty as the generations that have proceeded them...

Don Coyhis, Mohawk




In the Indian way, we
are connected to that
flower if we
understand its spirit,
the essence of its
life...

Larry P Aitken, Chippewa



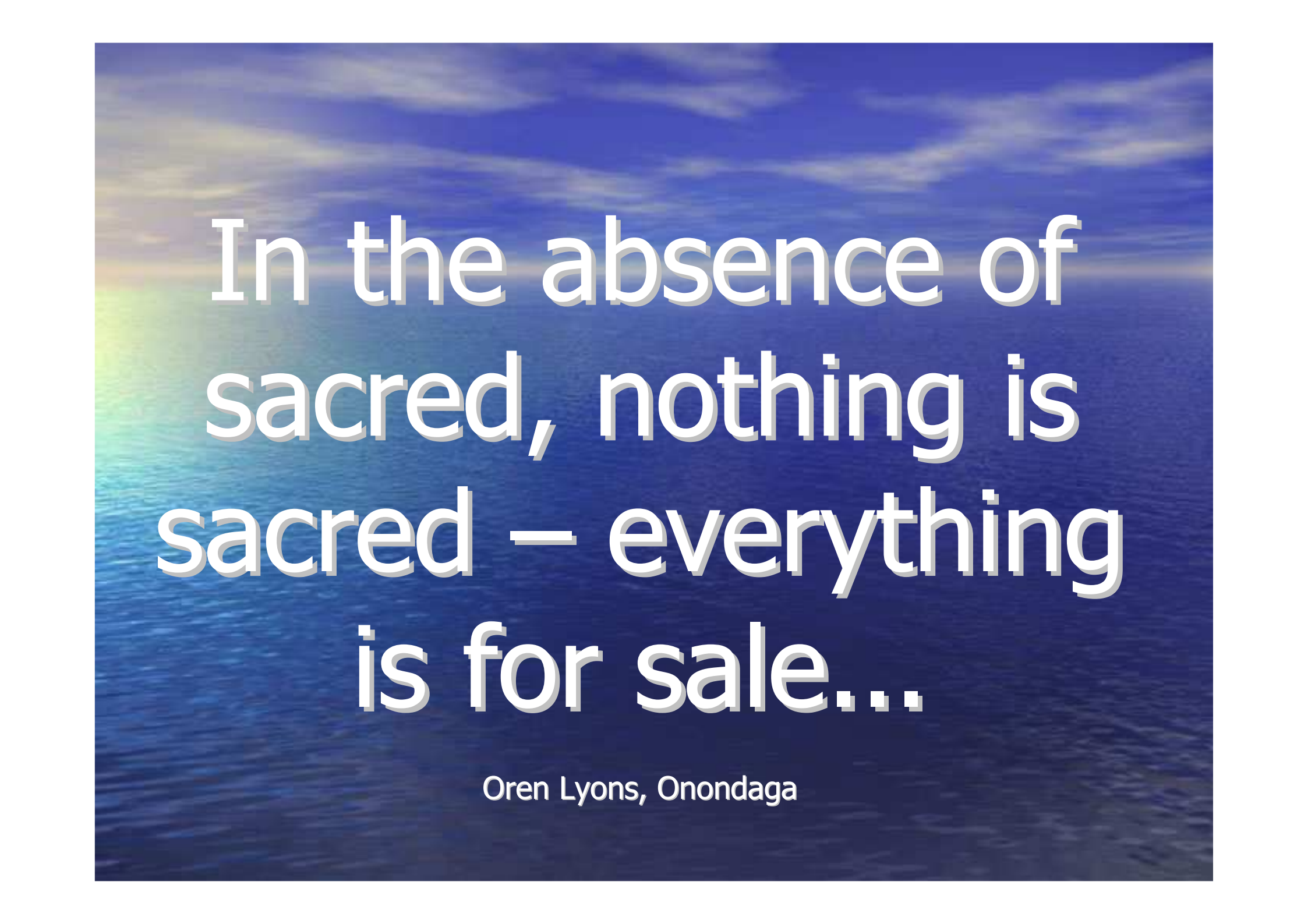
Every thing or living being that exist in this world, be it trees, flowers, birds, grasses, rocks, soil of the earth or human beings, has its unique manner that makes it what it is. That is what is meant by connectedness...

Larry P. Aitken, Chippewa




Even the trees
have spirits,
everything has a
spirit...

Mary Hayes, Clayoquot



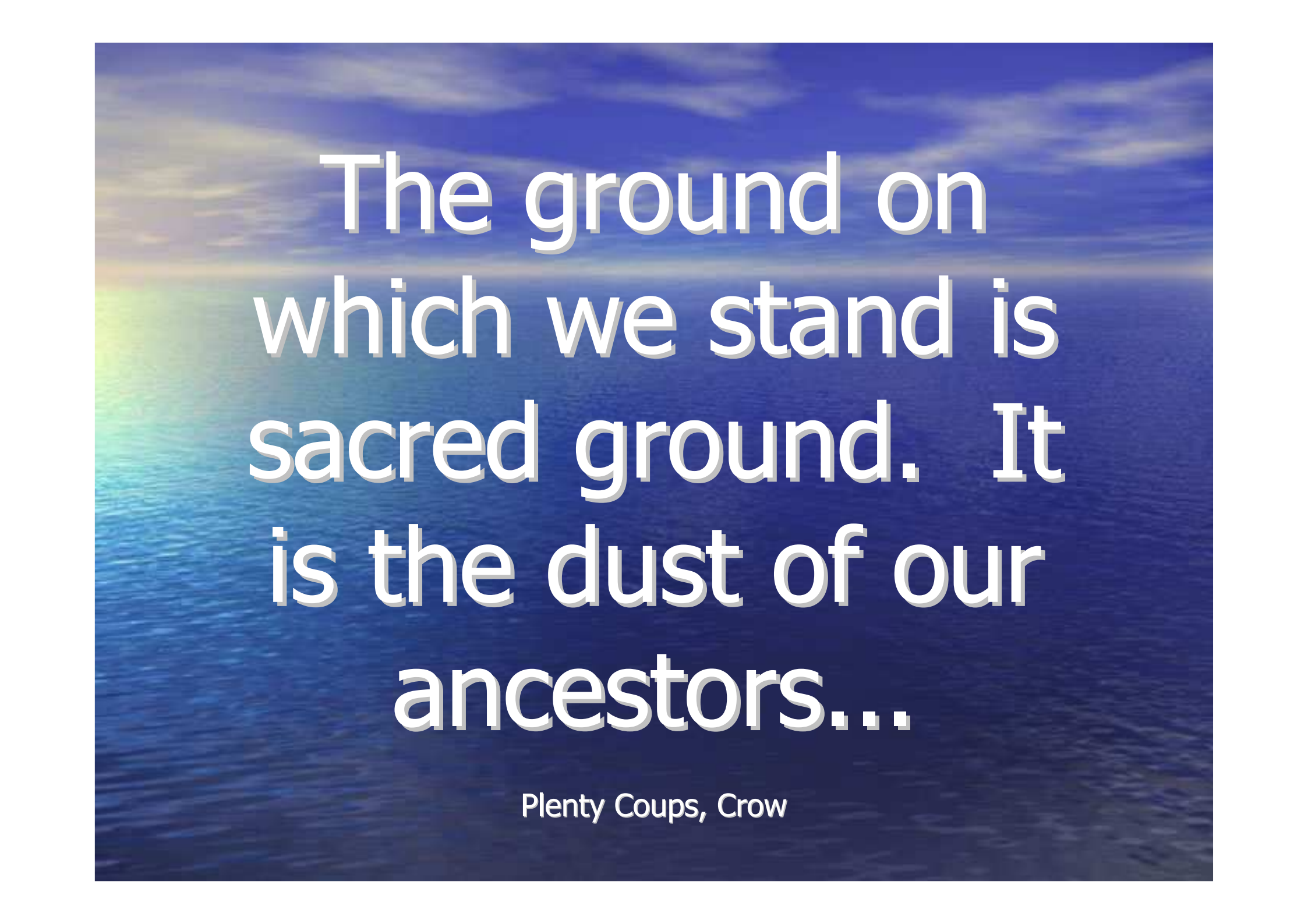
In the absence of
sacred, nothing is
sacred – everything
is for sale...

Oren Lyons, Onondaga



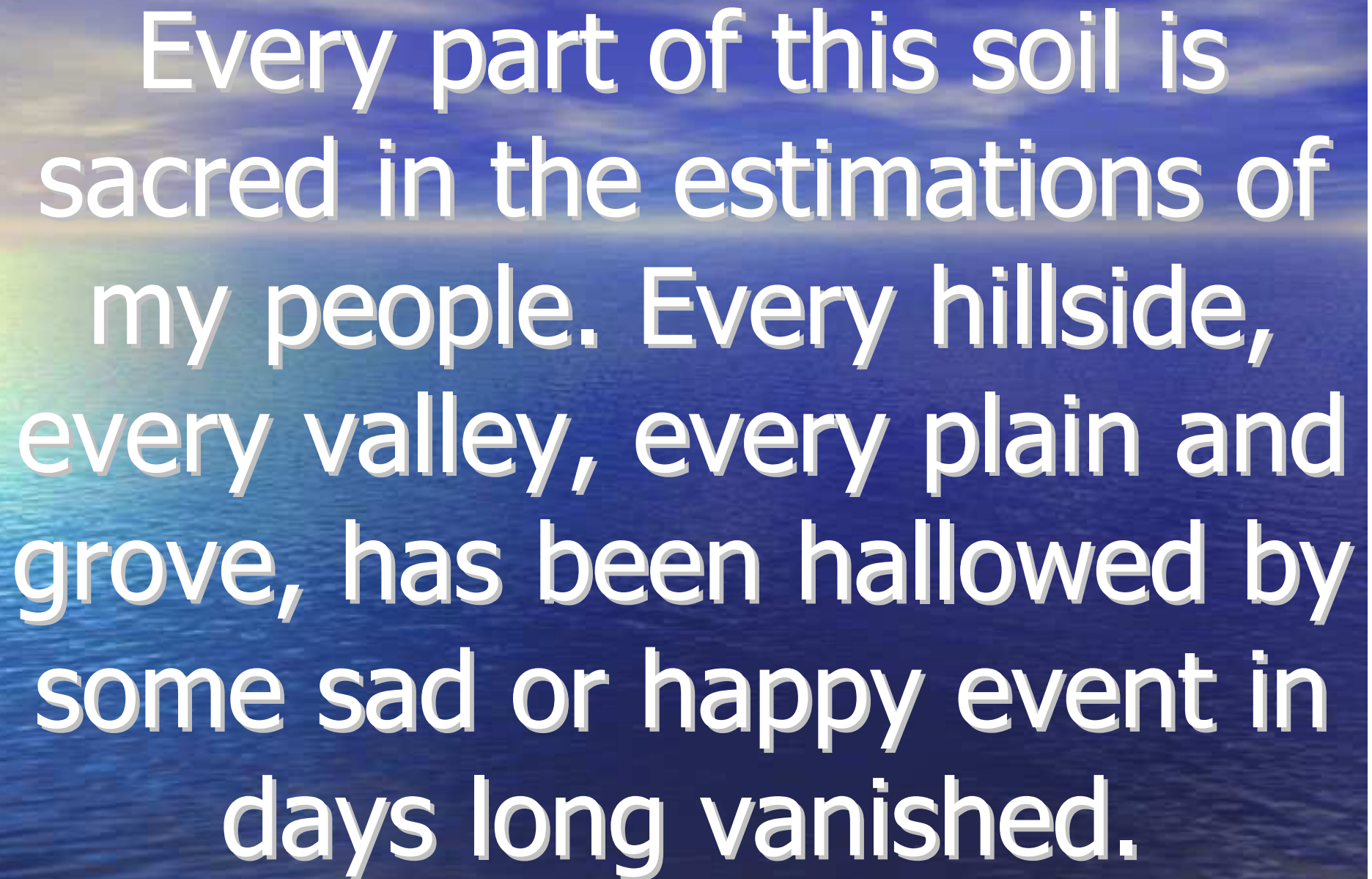
The land is a sacred
trust held in
common for the
benefit of the future
of our Nations...

