



The 8 Feelings, Cycle of life and
Emotional Sobriety



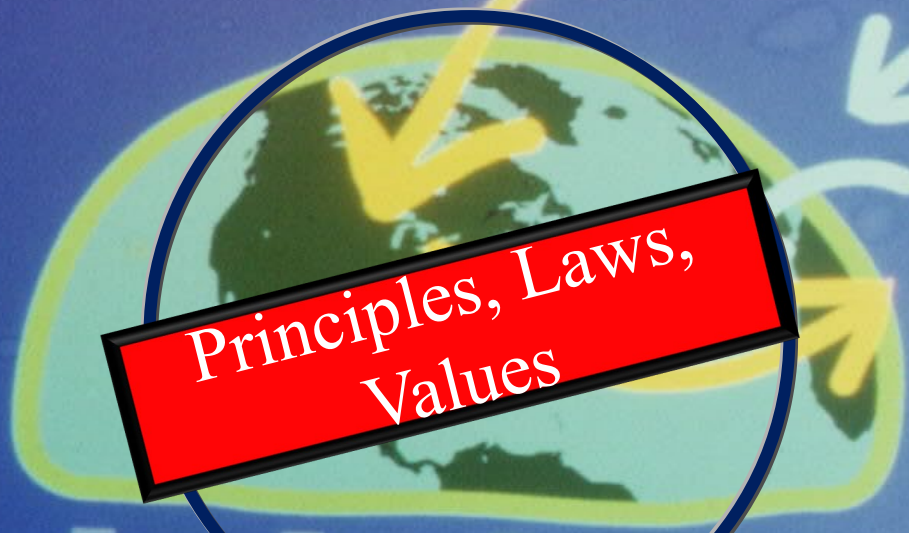
Physical World

The Source of Native Culture



Spiritual World

Principles, Laws, Values



White Bison

Vision

Principles

Laws

Values

Traditional Man

Traditional Woman

Traditional Clan Mother

Traditional Elder

Traditional Youth

Traditional Warrior

Traditional Chief

Healing

Spirituality

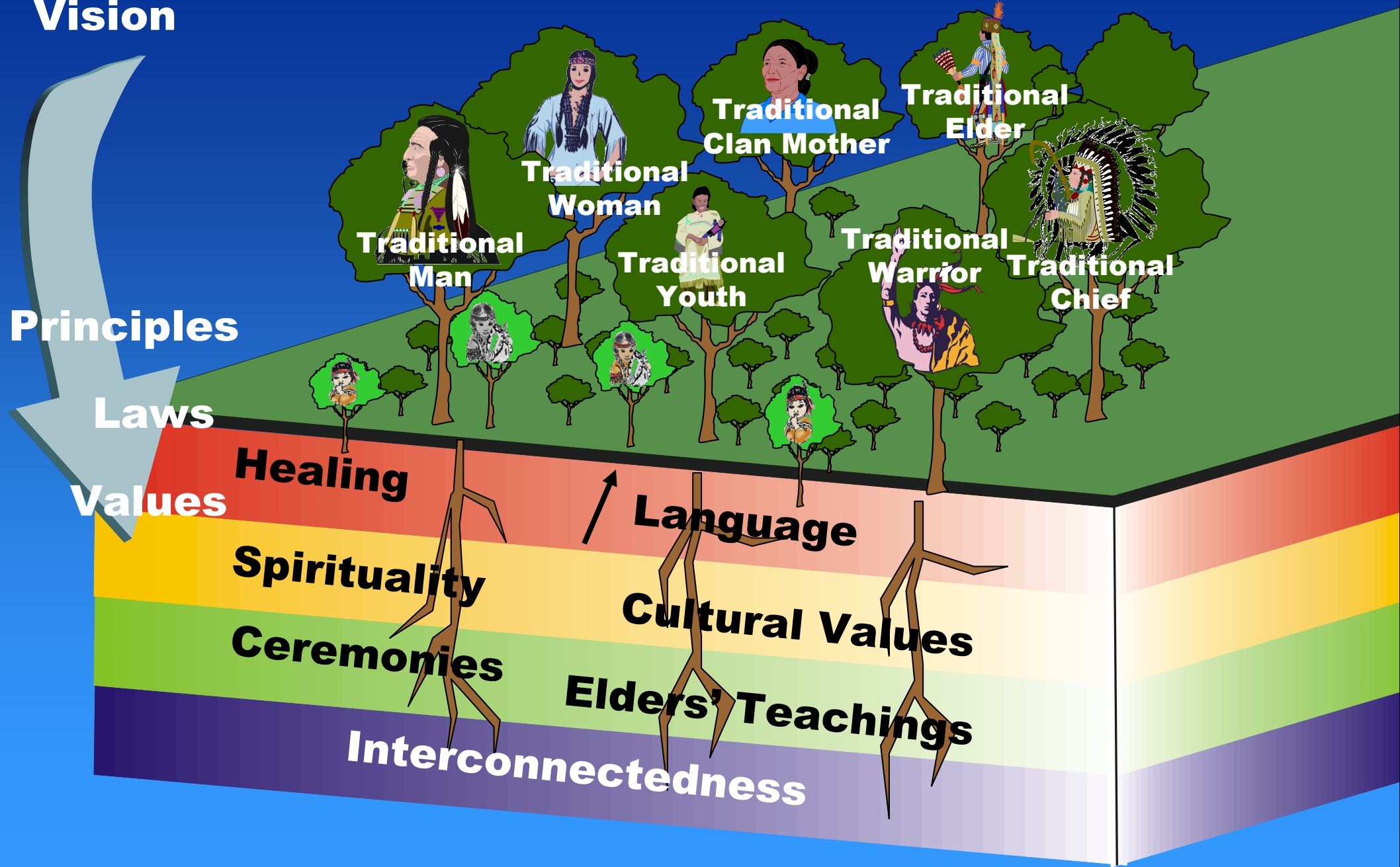
Ceremonies

Interconnectedness

Language

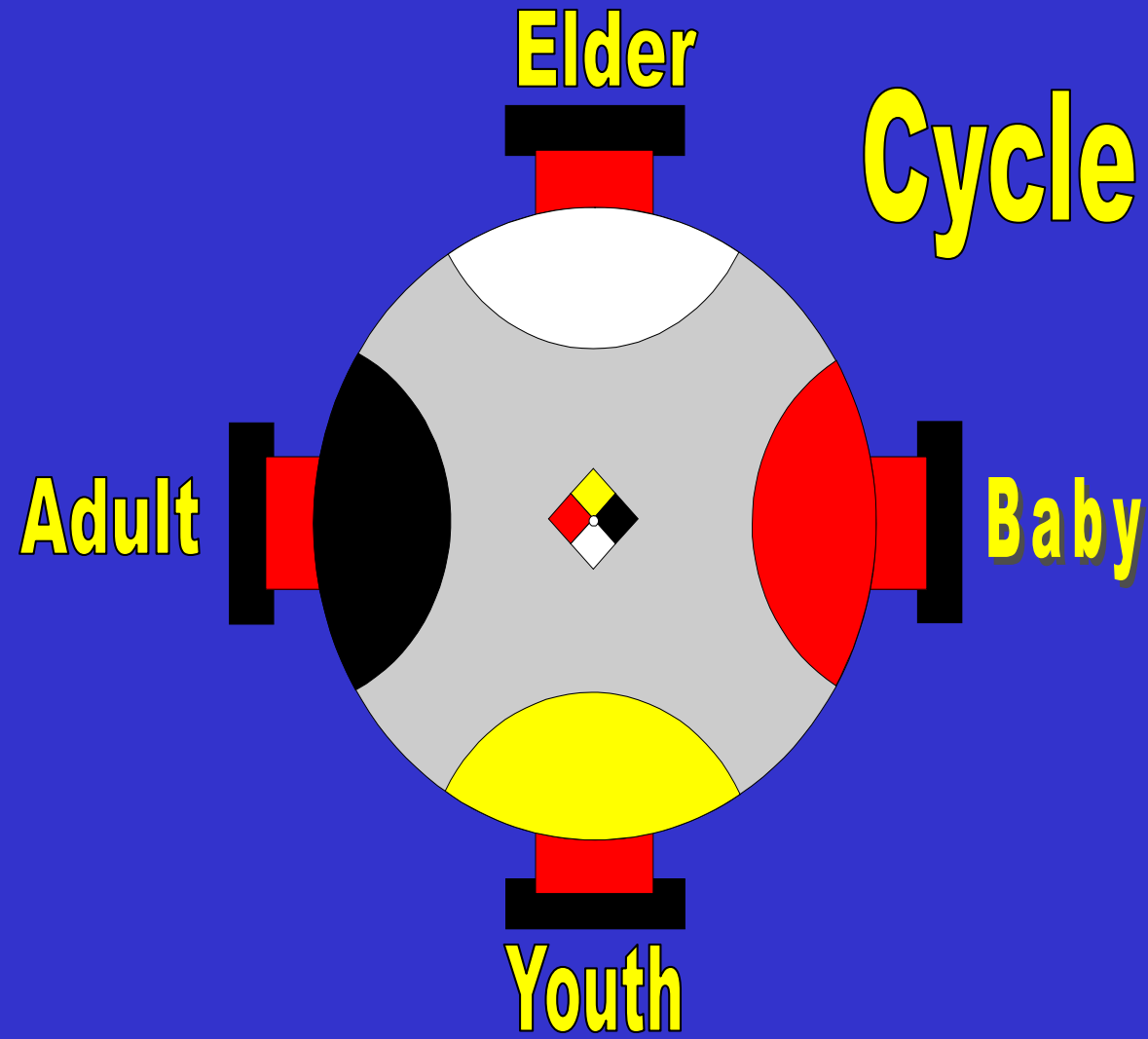
Cultural Values

Elders' Teachings





Cycle of Life



How to grow up and be Interconnected to all things on the Mother Earth

Physical World

This was done
