

MEDICINE WHEEL FOR COMMUNITY HEALING & ORGANISATIONAL CHANGE

Remembering and Re-Gathering (self, community and organization)

What are the historical sites and Indigenous stories and values that might inform how newcomers can live on Indigenous lands in a good way?

What are the cultural beliefs and lifeways of immigrant & refugee communities that have been suppressed through colonialism that would be life-giving to express in our new homeland (Turtle Island)?

**West – Baangishimog
Re-mem-bering – Aanji
Mikwendaasowin.
Re-gathering - Aanji
Maamawinigewin**



Listening to self, listening to others

*What would be helpful for immigrant and refugee communities to know about the herstories, cultural values and lifeways of Turtle Island's Indigenous communities? What to I want them to know about our experiences of intergenerational trauma and resilience?

**What would be helpful for Indigenous peoples to know about my experiences, culture, values and ways of living as a member of an immigrant or refugee community? What do I want them to know about our experiences of intergenerational trauma and resilience?*

**EMOTIONAL
Anamanji'o**
Black - Makede
Respect -
Mndaadenmaad,
Water - Nbiizh,
Autumn - Dgwaagig,
Adult -Gichi-aya'aawi
Sage - Bashkodejibik,
Thunderbird-Nimkiid-
bnesi.

**North – Giiwedin.
Revisioning – Aanji
izhinamowin**

**PHYSICAL -
Mashkawi-bimaadziwin**
White - Waabishkaa,
Winter - Biboon, Caring -
Bamenim, movement -
Mamaajise, actions -
Izhiwebiizi and
consequences
-Inakamigizi, Elders –
Gichi-aya'aa, Bear -
Makwa,
Sweetgrass - Wiiingashk

Mother Earth
-Shkaakaamikwe
nurtures all races,
**Balance -
Dibaabishkoojigan**

**PSYCHOLOGICAL -
Inendam, SOCIAL -
Wiidookaa'e**
Red - Miskwaa,
Relationships -
Inawendiwen, Youth -
Skiniigi, Cedar – Giizhik,
Giniw - Golden Eagle.

**South – Zhaawan. Being -
Bemaadizid,
Hearing - Noondamowin,
Listening - Bizindamowin**

**SPIRITUAL -
Manidoowaadizi**
Yellow- Ozawaa,
Spring -Ziigwan,
Child -Abinoojiinh,
Tobacco- Asemaa,
Wolf - Ma'iingan

Revisioning for a decolonial future

*How do we create harmony between people and intercultural connectedness?

*What are the steps we want to take to decolonize the ways we are thinking and living?

*How can Intergenerational relationships and resilience be strengthened and restored?

*What are the steps we need to take to re-align our actions OR SPECIFICALLY THE MWs (individually, collectively) with the original intentions of the treaties?



**East – Waabung. Arriving – Bagami-
& Grounding – Gwayakwakamiga**

Spirituality, positive identity, past experiences, wisdom, knowledge, homeland, ceremony.

What ceremonies & practices do immigrant and refugee people need to connect them to their homeland in ways that strengthen?

What collective skills, experiences, knowledge, & wisdom to immigrant and refugee communities bring to Canada?

*What ceremonies, knowledge & practices do people coming to Turtle Island need to connect them to the Indigenous Lands on which they are living?



Acknowledgement: The development of this medicine wheel has been guided by the teachings of Herb Nabigon, a much-respected Elder of the Nishnaabeg Nation who passed to the spirit world, March 2016. Translation by Don Ense 2020