Hada Gwaii



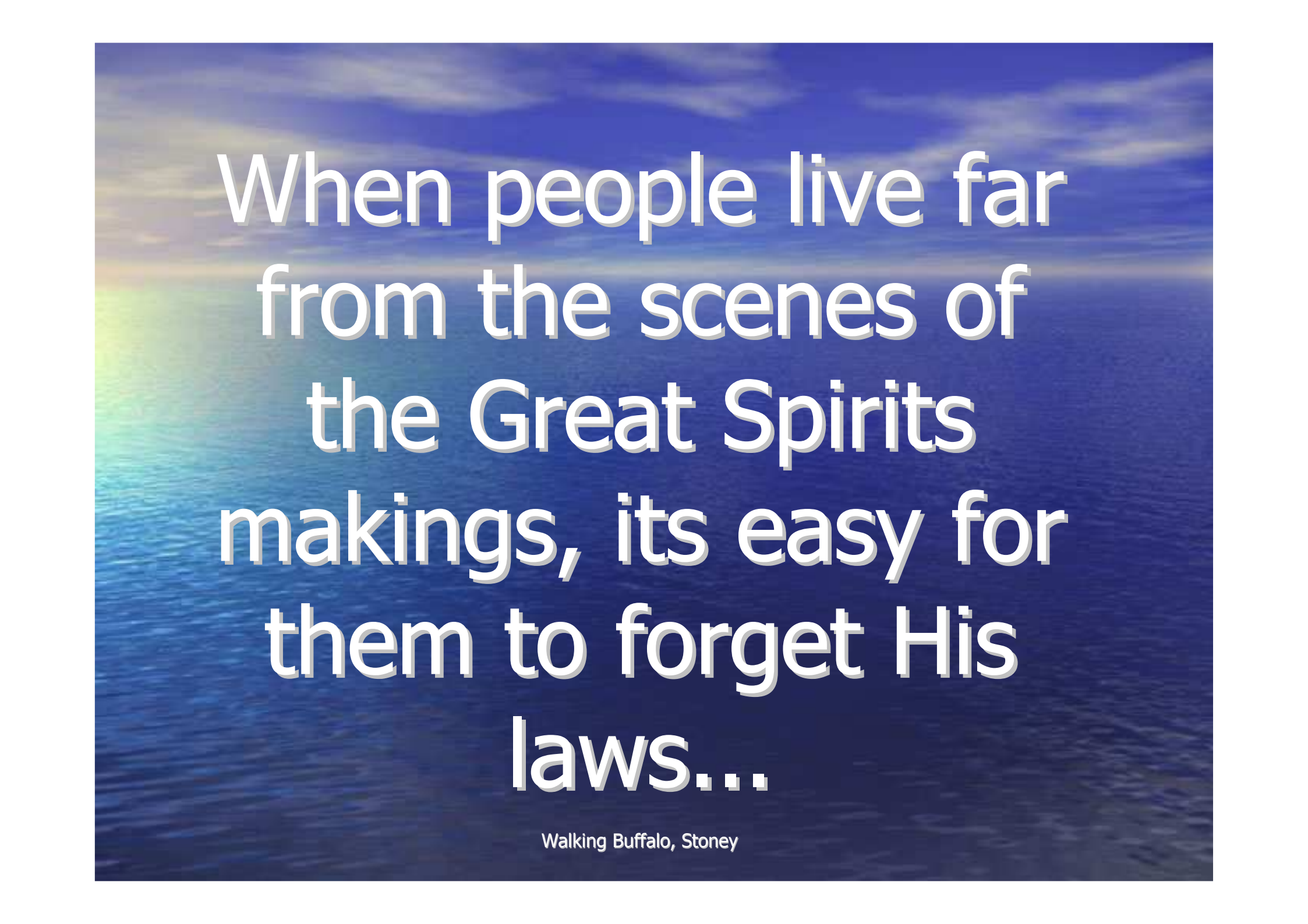
The ground on
which we stand is
sacred ground. It
is the dust of our
ancestors....

Plenty Coups, Crow



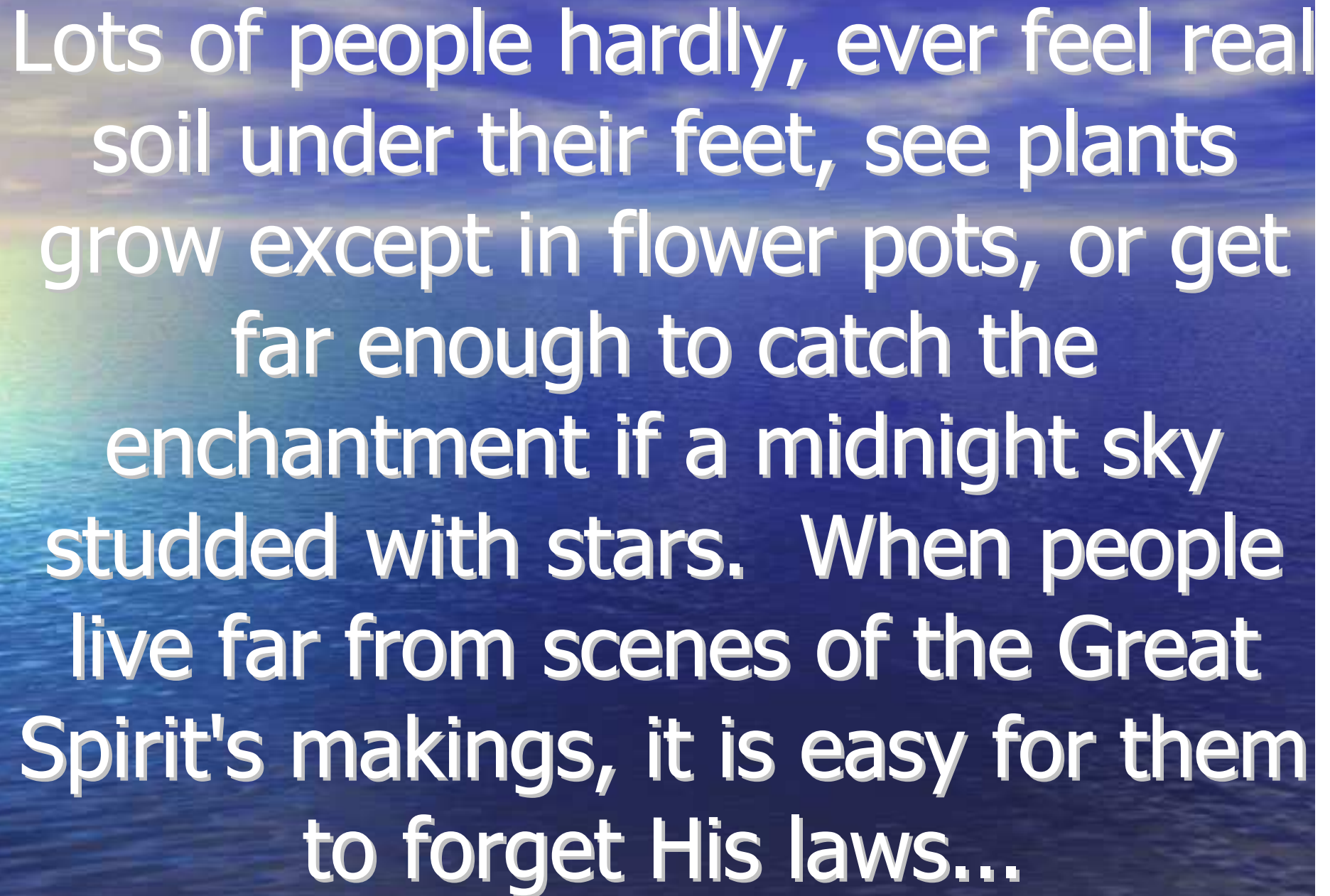
Every part of this soil is
sacred in the estimations of
my people. Every hillside,
every valley, every plain and
grove, has been hallowed by
some sad or happy event in
days long vanished.

Chief Sealth, Duwamish



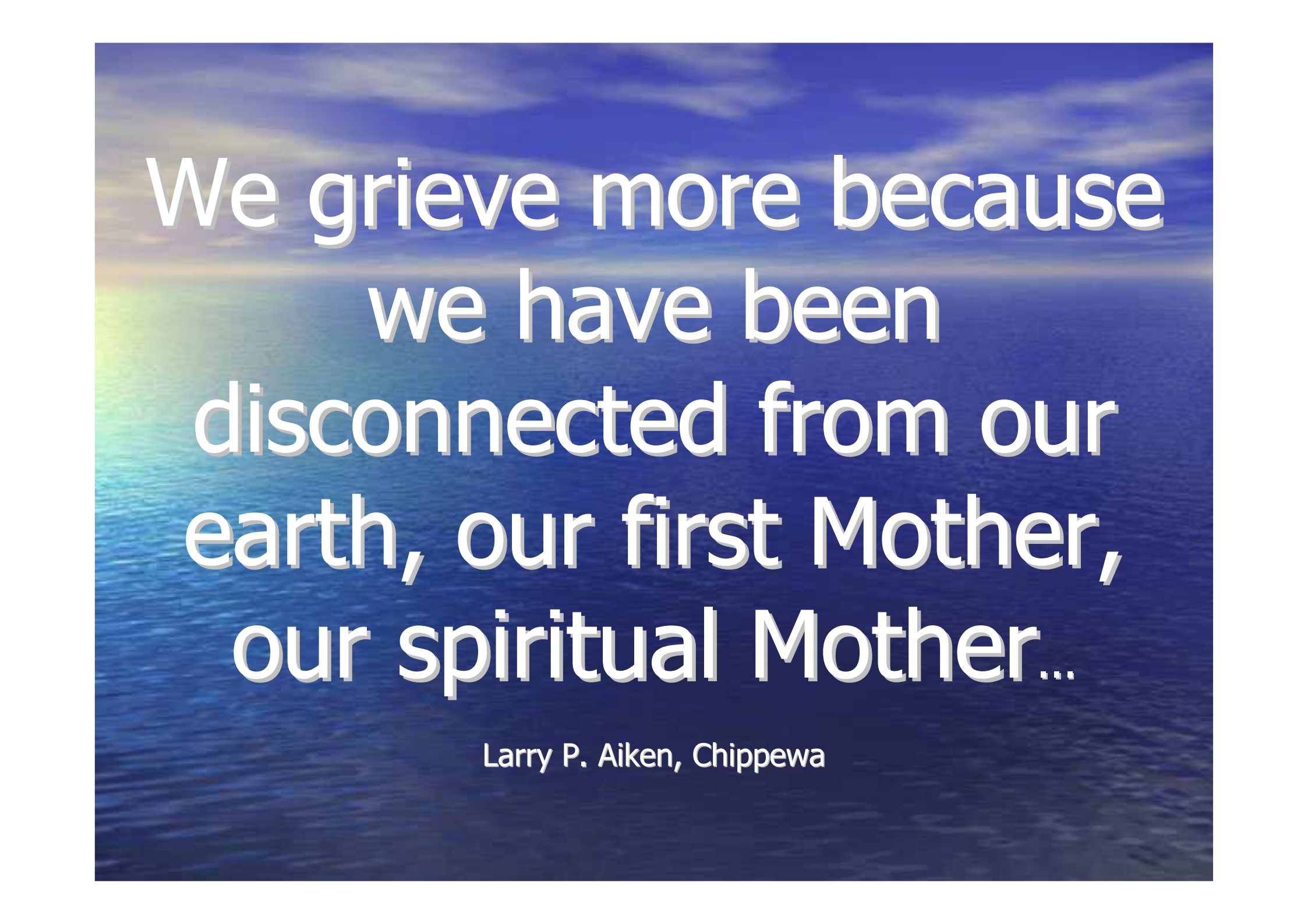
When people live far
from the scenes of
the Great Spirits
makings, its easy for
them to forget His
laws...

Walking Buffalo, Stoney



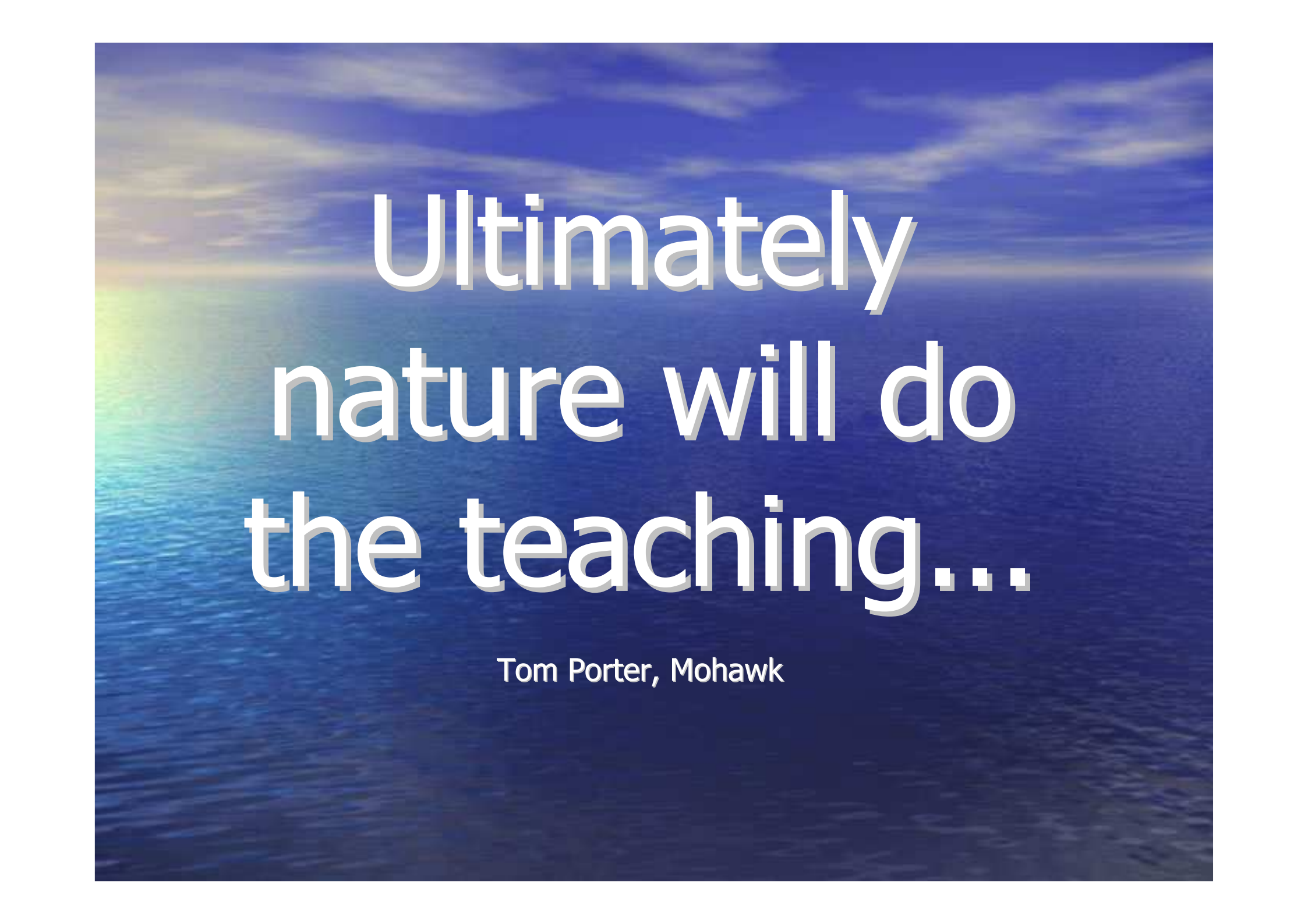
Lots of people hardly, ever feel real soil under their feet, see plants grow except in flower pots, or get far enough to catch the enchantment if a midnight sky studded with stars. When people live far from scenes of the Great Spirit's makings, it is easy for them to forget His laws...