through
Ceremony and
Teachings



Principles, Laws,
Values

Spiritual World

White
Bison

6 SEASONS X 4=24 YEARS

ELDER

BABY

ADULT

4

4

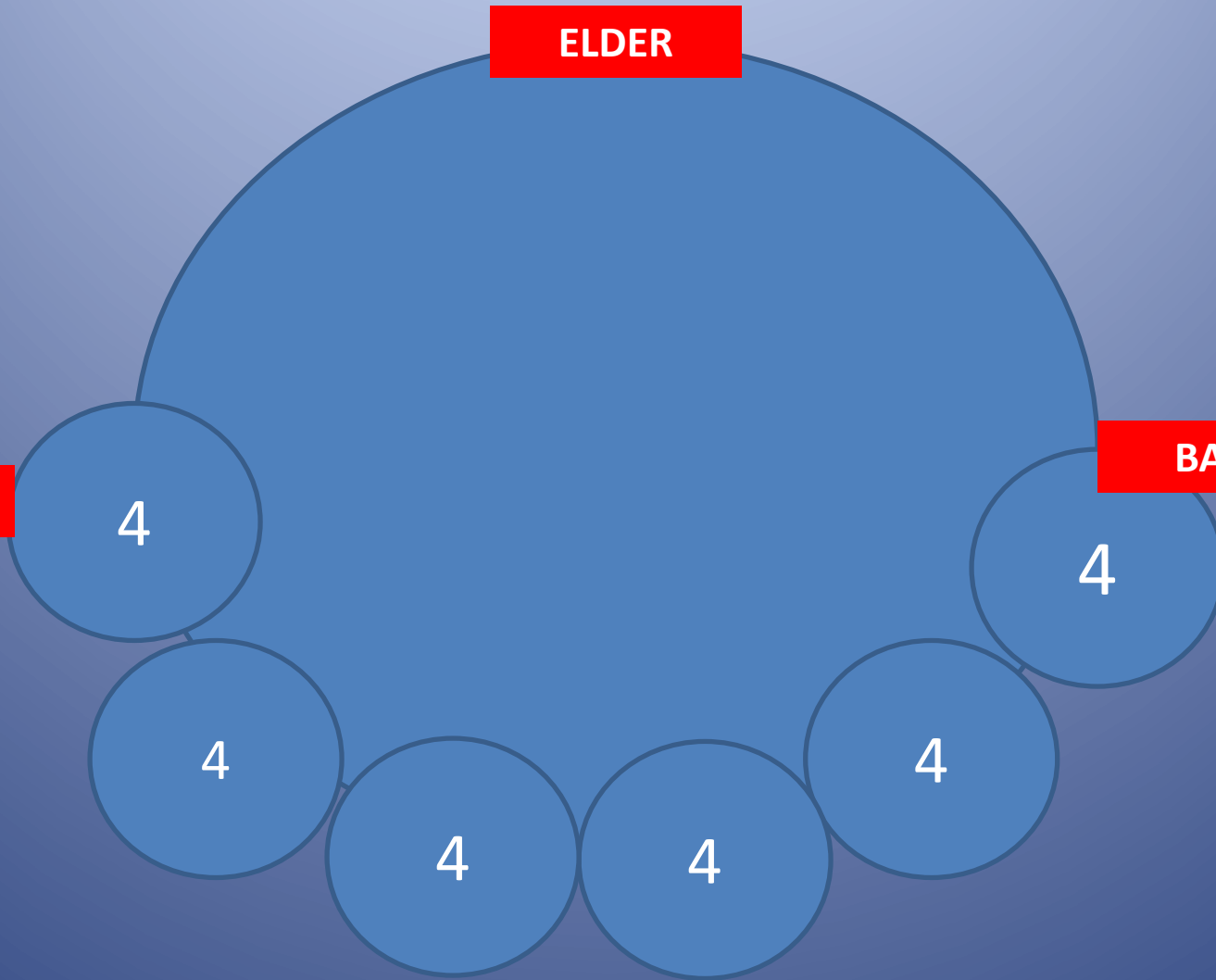
4

4

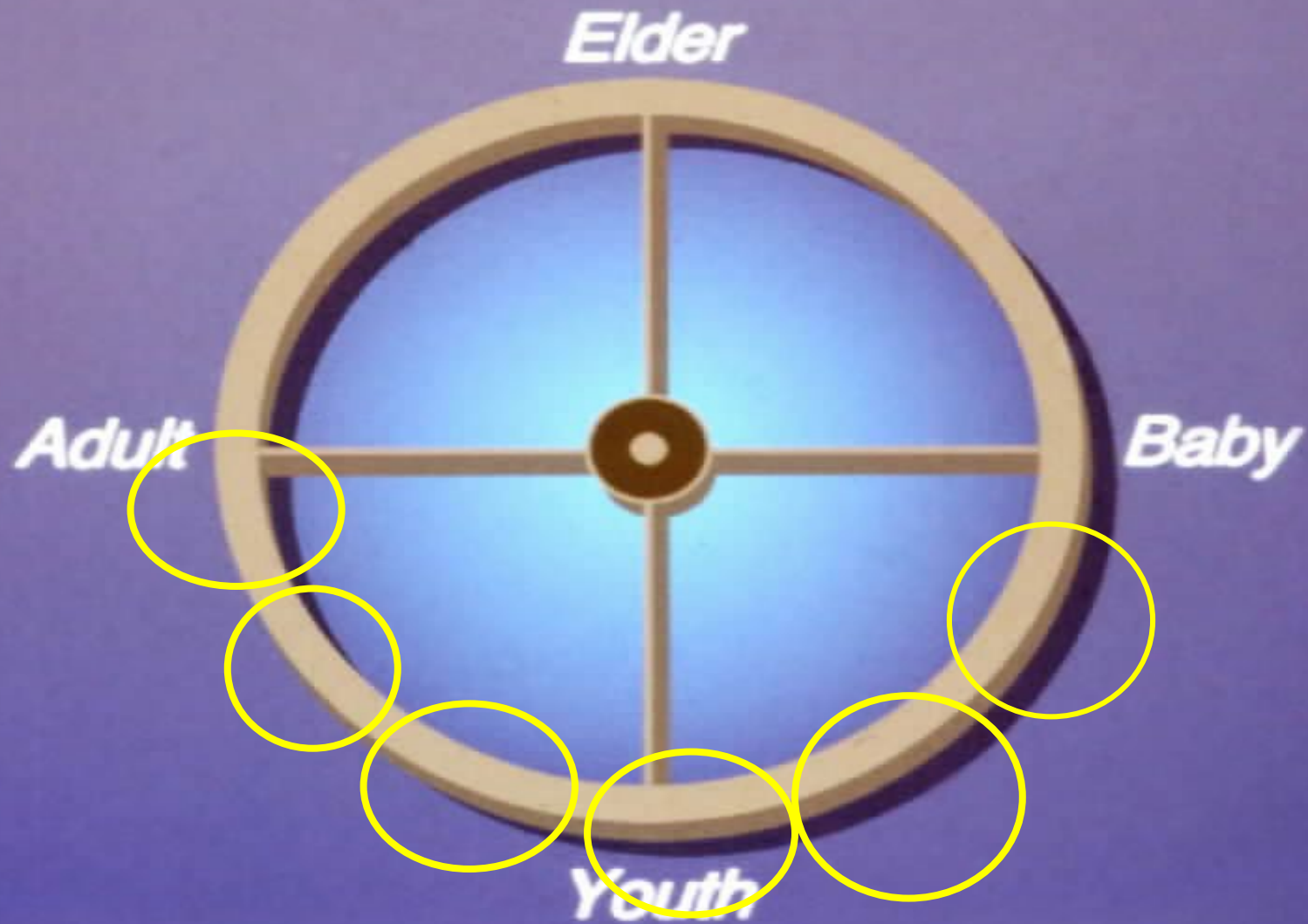
4

4

YOUTH

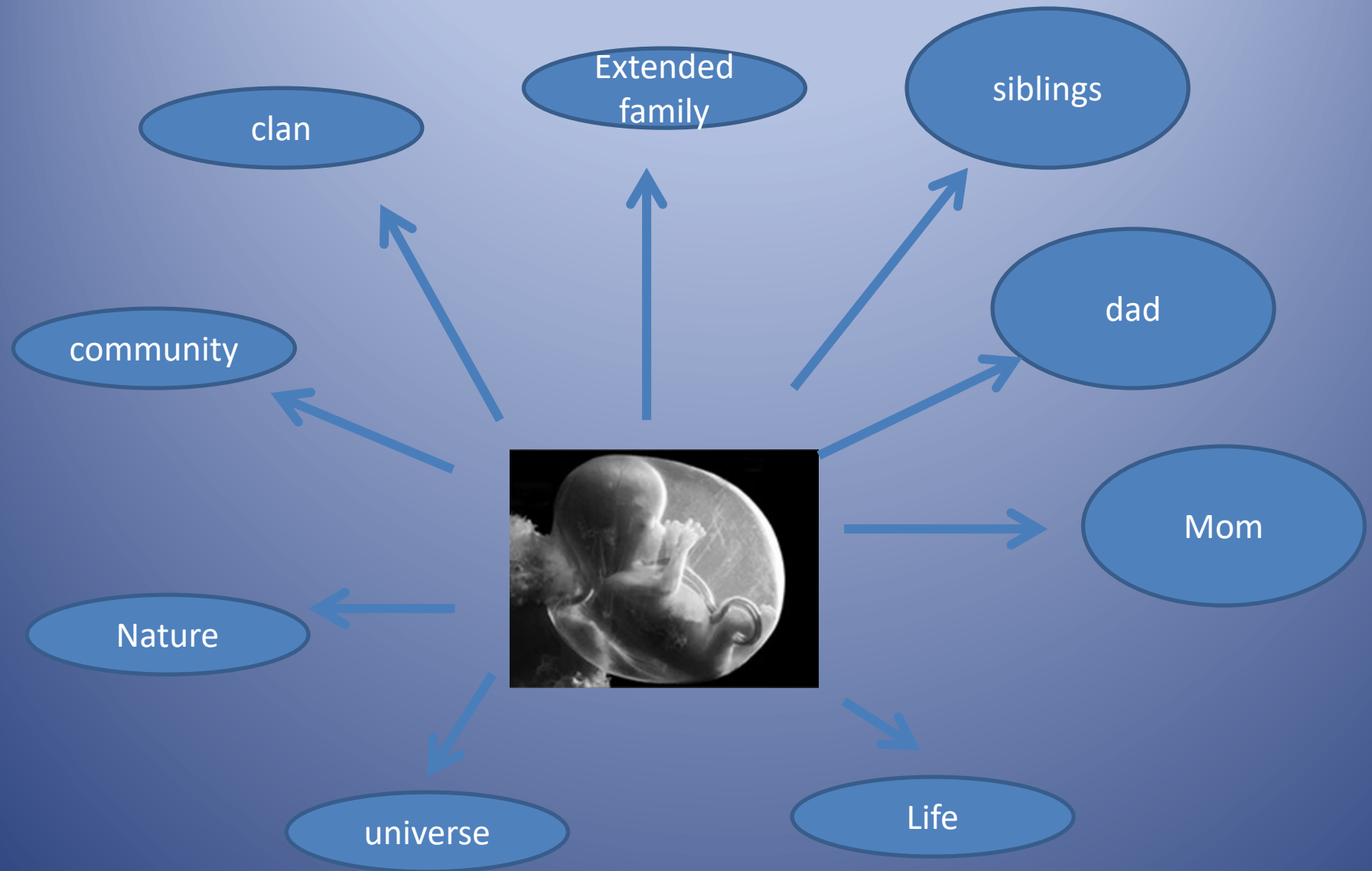


THE MEDICINE WHEEL

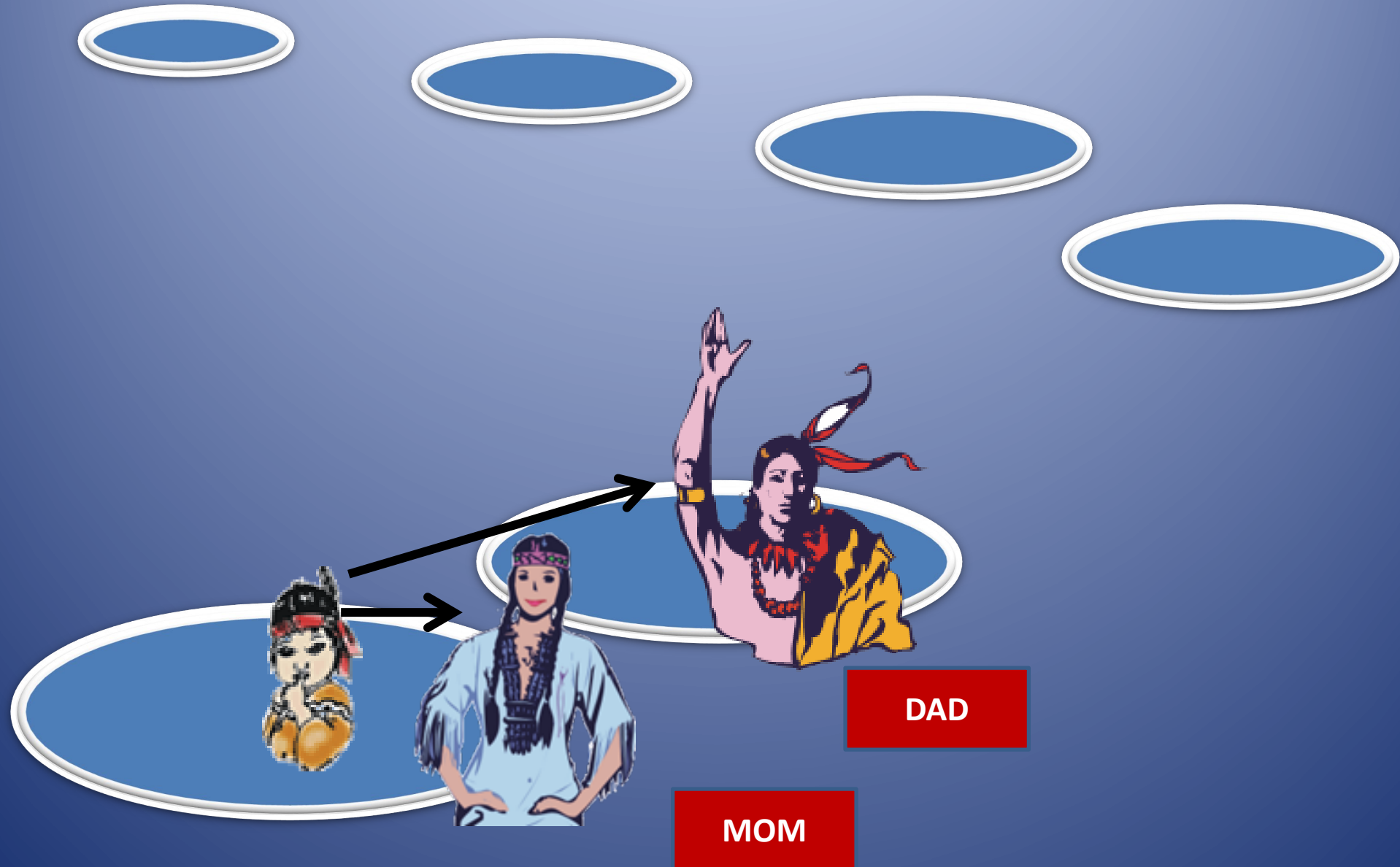


Parenting begins long before a baby is born...





The path of interconnectedness

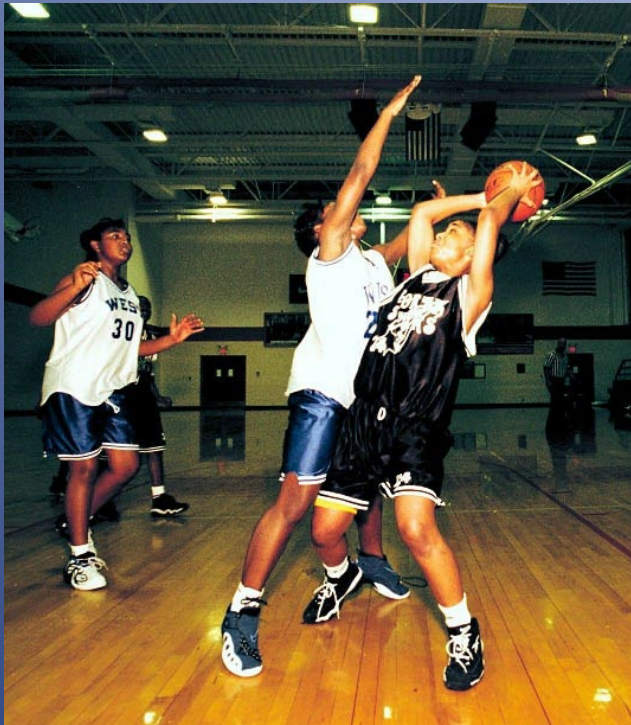


Children from Fatherless Homes...

- 5 times more likely to commit suicide.
- 32 times more likely to run away.
- 20 times more likely to have behavioral disorders.



Children from Fatherless Homes...