Tantanga Many, Stoney



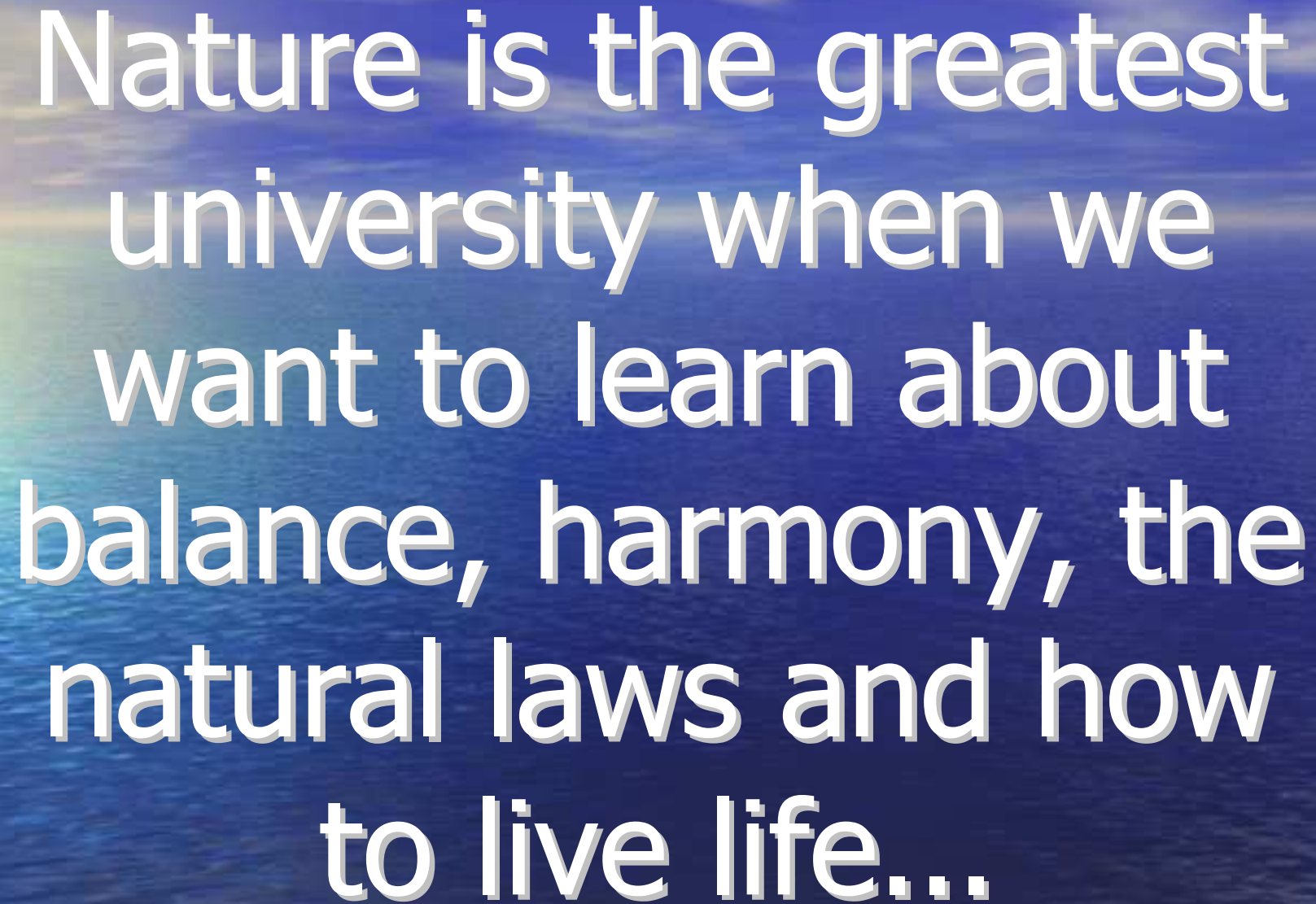
We grieve more because
we have been
disconnected from our
earth, our first Mother,
our spiritual Mother...

Larry P. Aiken, Chippewa



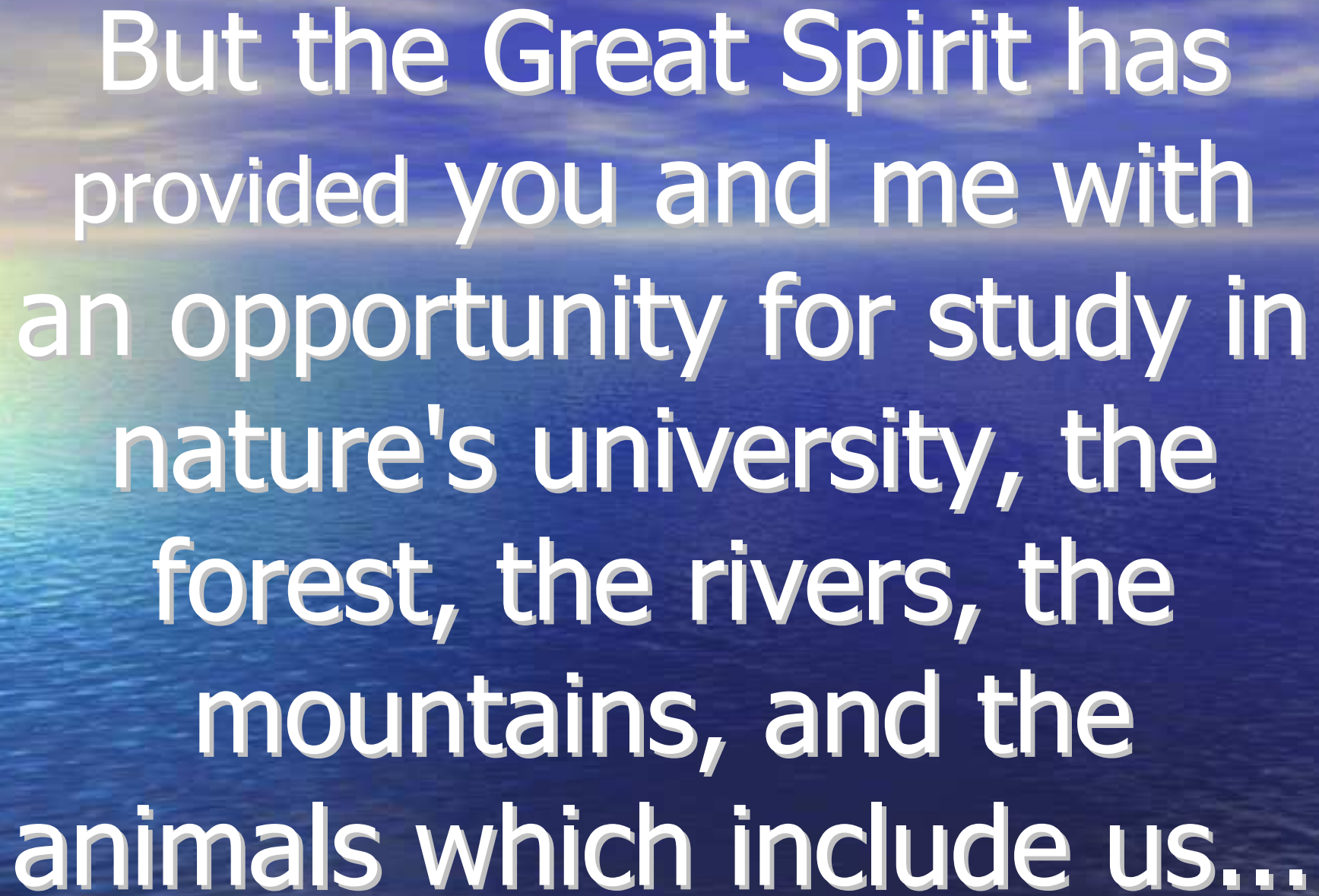
Ultimately
nature will do
the teaching...

Tom Porter, Mohawk



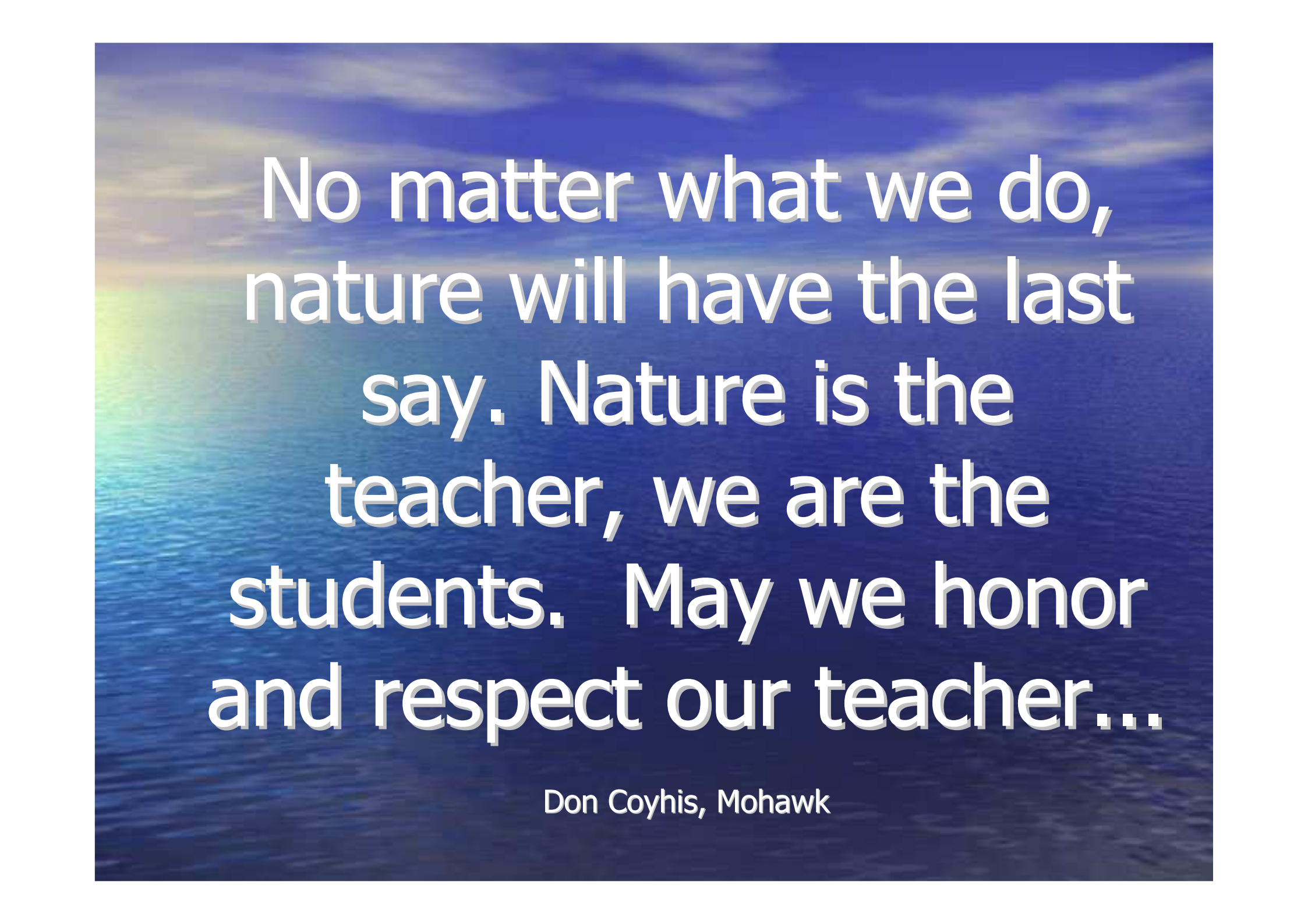
Nature is the greatest
university when we
want to learn about
balance, harmony, the
natural laws and how
to live life...