- 9 times more likely to drop out of high school.
- 10 times more likely to abuse chemical substances.
- 9 times more likely to end up in a state-operated institution.
- 20 times more likely to end up in prison

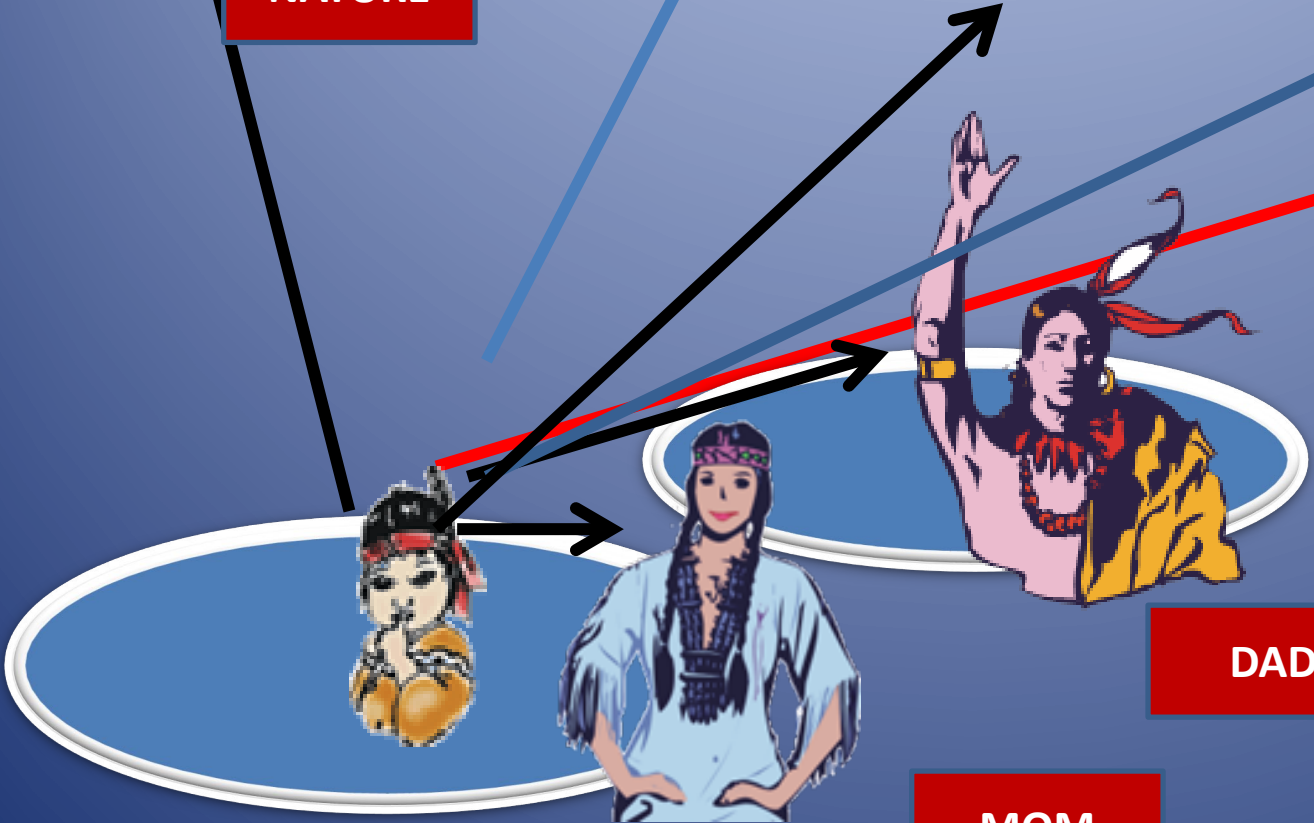
Youths from Fatherless Homes Represent...

- **63% of youth suicides**
- **90% of all homeless and runaway children**
- **85% of all children who exhibit behavioral disorders**





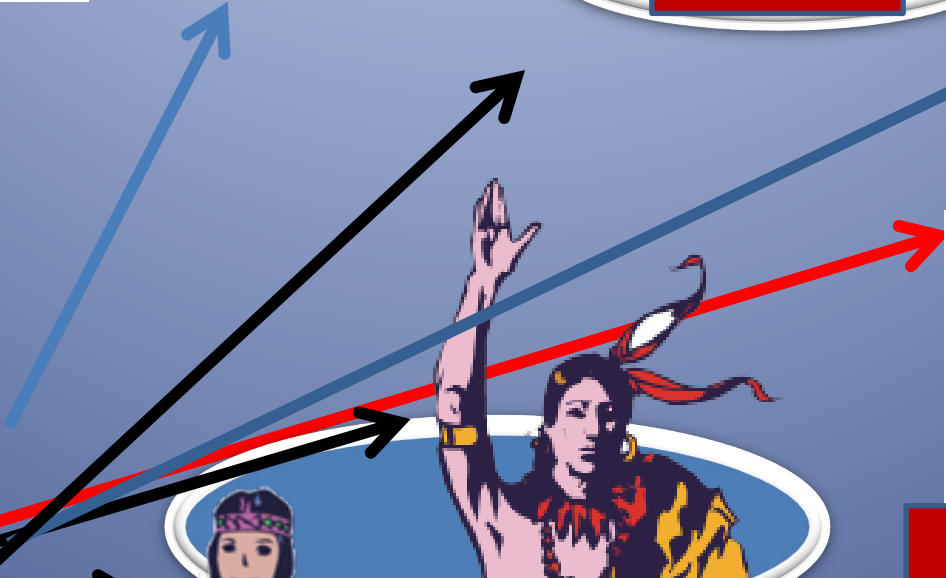
NATURE

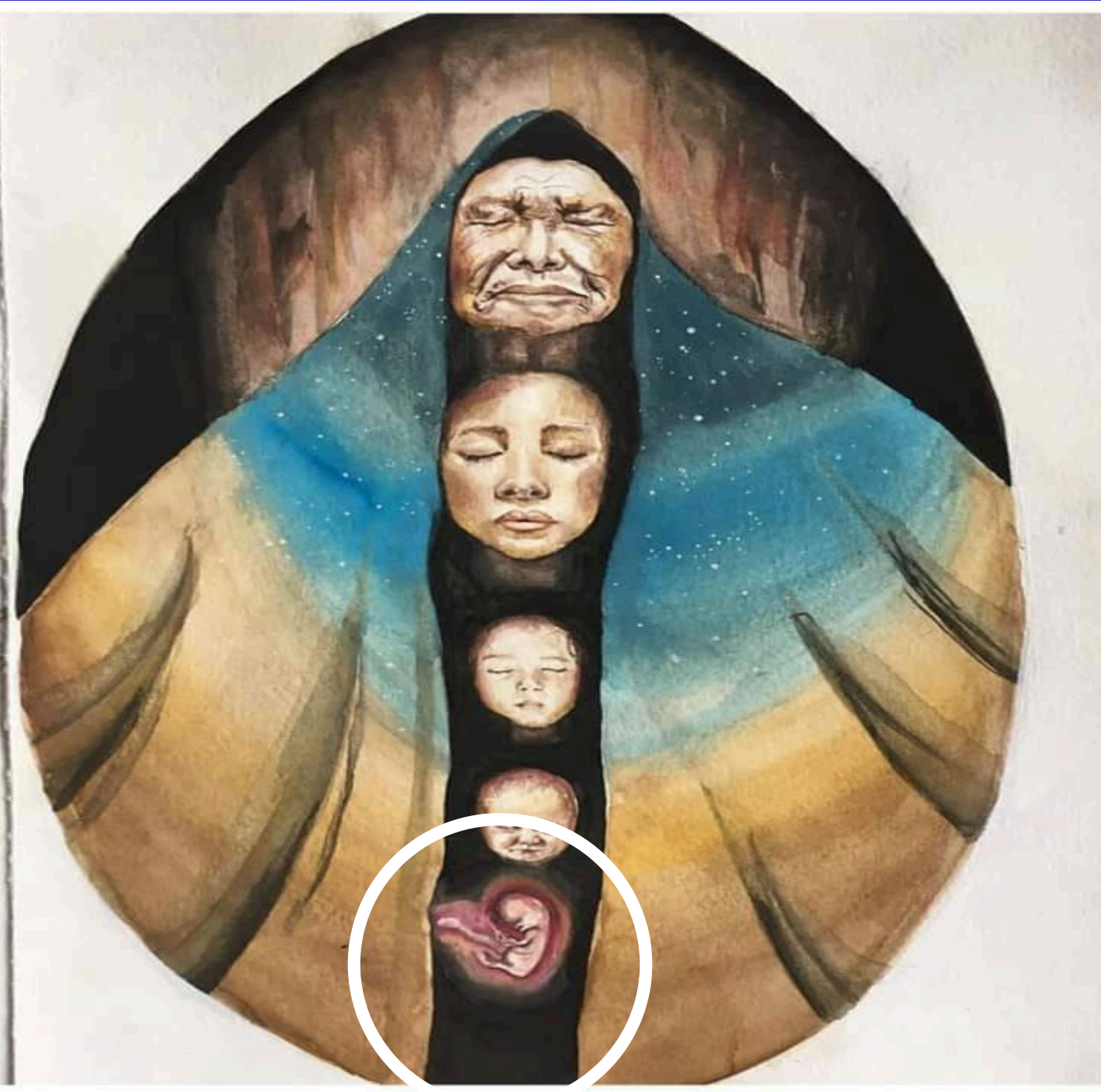


MOM

DAD

FAMILY





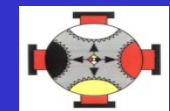
White Bison,



*Inside every human being
is the innate knowledge of
your own wellbeing.*



You KNOW what to do..... You have the CHOICE to do it!





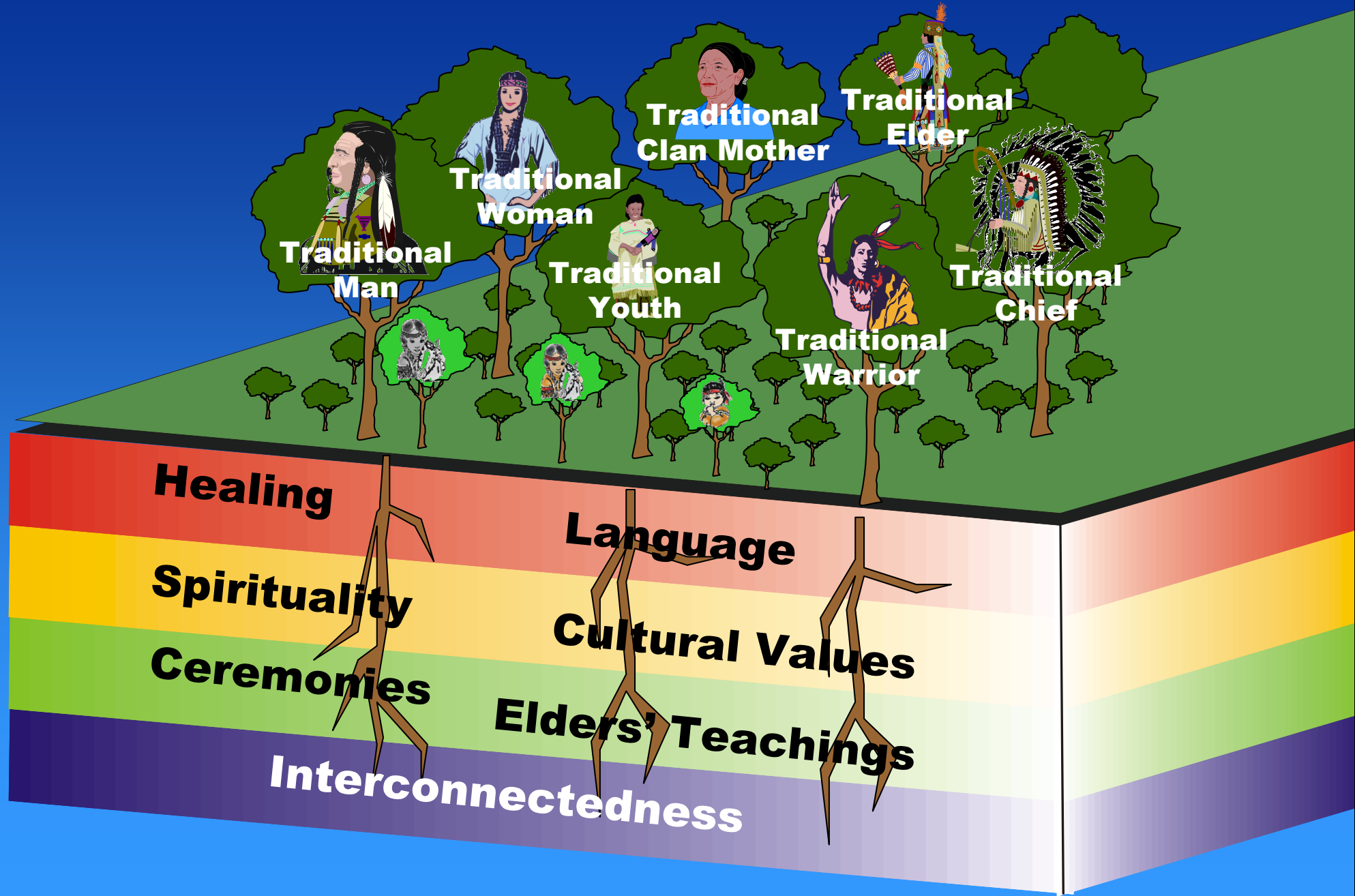
Then.....

Something

Happened

To Us.....