Don Coyhis, Mohawk



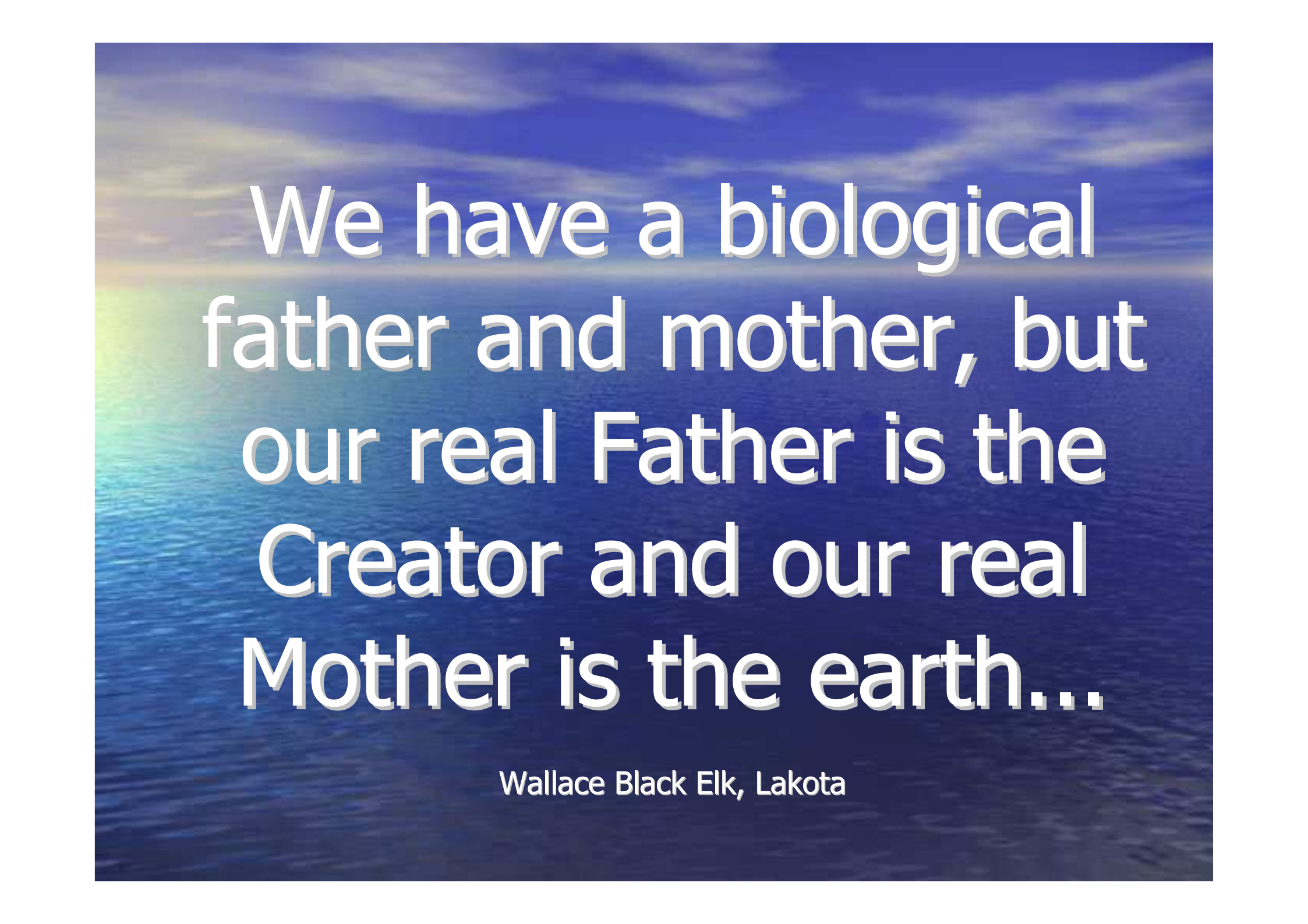
But the Great Spirit has
provided you and me with
an opportunity for study in
nature's university, the
forest, the rivers, the
mountains, and the
animals which include us...

Walking Buffalo, Stoney



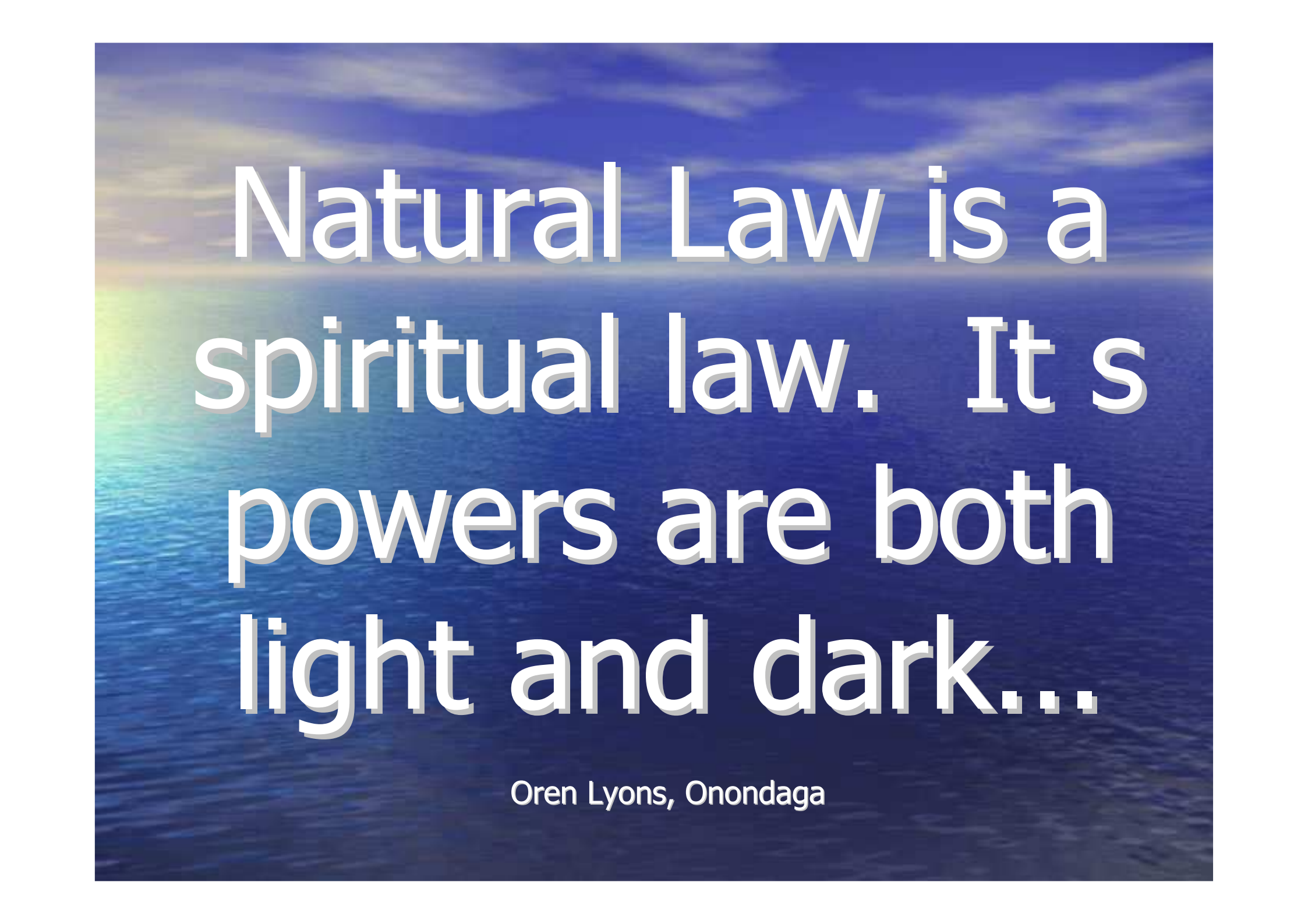
No matter what we do,
nature will have the last
say. Nature is the
teacher, we are the
students. May we honor
and respect our teacher...

Don Coyhis, Mohawk



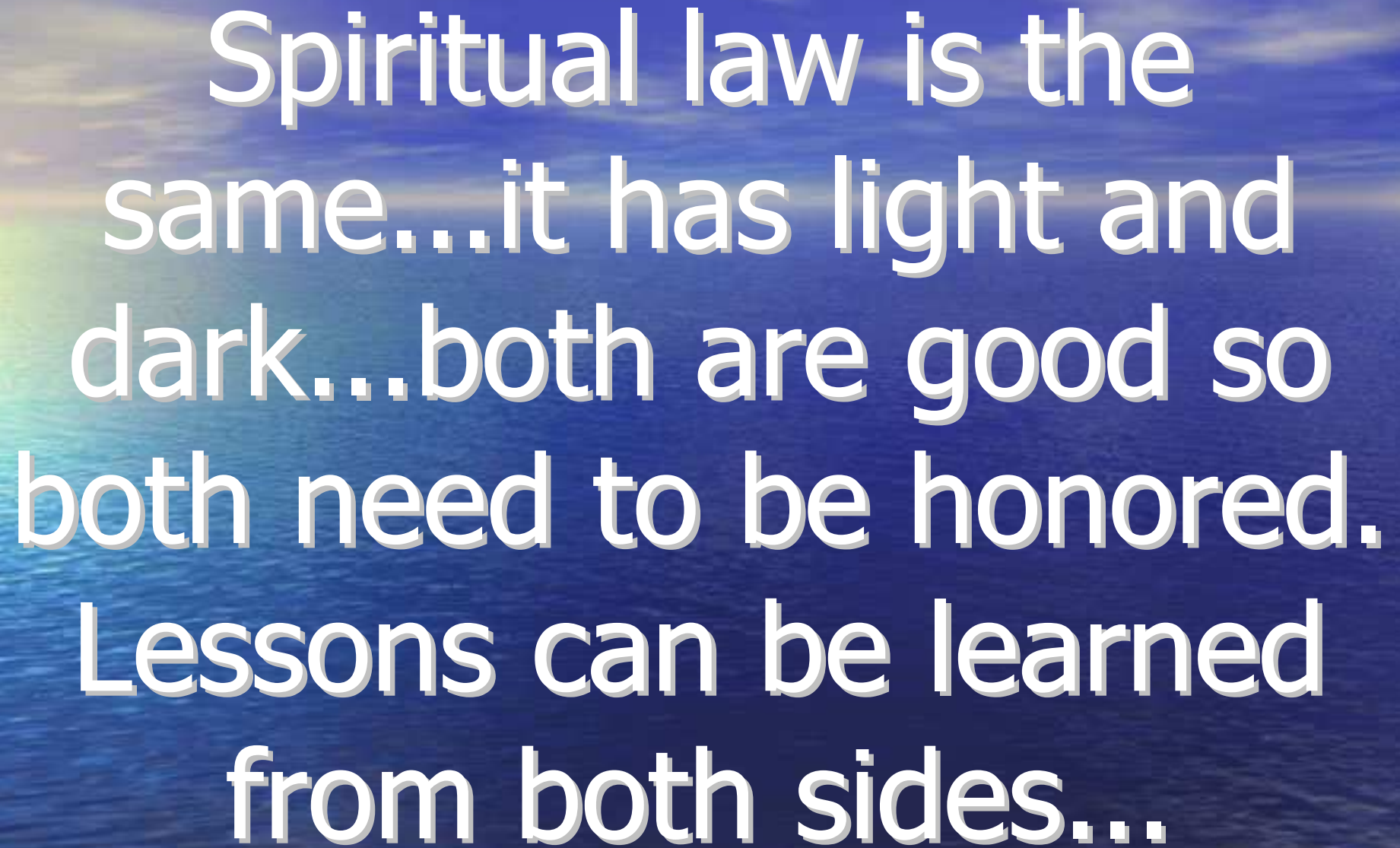
We have a biological
father and mother, but
our real Father is the
Creator and our real
Mother is the earth...

Wallace Black Elk, Lakota



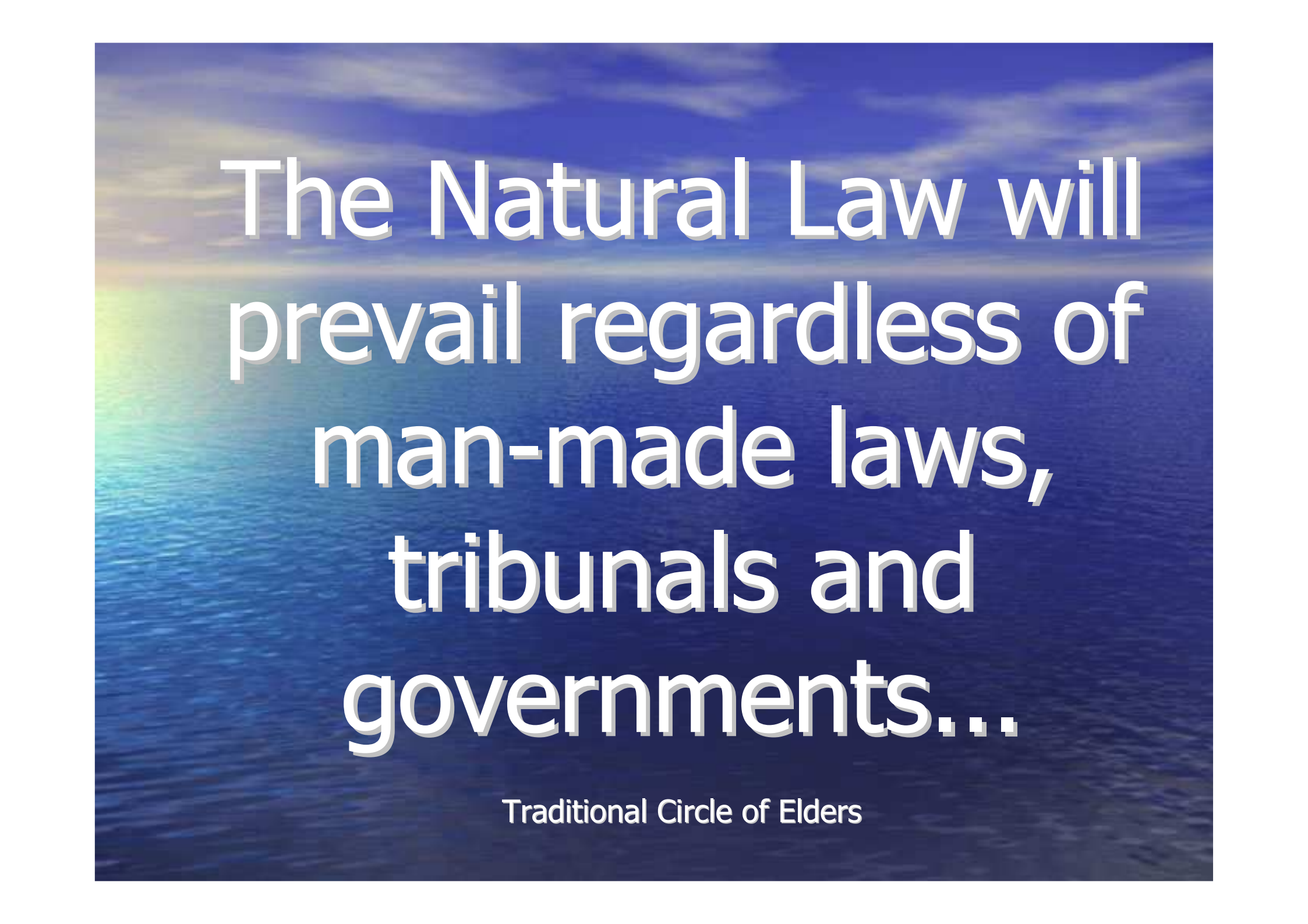
Natural Law is a
spiritual law. Its
powers are both
light and dark...