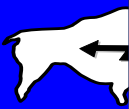


***This is our Current Condition.....
Now....it's more that just Alcohol!***

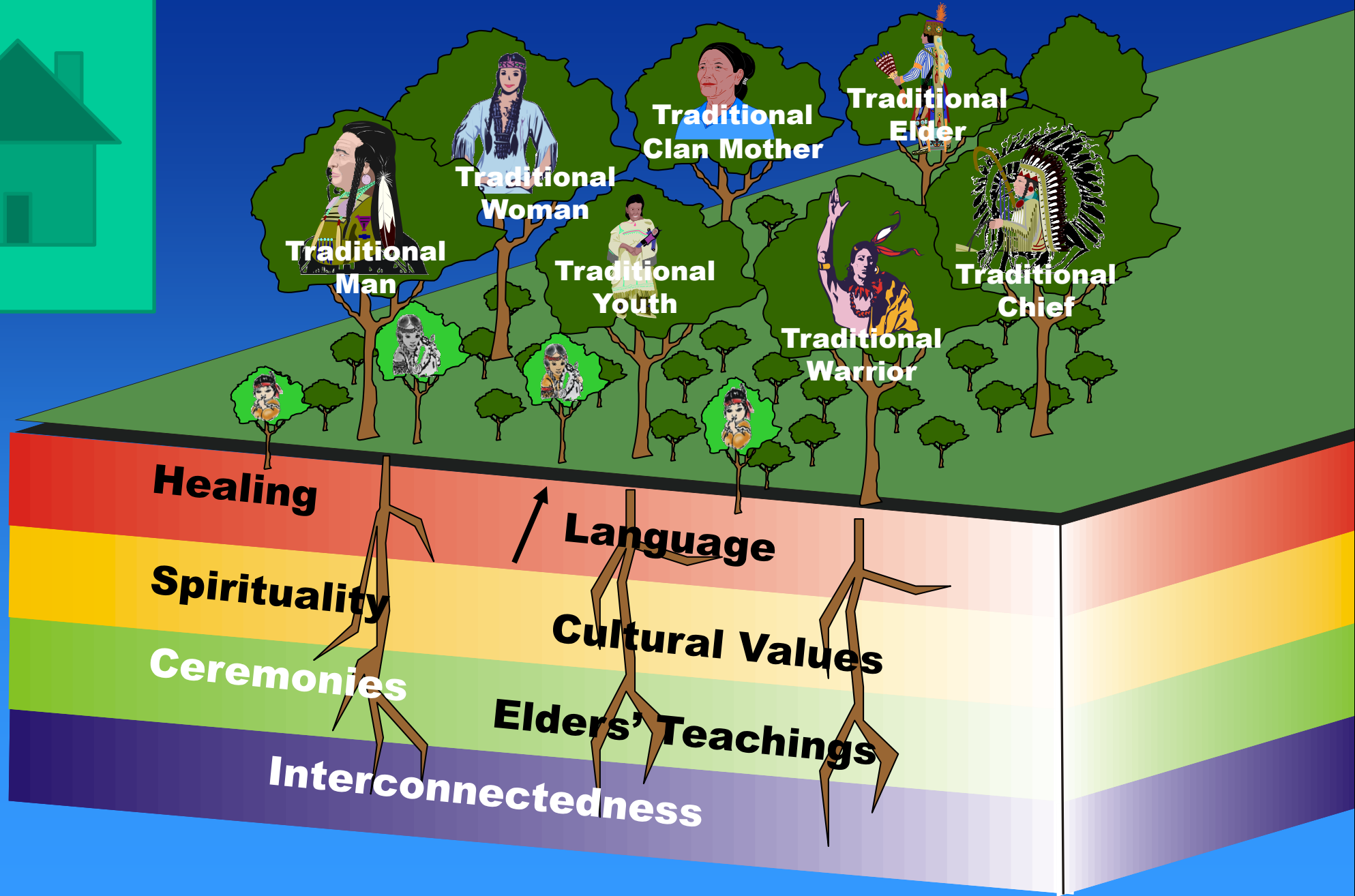
Seen World

How was this done?
What did it take to
destroy our communities?

Unseen World









Violence

Sexual Abuse

The Boarding Schools

The Mi

Early Childhood Trauma!

No teachings

No Ceremonies

Residential schools

Sexual abuse

Take away
The Language

Interco

Cut your hair

No Culture

stedness

Search mouth



CONSIDER THE SEVENTH GENERATION

Attention!!
Trauma is
recorded in the
DNA and then
transferred to
next
generation!

This is the cycle of trauma that we are in. We need to break!!!!

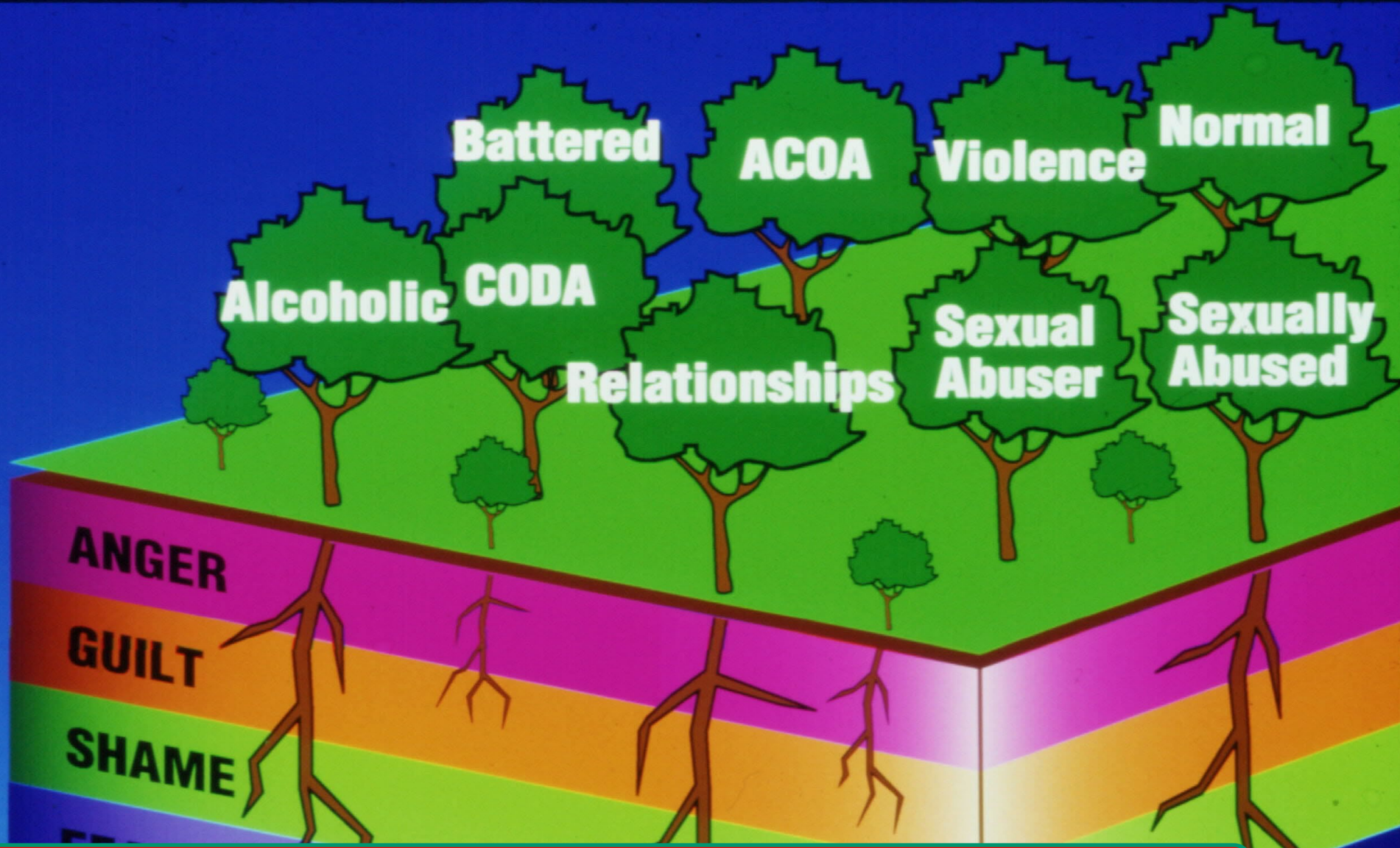
CONSIDER THE MULTIGENERATIONAL TRAUMA

Trauma is passed

on to Generation

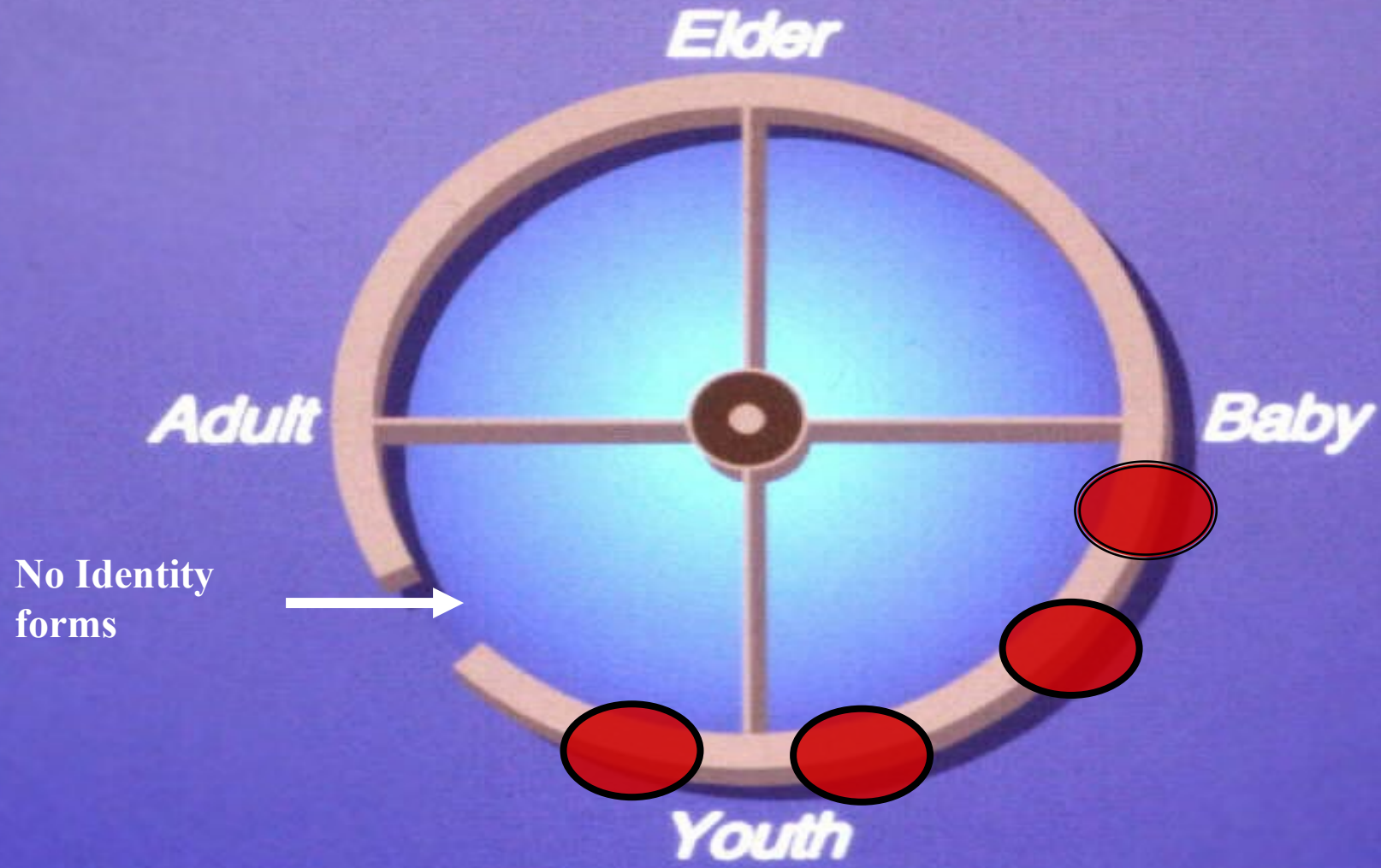
Attention!!
Trauma is recorded in the DNA and then transferred to next generation!

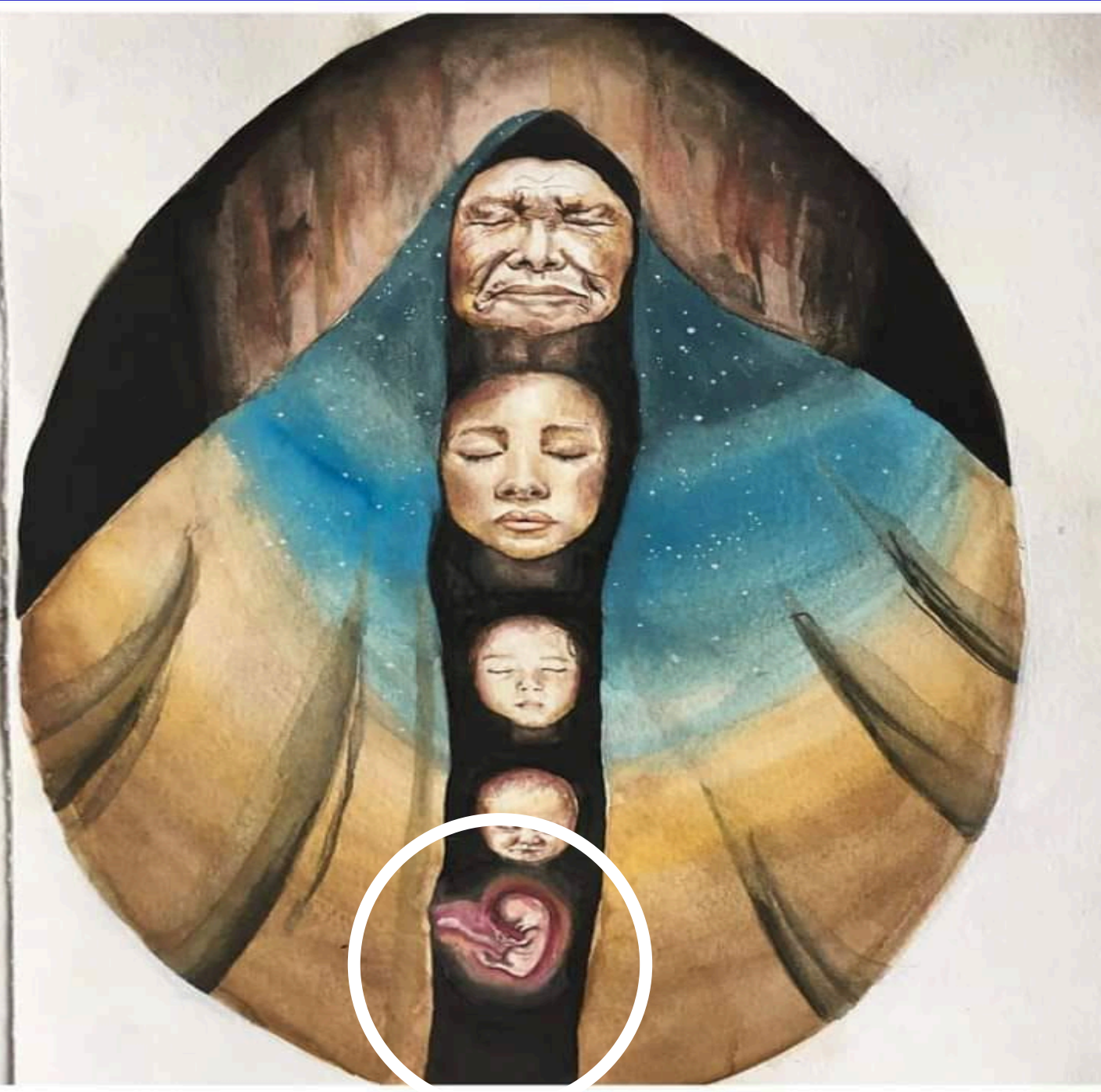




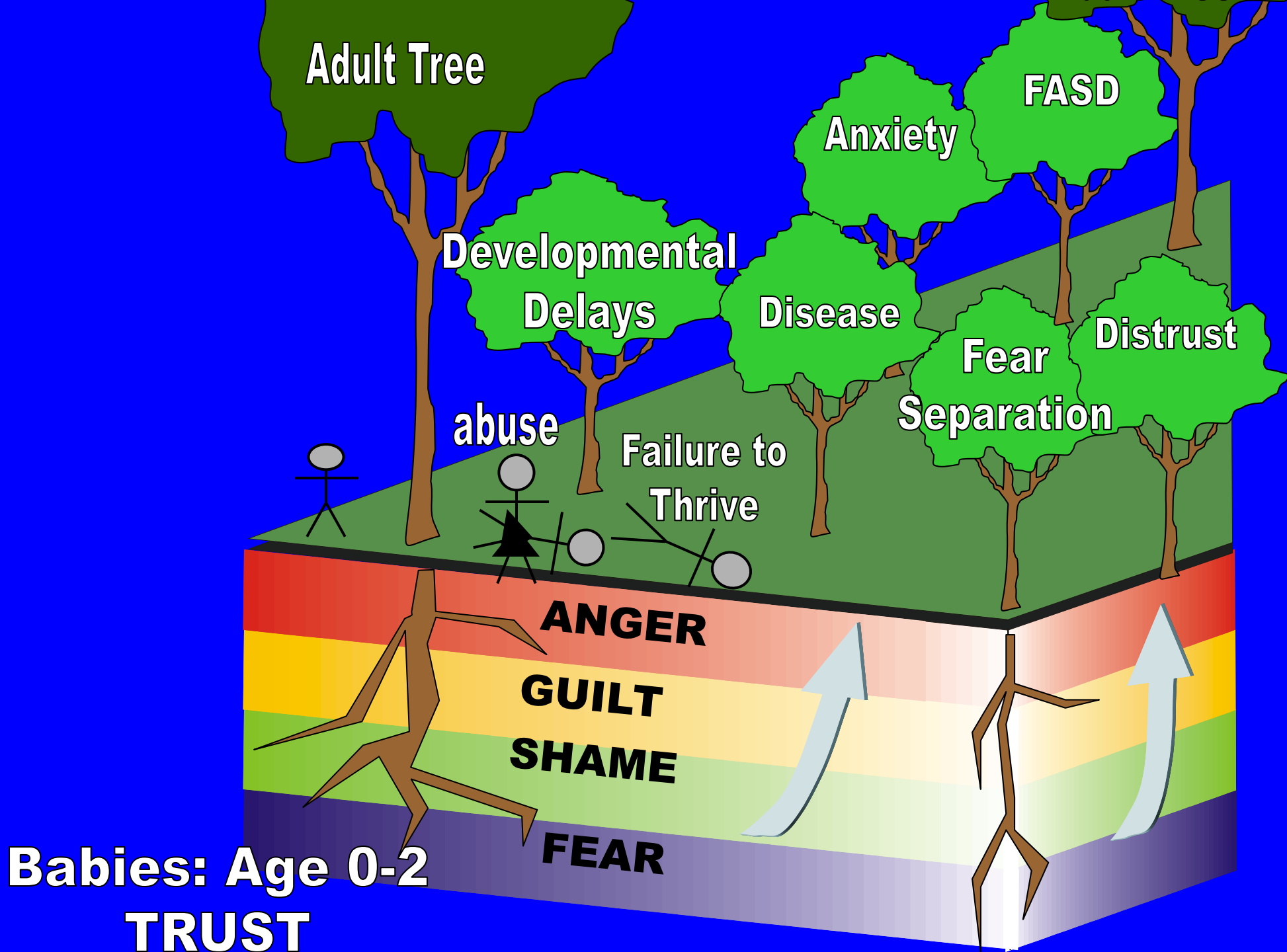
This community is having babies and children and parenting.....

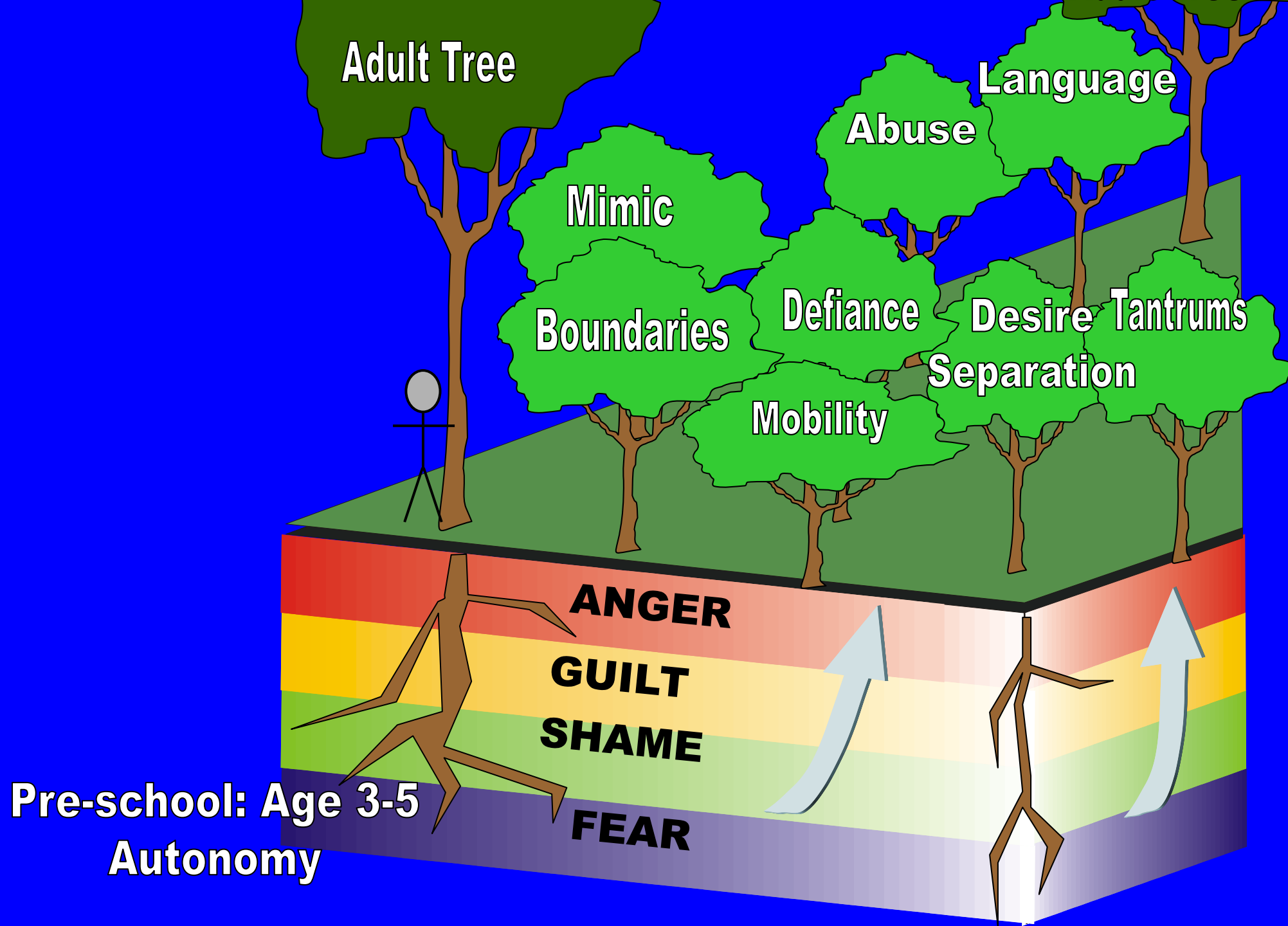
THE MEDICINE WHEEL IS BROKEN...