Oren Lyons, Onondaga



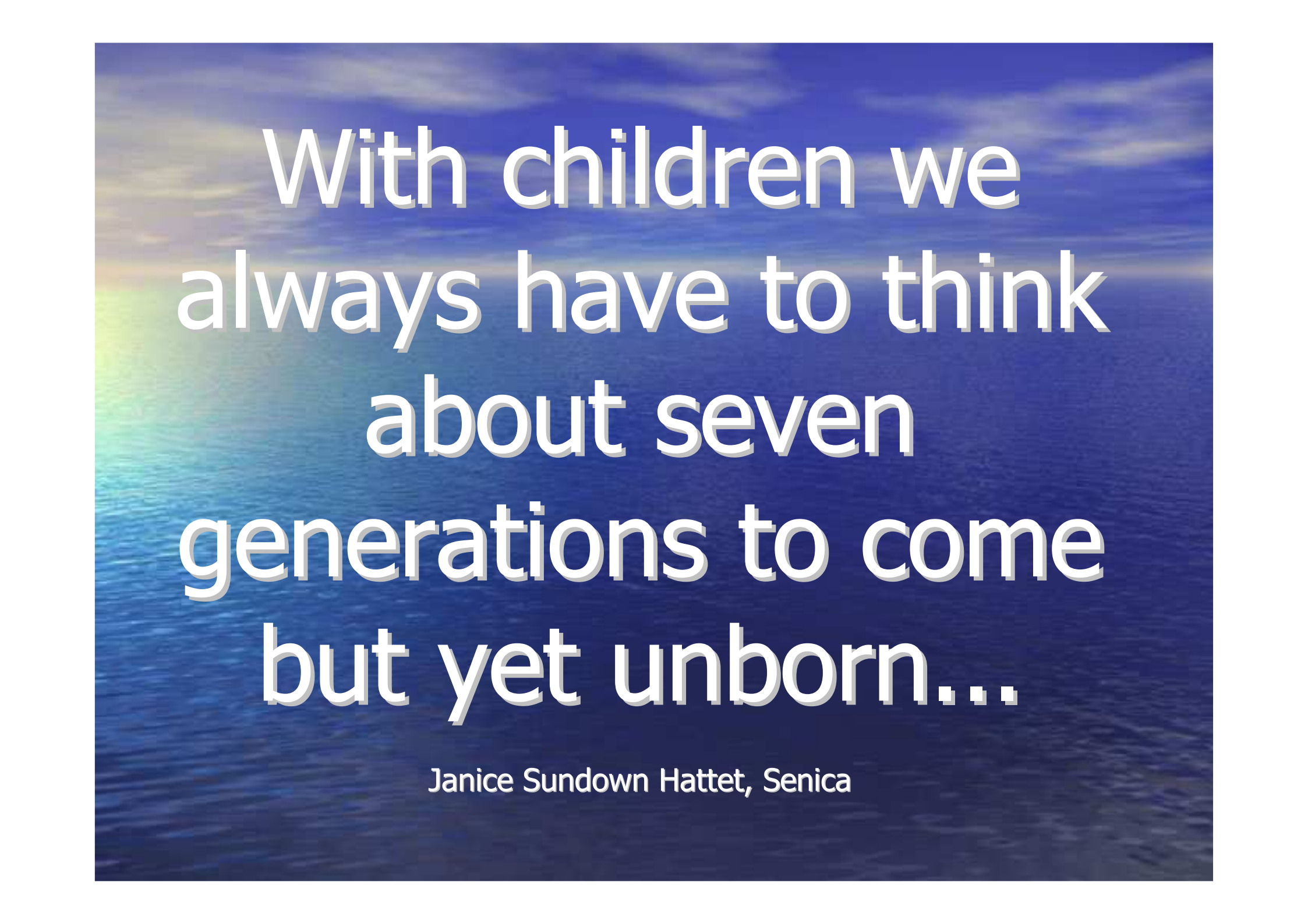
Spiritual law is the
same...it has light and
dark...both are good so
both need to be honored.
Lessons can be learned
from both sides...

Don Coyhis, Mohican



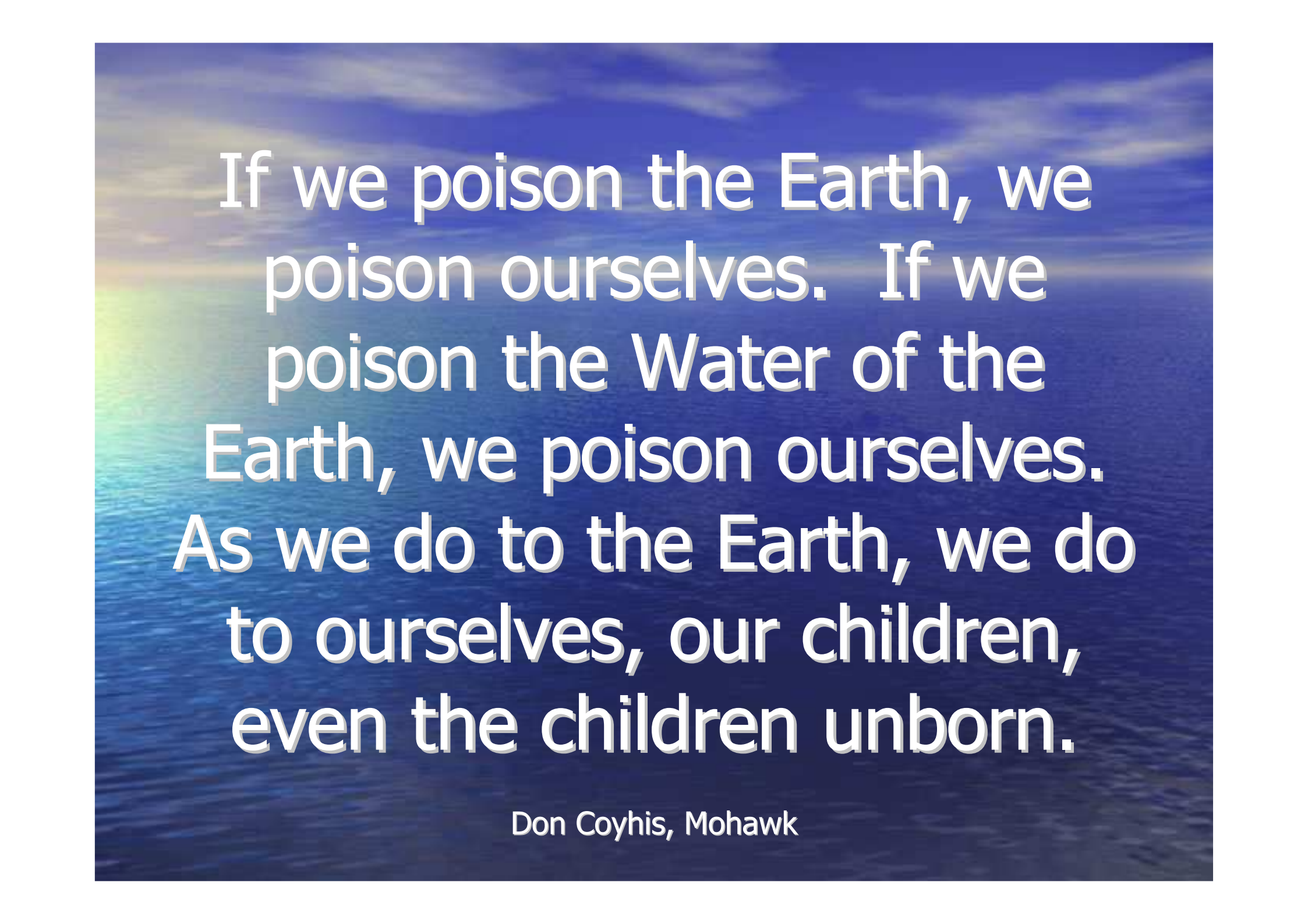
The Natural Law will
prevail regardless of
man-made laws,
tribunals and
governments...

Traditional Circle of Elders



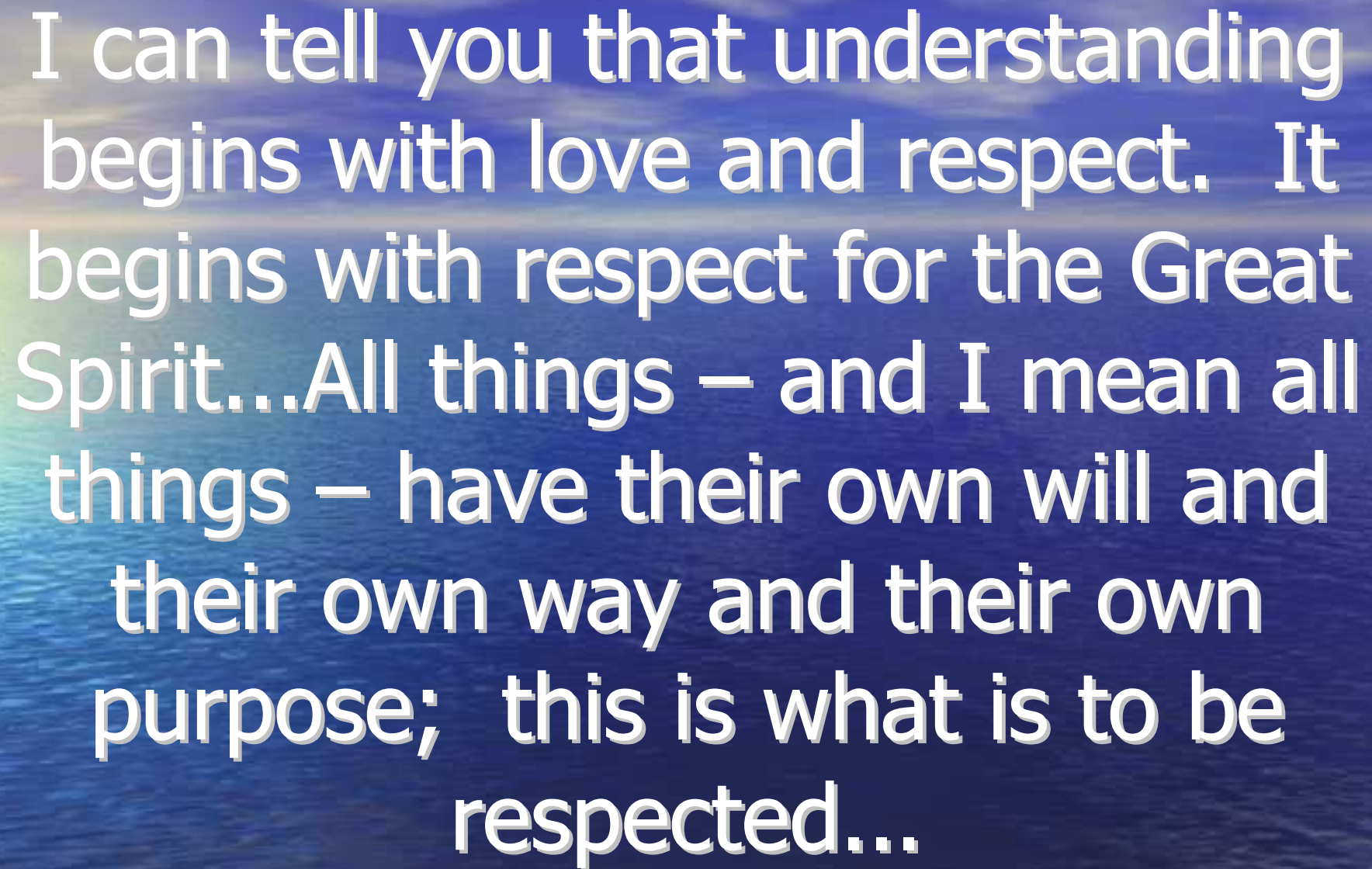
With children we
always have to think
about seven
generations to come
but yet unborn...

Janice Sundown Hattet, Seneca



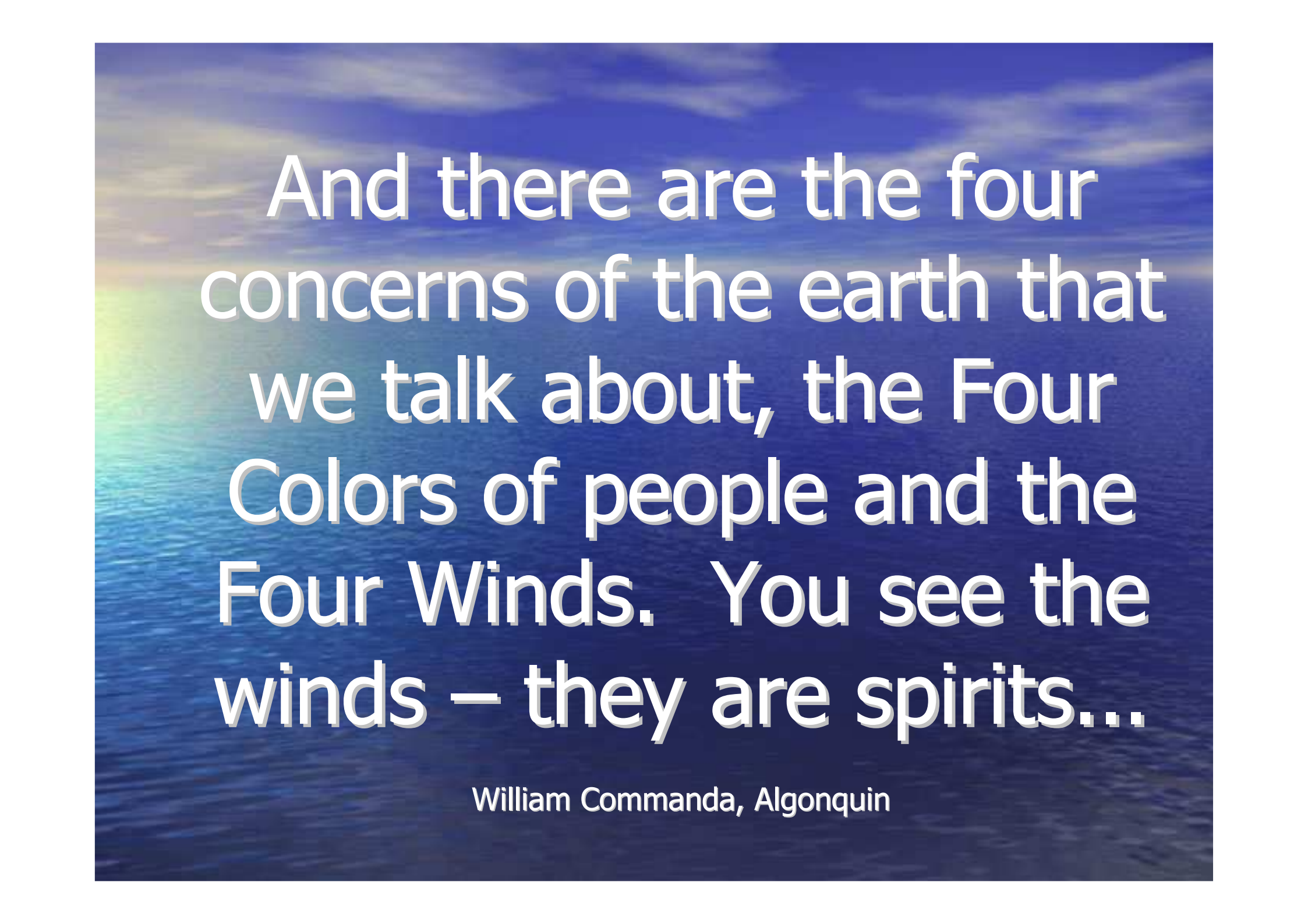
If we poison the Earth, we
poison ourselves. If we
poison the Water of the
Earth, we poison ourselves.
As we do to the Earth, we do
to ourselves, our children,
even the children unborn.

Don Coyhis, Mohawk



I can tell you that understanding begins with love and respect. It begins with respect for the Great Spirit...All things – and I mean all things – have their own will and their own way and their own purpose; this is what is to be respected...

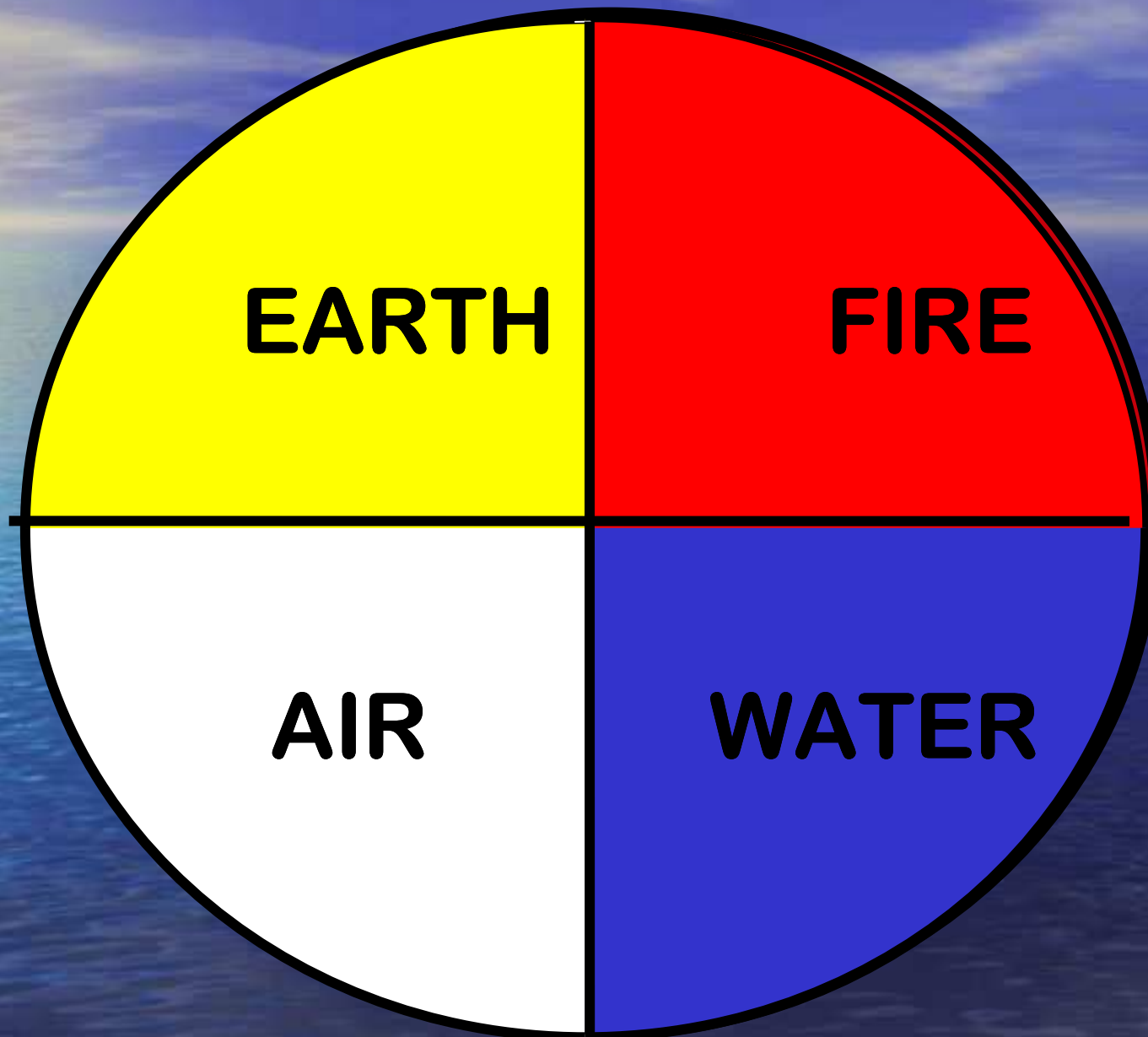
Rolling Thunder, Cherokee

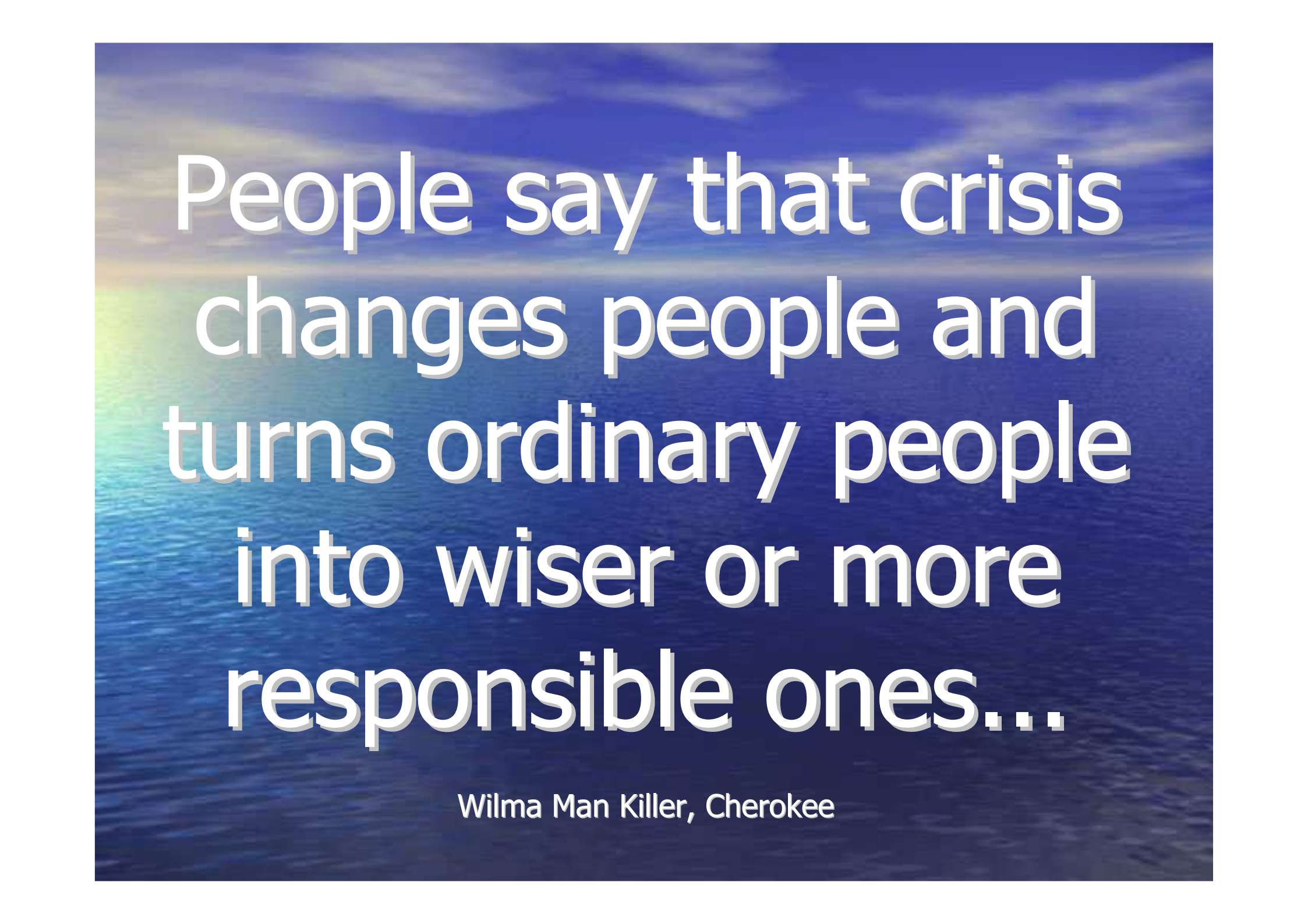


And there are the four
concerns of the earth that
we talk about, the Four
Colors of people and the
Four Winds. You see the
winds – they are spirits...

William Commanda, Algonquin


FOUR SACRED ELEMENTS






People say that crisis
changes people and
turns ordinary people
into wiser or more
responsible ones...