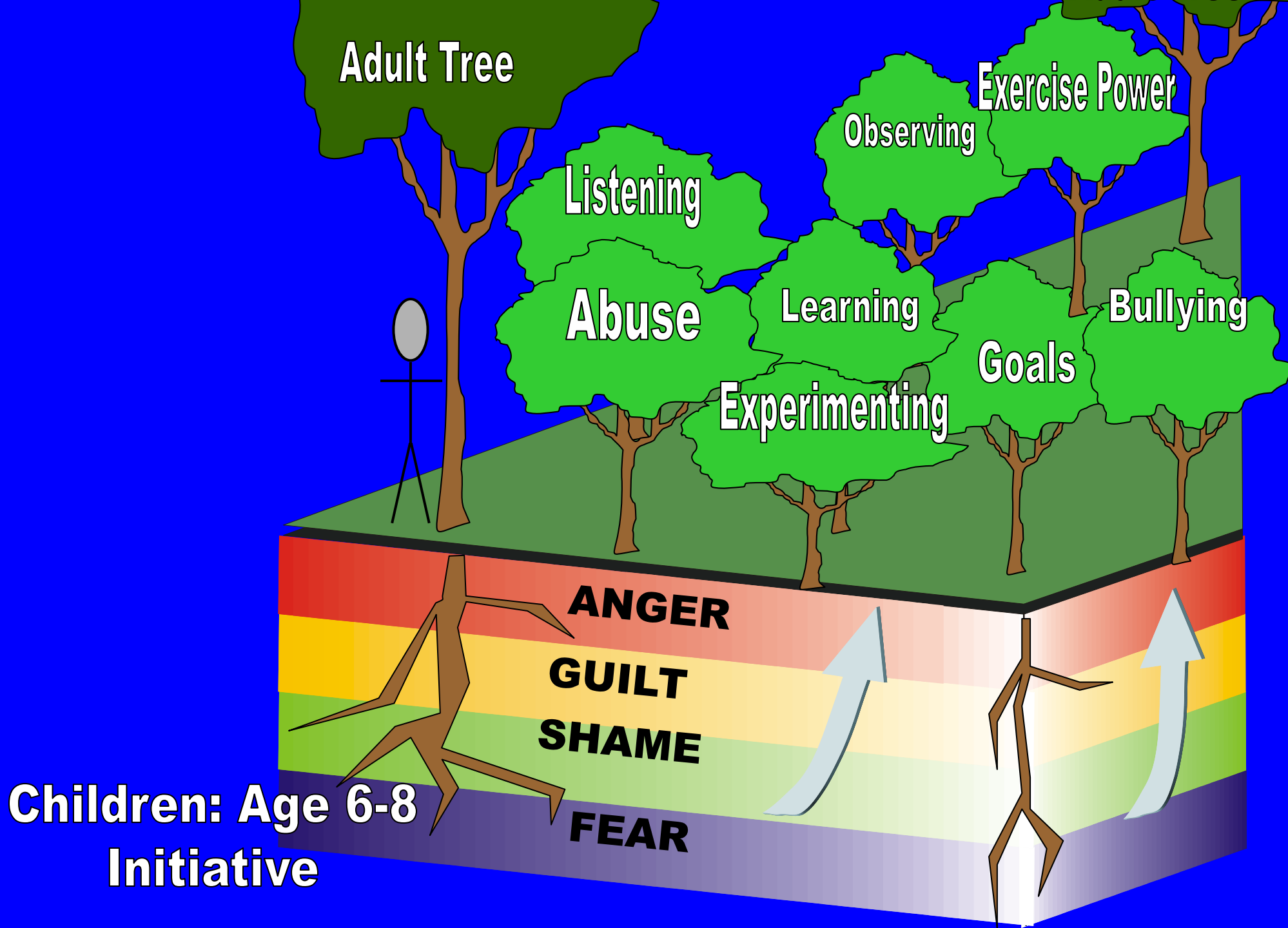


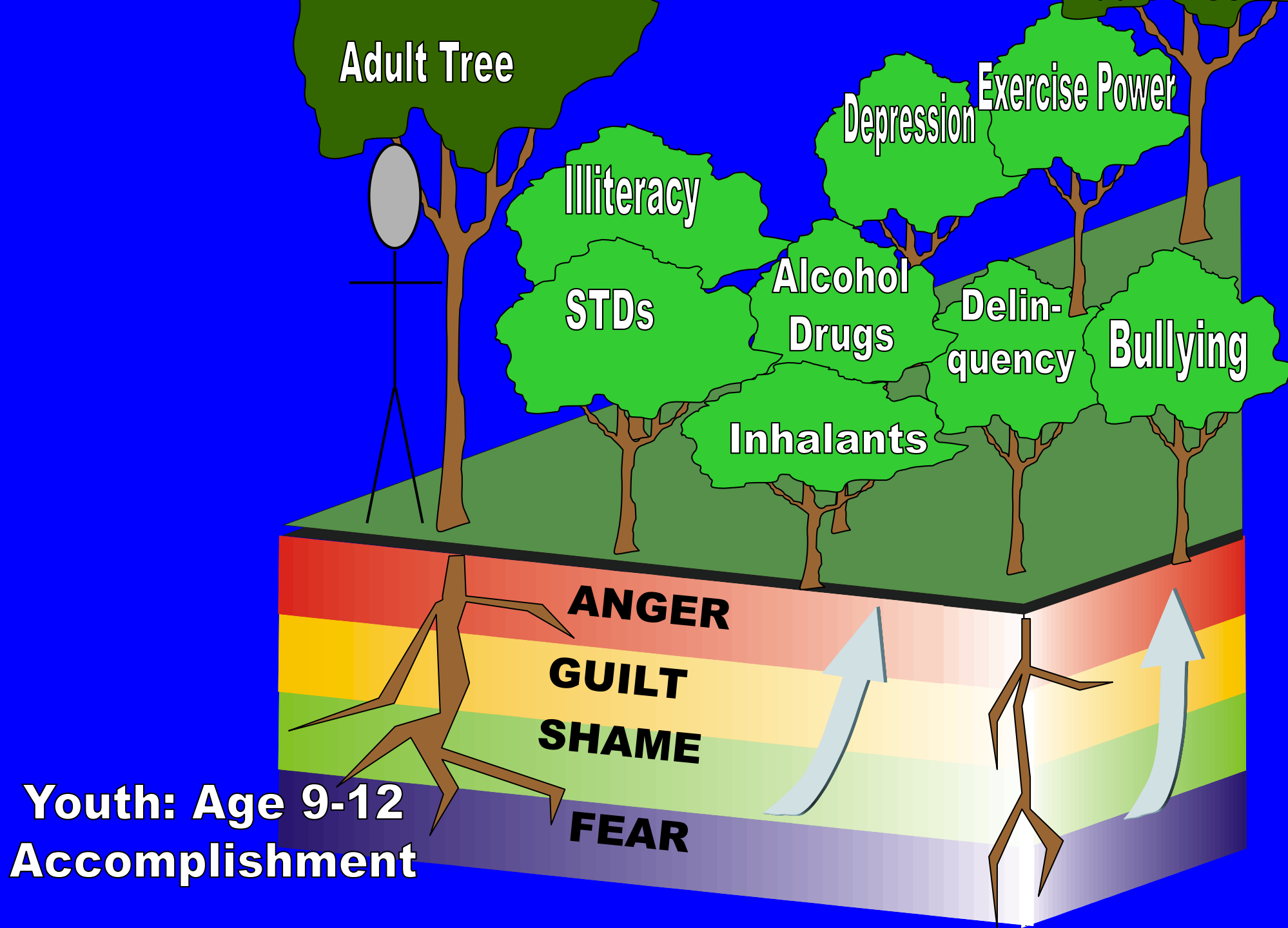


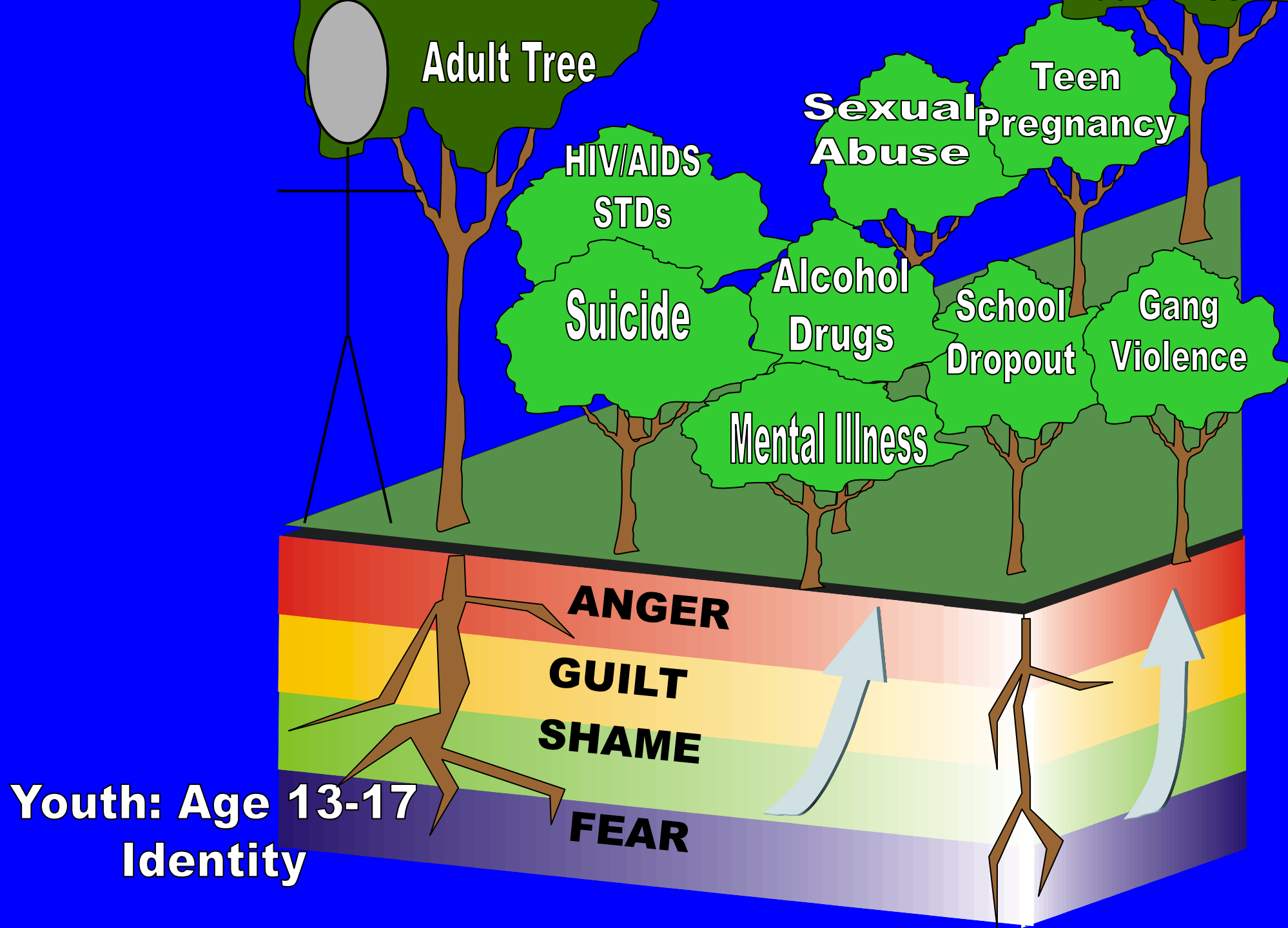
White Bison,



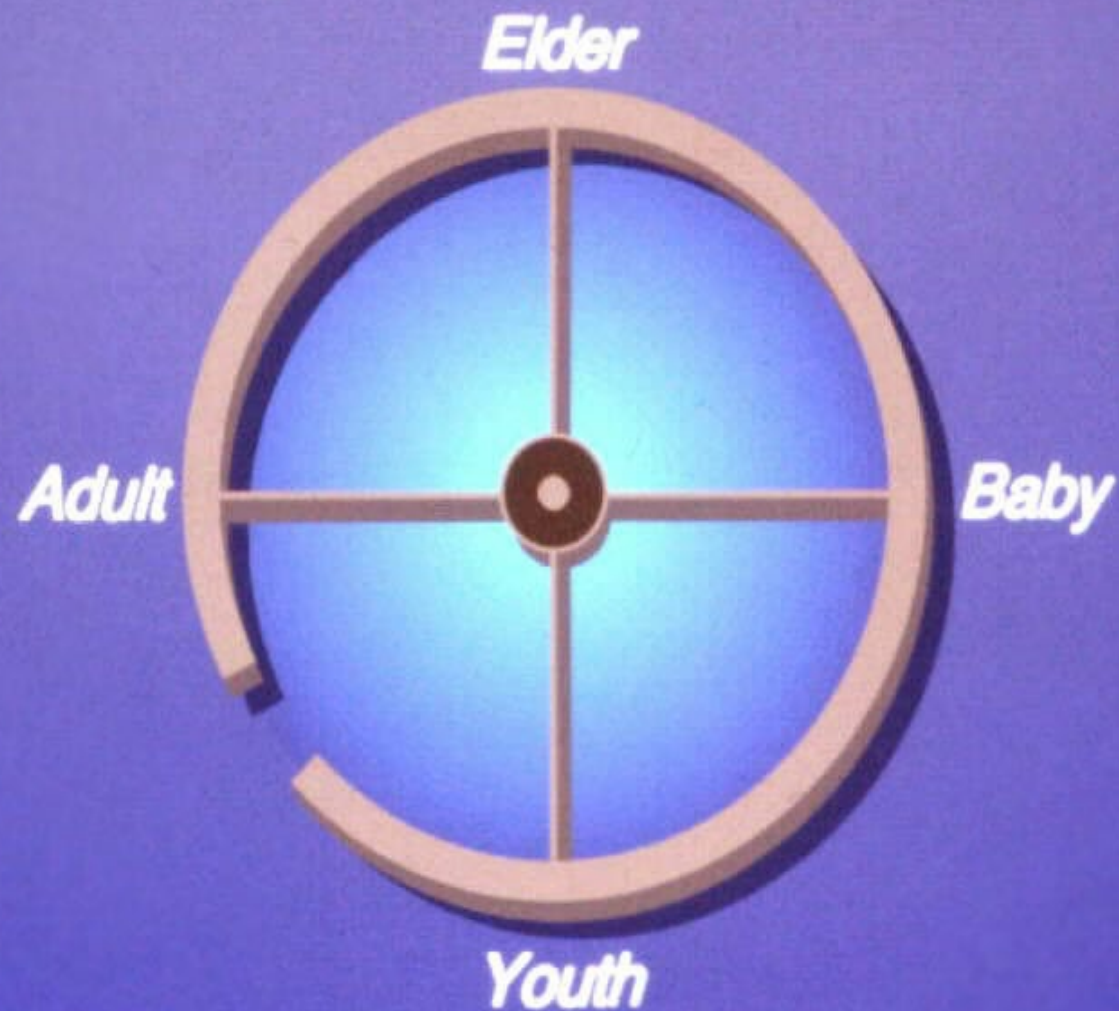




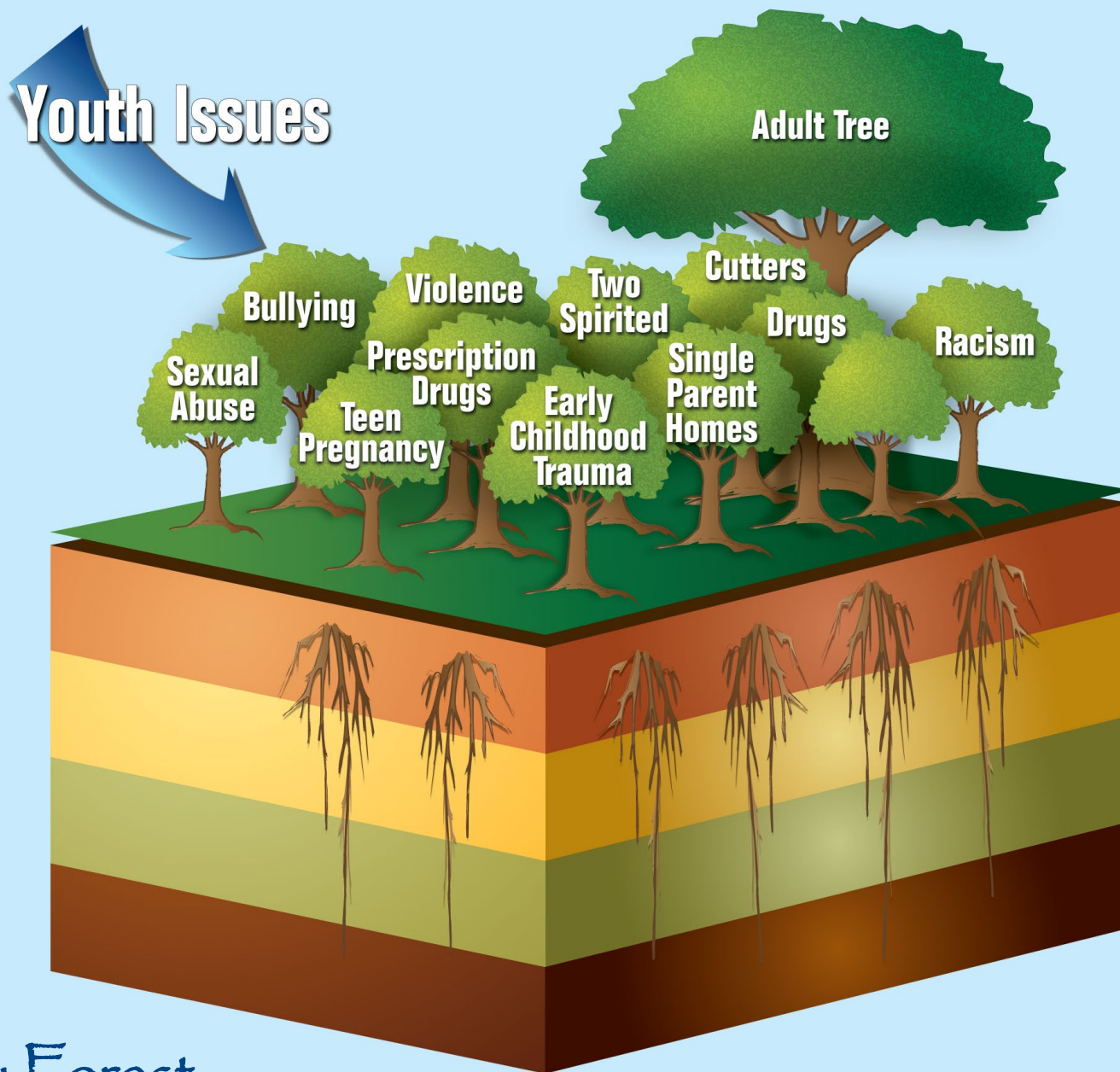




*THE MEDICINE WHEEL
IS BROKEN...*



Youth Issues



The Unhealthy Forest...