Wilma Man Killer, Cherokee



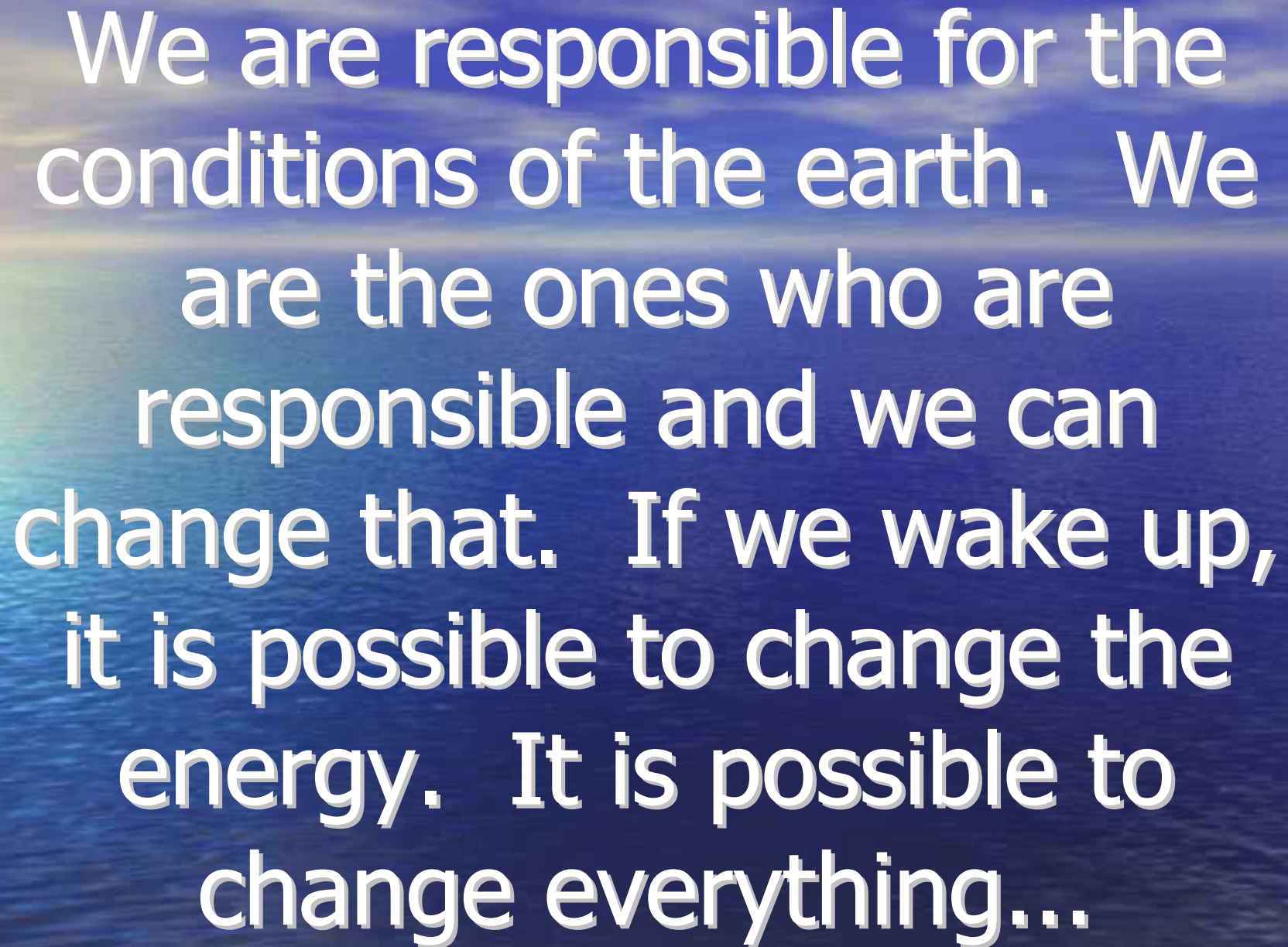
We all must
become care
takers of the
earth...

Haida Gwaii




We need to
consider our
actions out of
respect for the
mother earth....

Don Coyhis



We are responsible for the conditions of the earth. We are the ones who are responsible and we can change that. If we wake up, it is possible to change the energy. It is possible to change everything...


Hunbatz Men, Mayan



If we want the
environment to change,
each individual must
change their mental
picture.

“as within, so without”

Don Coyhis, Mohawk

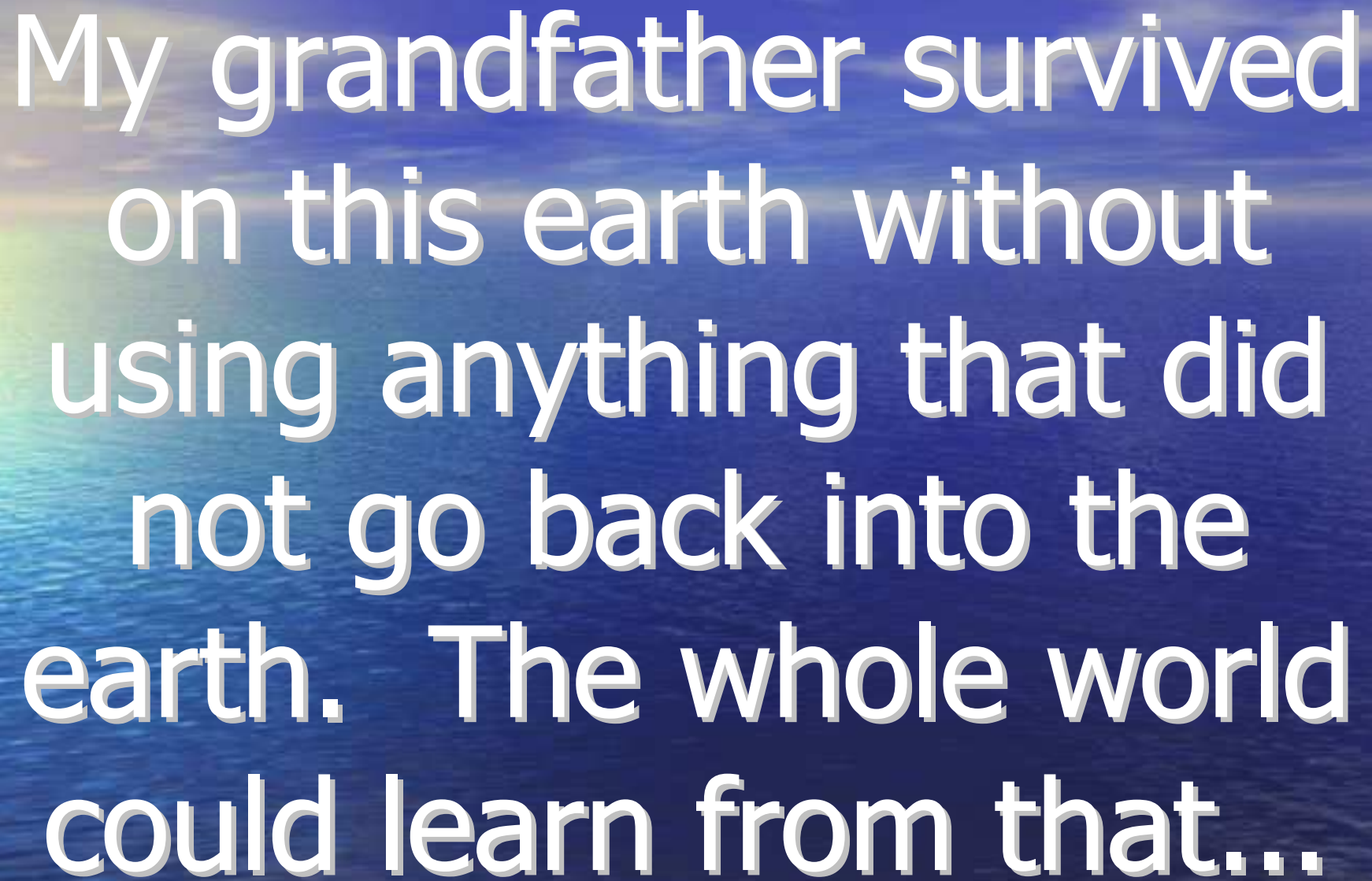


But we have to
stick by the
wisdom of our
ancestors...

Paula Weasel Head, Blood

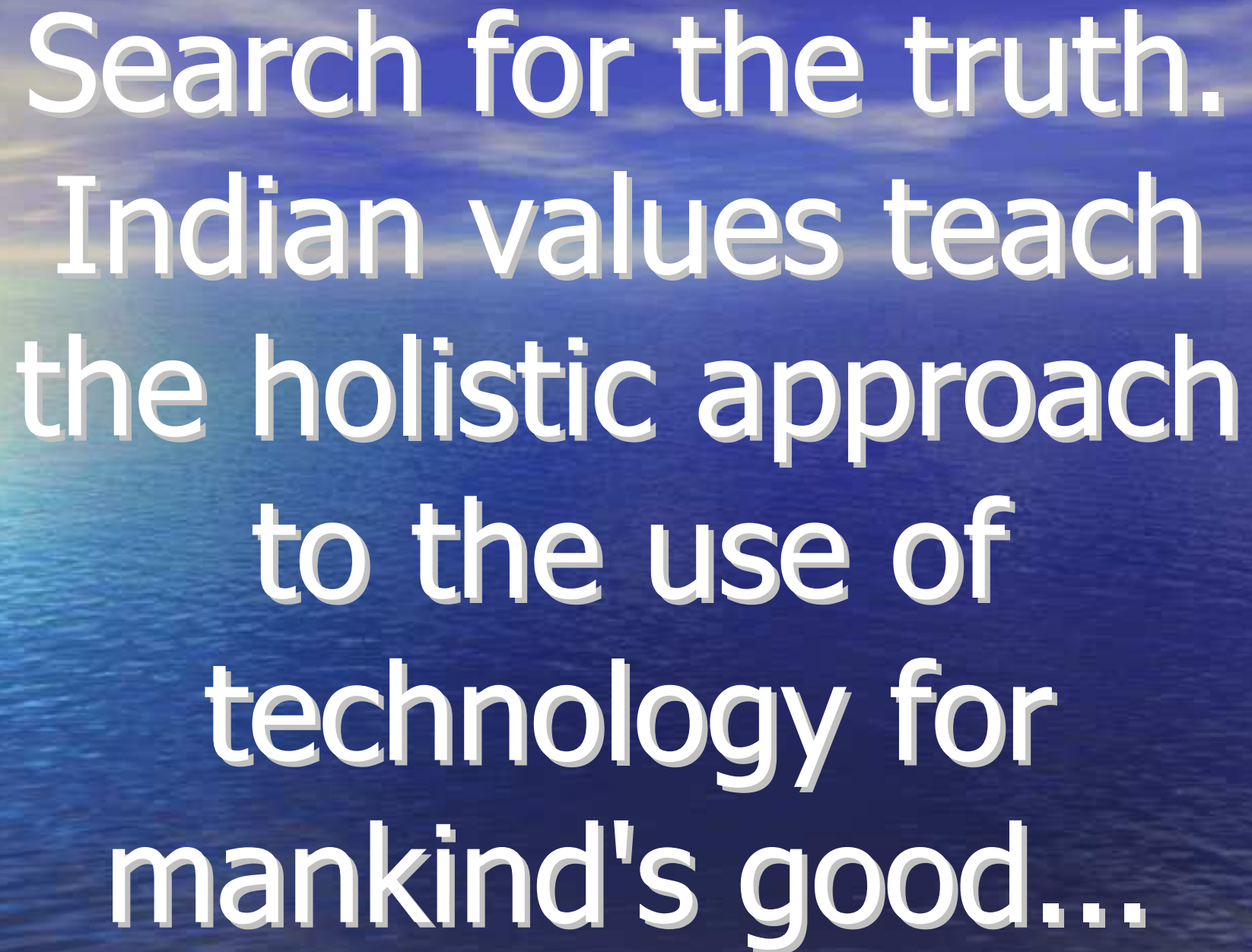
Scientists are finally realizing what the elders have taught for thousands of years – everything is interconnected, whatever you do to any one thing, you do to everything. If you poison any part of the earth, the poison eventually affects everything else. If you poison the plants, the birds will eat the plants, which poisons the birds. The birds are eaten by humans which poisons the humans. We must learn to live in harmony with the earth...

Don Coyhis, Mohawk




My grandfather survived
on this earth without
using anything that did
not go back into the
earth. The whole world
could learn from that...

Floyd Westerman, Sioux



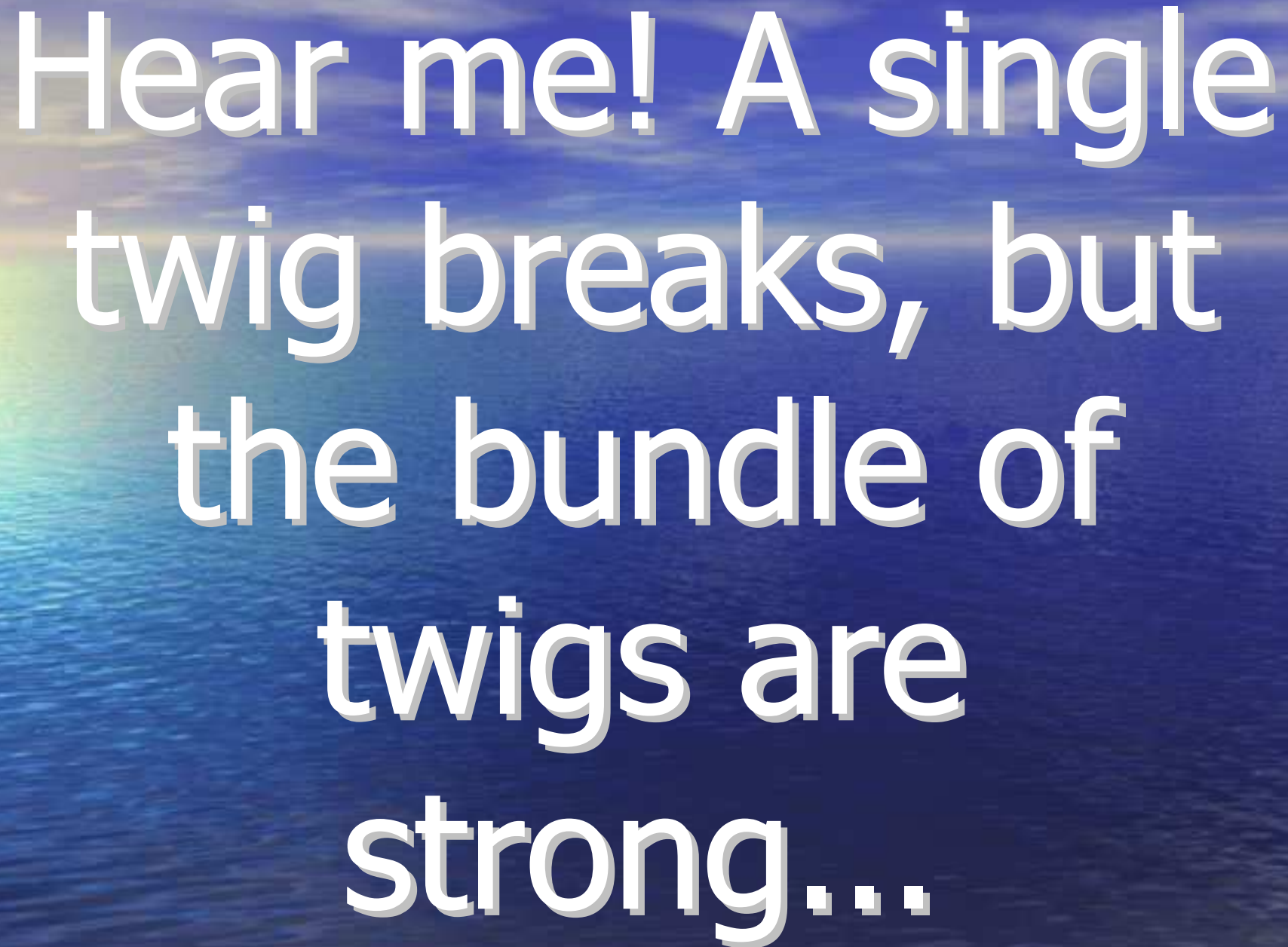
Search for the truth.
Indian values teach
the holistic approach
to the use of
technology for
mankind's good...