Vision

Principles

Laws

Values



CODA

**Sexually
Abused**

ACOA

Violence

Battered

Alcoholic

**Mental
Illness**

**Sexual
Abuser**

ANGER

GUILT

SHAME

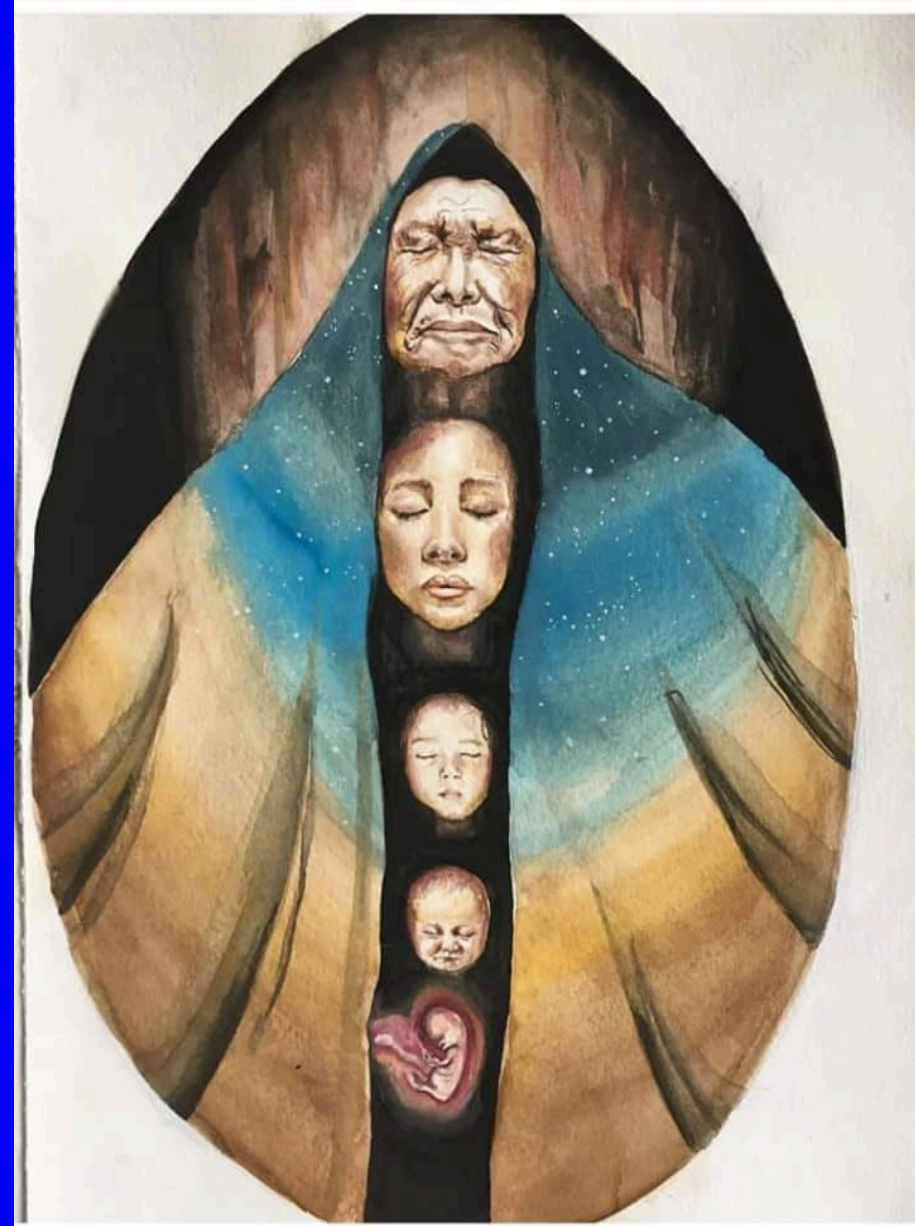
FEAR

The world in which our children live, they did not create it, we adults did then we blame someone else.

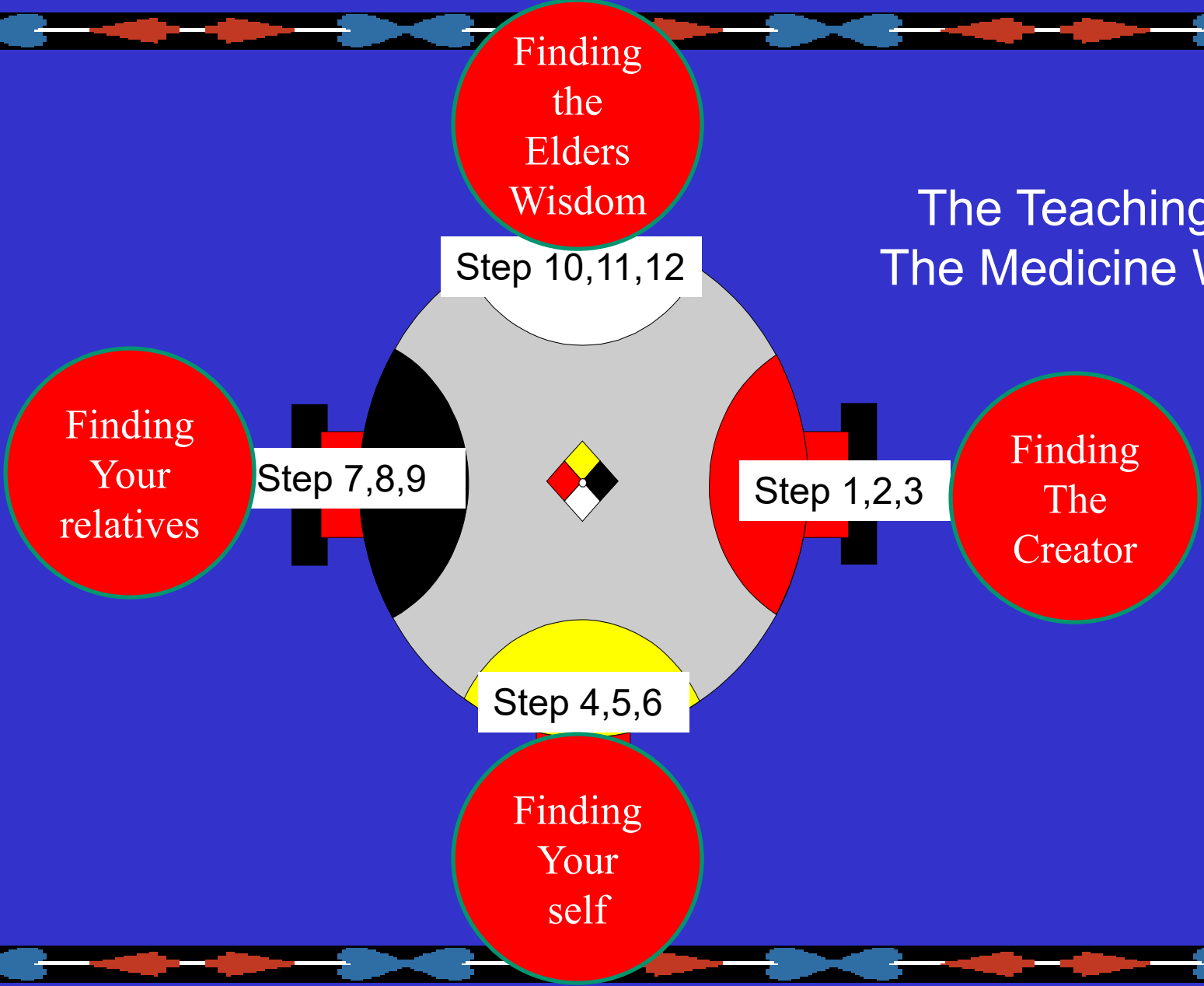
So....how do we find emotional sobriety?

Many of us started drinking and drugging around teenage years so we froze emotionally at the age we started.
So now we need to grow up!!!!

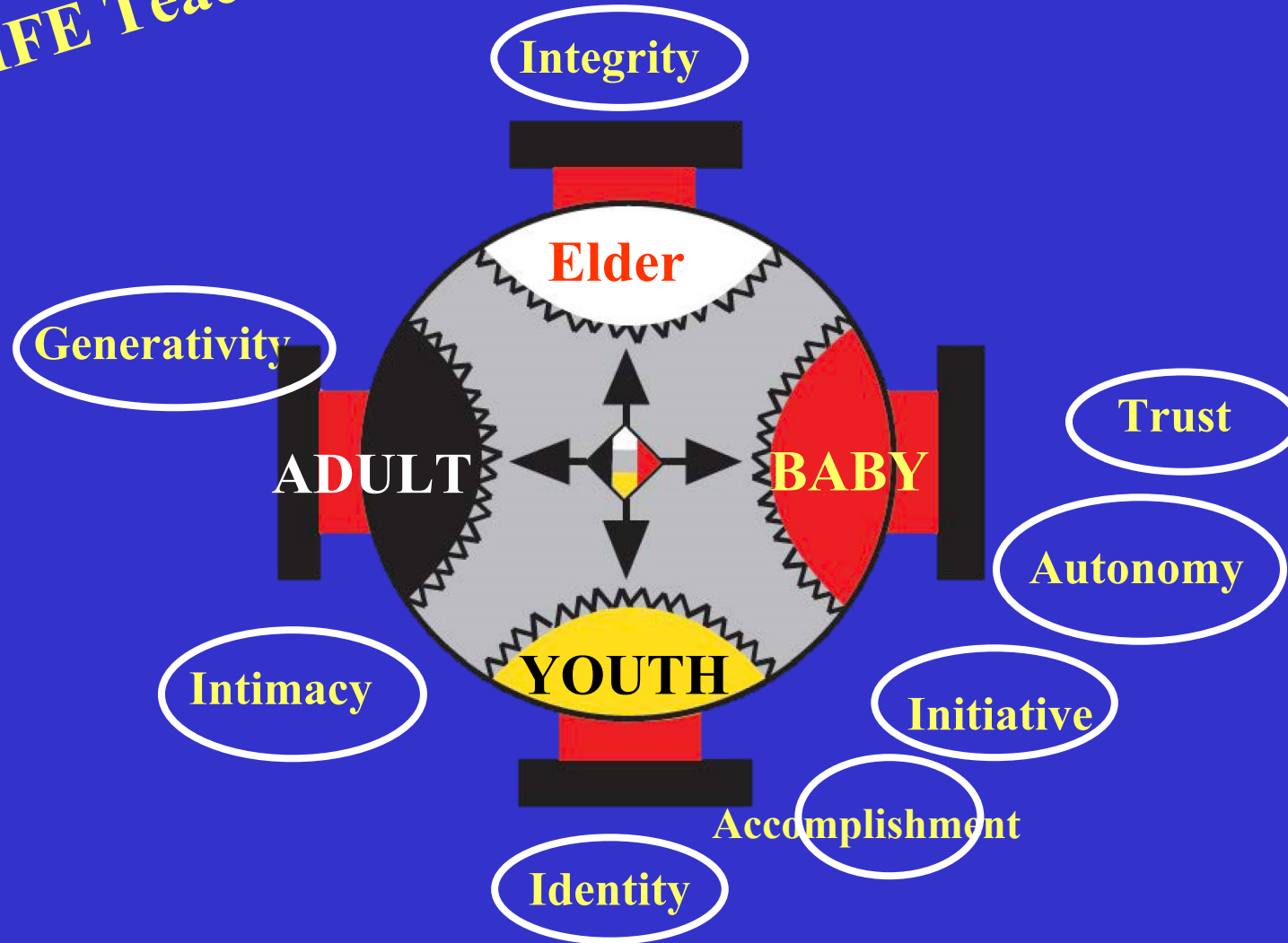
It used to be called inner child work!
Something is missing!



The Teachings of
The Medicine Wheel



CYCLE OF LIFE Teachings



Overview of the Twelve Steps

12 Service

Step 12 Helping Others

A spiritual Awakening

11 Awareness

Step 11 Spiritual Maintenance

10 Perseverance

Step 10 Daily Growth

9 Justice

Step 9 Making Amends

8 Forgiveness

Step 8 Amends - Willingness

7 Humility

Step 7 Character Defects Removed

6 Willingness

Step 6 Character Defects

5 Integrity

Step 5

4 Courage

Resentment

Fear

v

Sex

v

3 Faith

Step 3

2 Hope

Vision of improved cycle of life

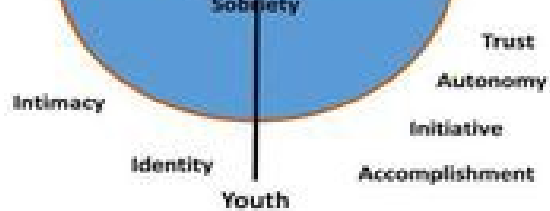
Vision

1 Honesty

Powerless

8 stages to cycle of life





- currently are in each stage (1=least like me; 10 most like me).
- Like Step 2: write in the comments what it would take to have you get to a higher number
 - (Hint: what could be better, what could be different, what could be more of..)

Trust: The world is a good place; I belong in it.

1 2 3 4 5 6 7 8 9 10
Comment:

Autonomy: Freedom to make choices and decisions.