Al Qoyawayma, Hopi



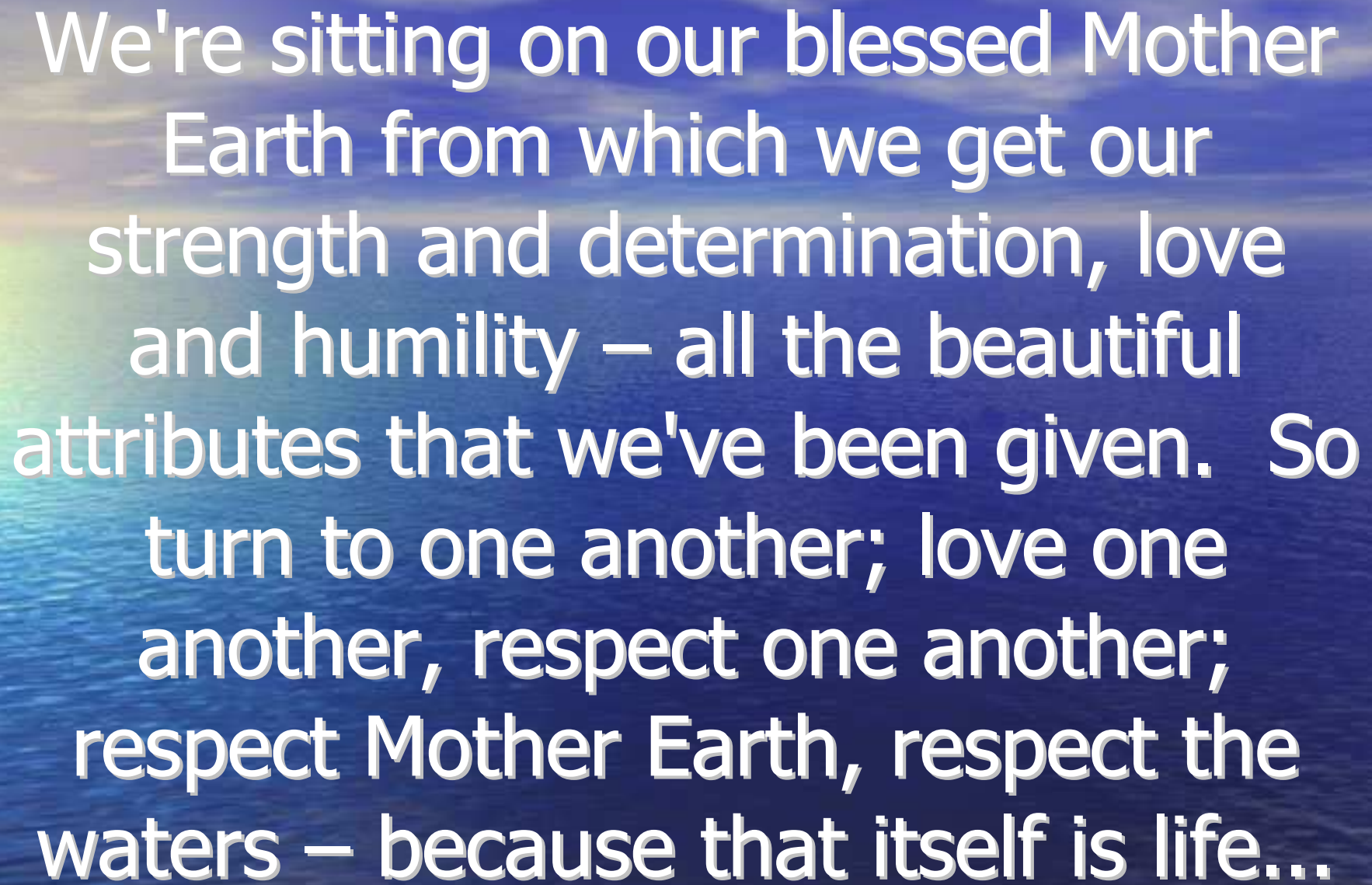
Together we can
end the Holocaust
against the
environment...

Haida Gwaii



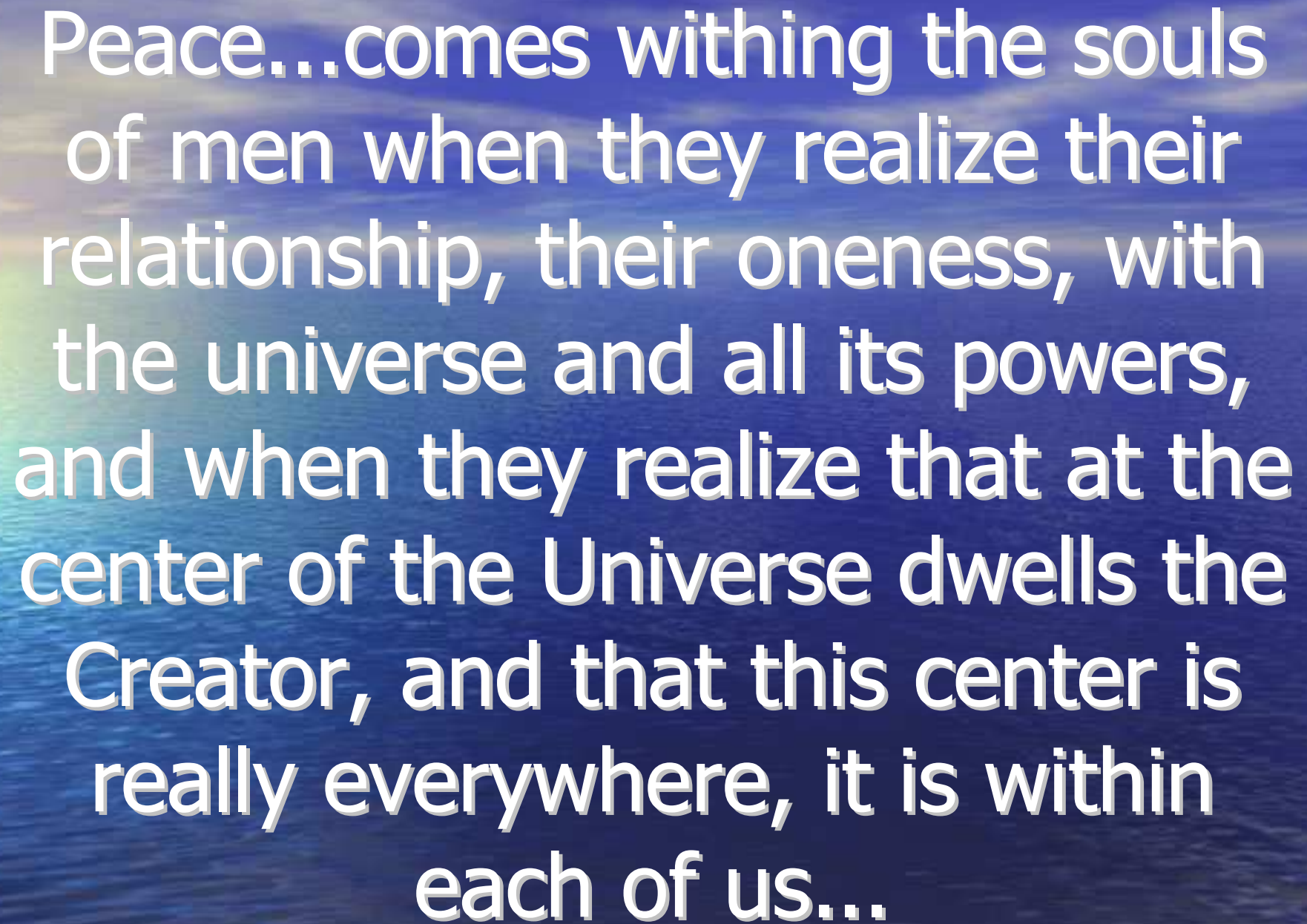
Hear me! A single
twig breaks, but
the bundle of
twigs are
strong...

Tecumseh, Shawnee



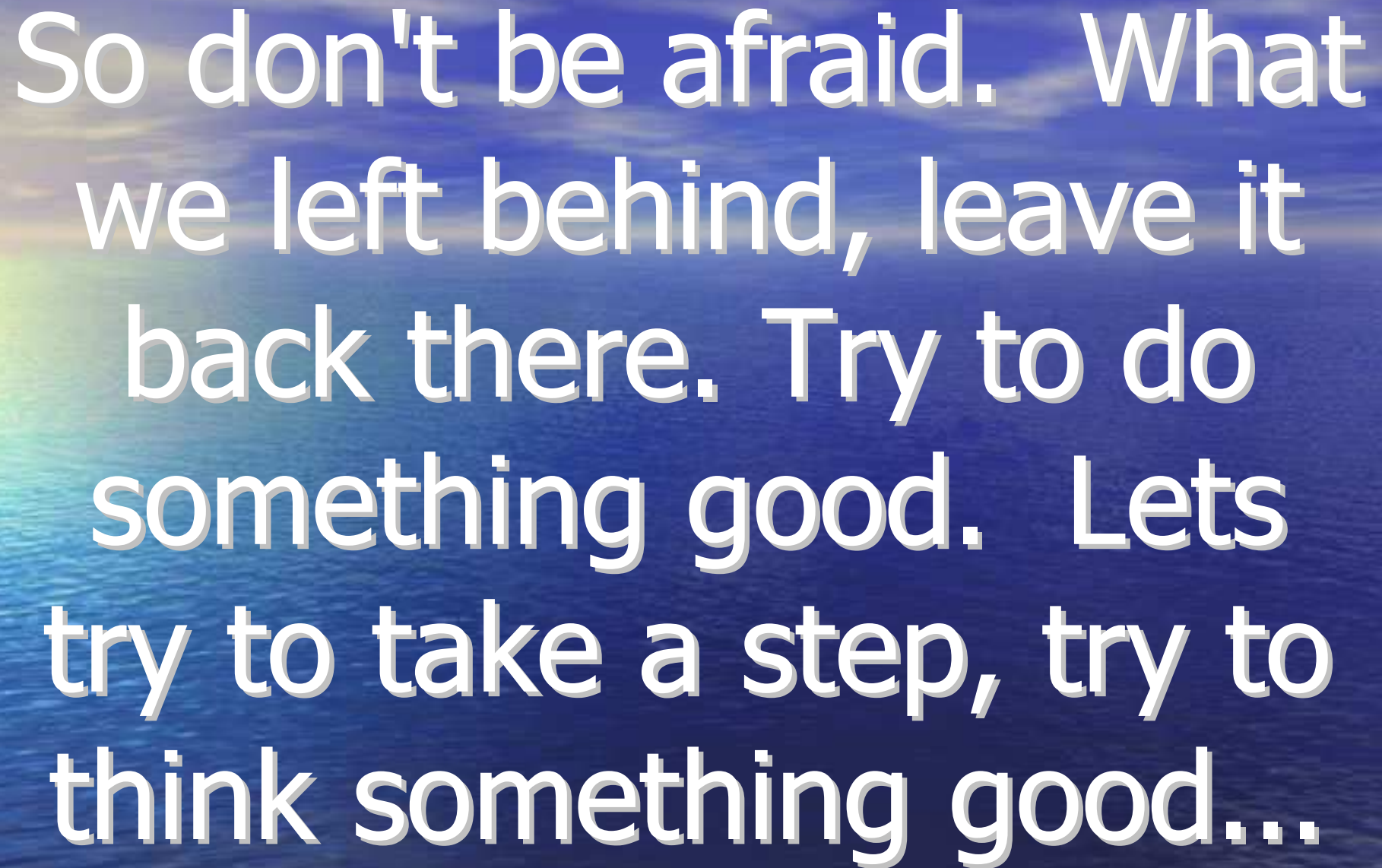
We're sitting on our blessed Mother Earth from which we get our strength and determination, love and humility – all the beautiful attributes that we've been given. So turn to one another; love one another, respect one another; respect Mother Earth, respect the waters – because that itself is life...

Phil Lane Sr. Yankton Sioux




Peace...comes withing the souls
of men when they realize their
relationship, their oneness, with
the universe and all its powers,
and when they realize that at the
center of the Universe dwells the
Creator, and that this center is
really everywhere, it is within
each of us...

Black Elk, Oglala Sioux



So don't be afraid. What
we left behind, leave it
back there. Try to do
something good. Lets
try to take a step, try to
think something good...

Wallace Black Elk, Lakota



Come forward and
join hands with us
in this great work
for the Creator...

Traditional Circle of Elders

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