1 2 3 4 5 6 7 8 9 10
Comment:

Initiative: Being creative and solving or resolving problems.

1 2 3 4 5 6 7 8 9 10
Comment:

Identity: A feeling of belonging.

1 2 3 4 5 6 7 8 9 10
Comment:

Intimacy: Connecting and sharing your true thoughts and feelings

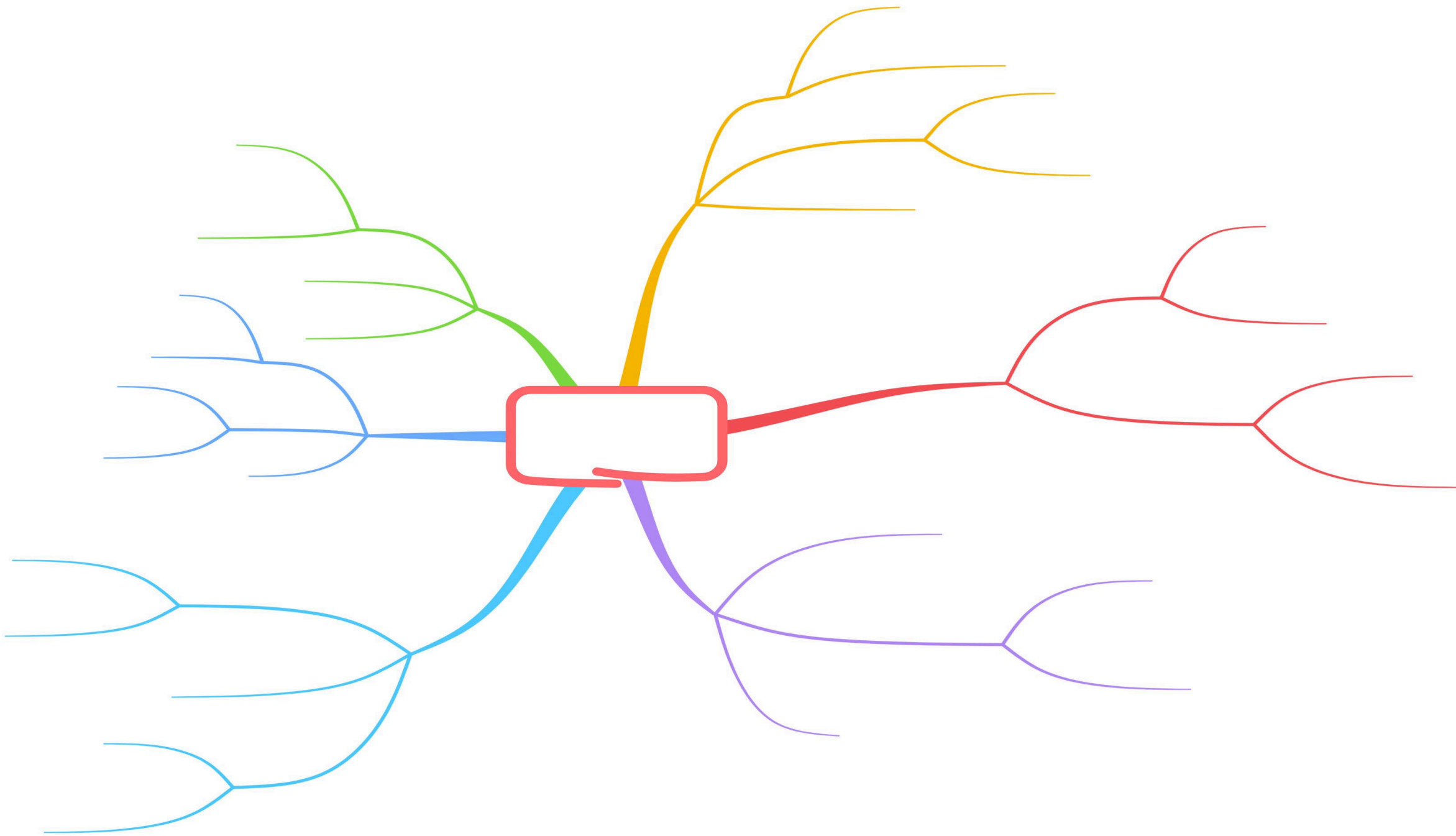
1 2 3 4 5 6 7 8 9 10
Comment:

Generativity: A feeling or need to help others; being of service

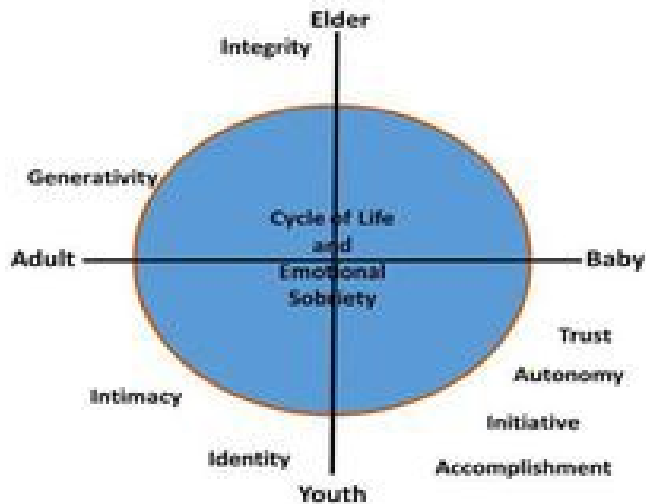
1 2 3 4 5 6 7 8 9 10
Comment:

Integrity: Being honest; having strong moral principles

1 2 3 4 5 6 7 8 9 10
Comment:



Cycle of Life and Emotional Sobriety



Emotional sobriety can be measured from understanding the 8 stages, 8 feelings and thought patterns developed as we grow up in the Cycle of Life. If we get the wisdom of each stage, we are mature. If we do not, later in life we will see immaturity.

After watching the DVD Cycle of Life:

- Like Step 1: circle the number where you think you currently are in each stage (1=least like me; 10 most like me).
- Like Step 2: write in the comments what it would take to have you get to a higher number
- (Hint: what could be better, what could be different, what could be more of..)

Trust: The world is a good place; I belong in it.

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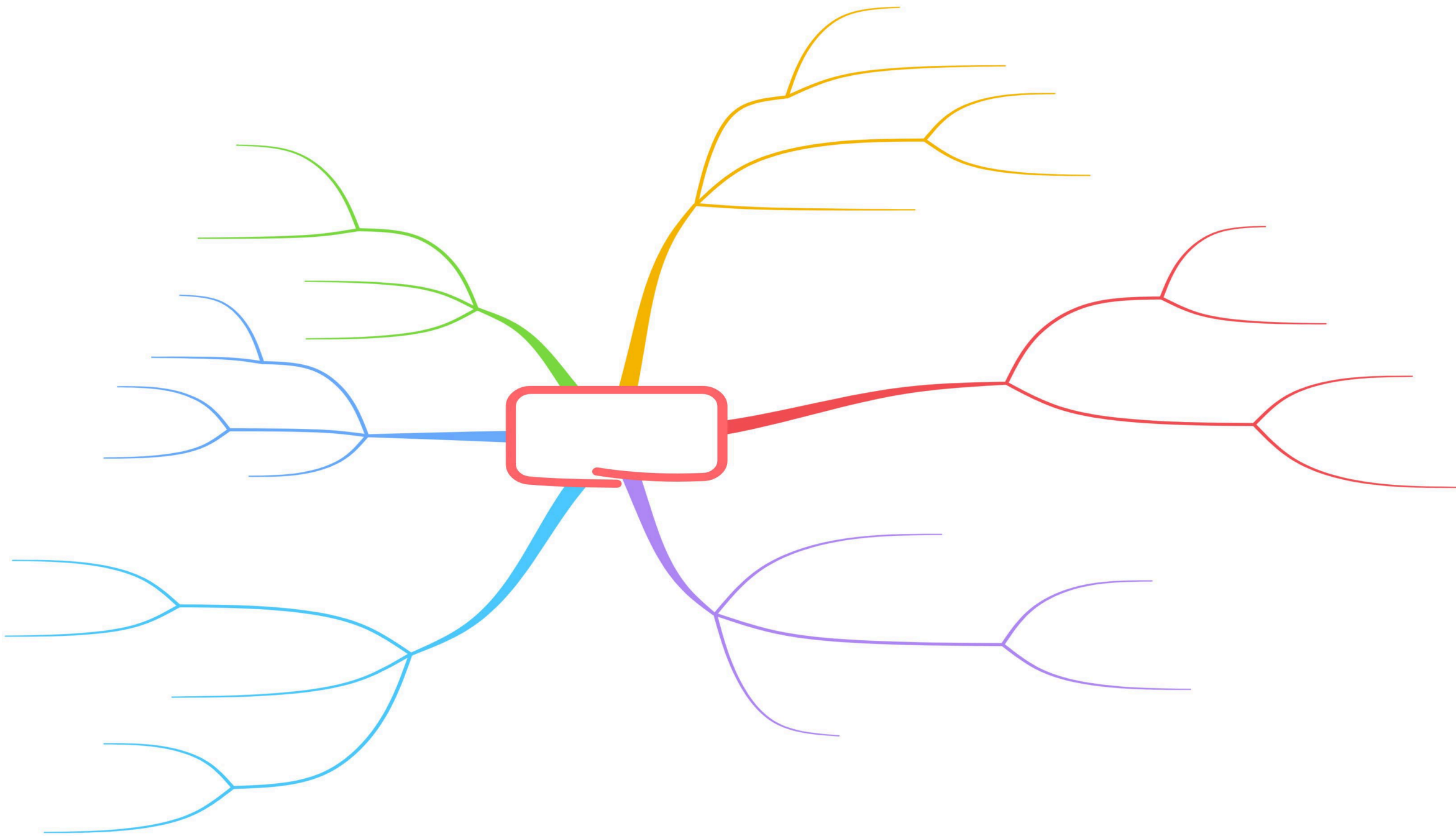
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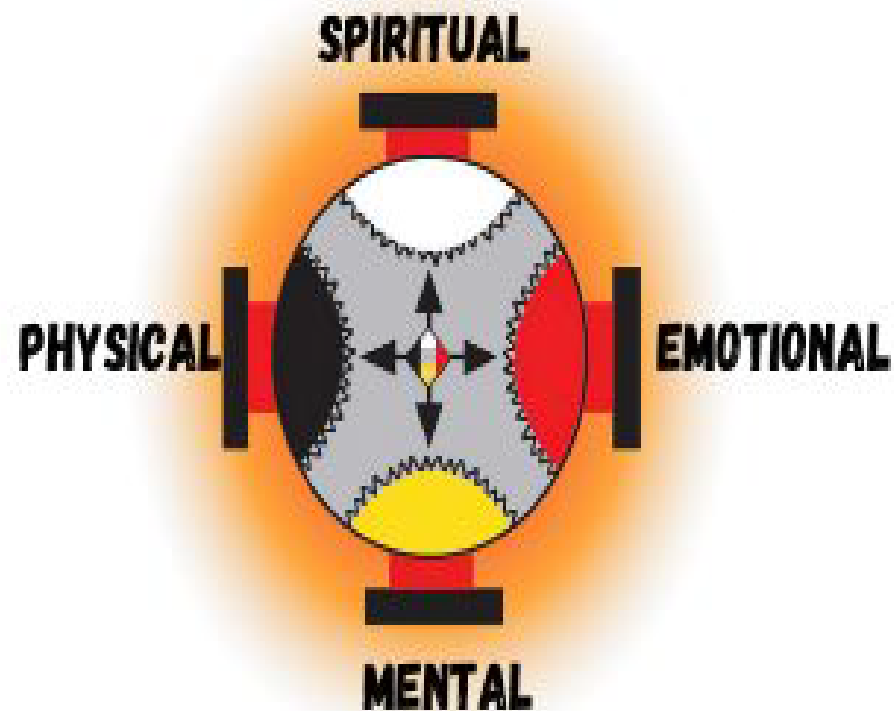
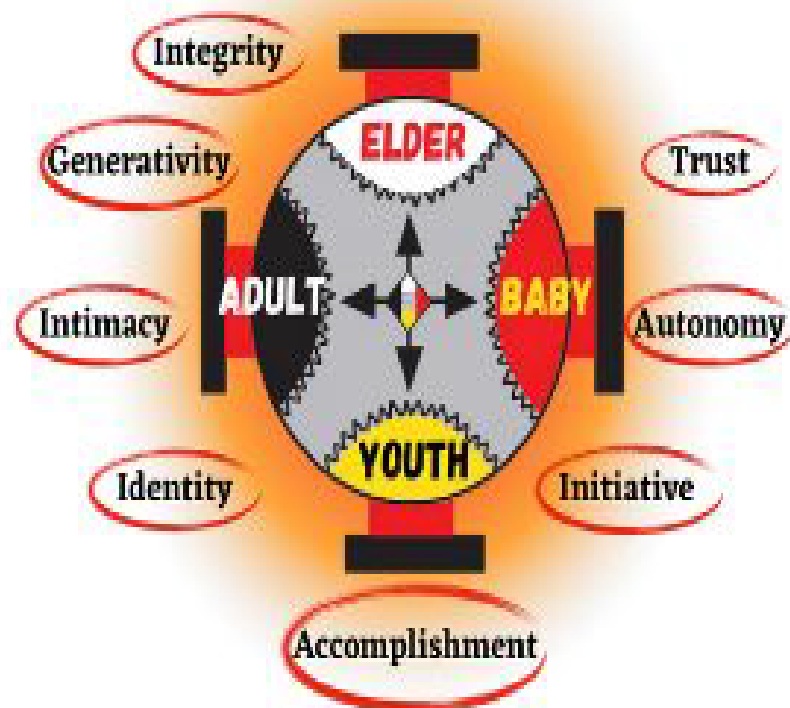


EMOTIONAL SOBRIETY: A WELLBRIETY APPROACH

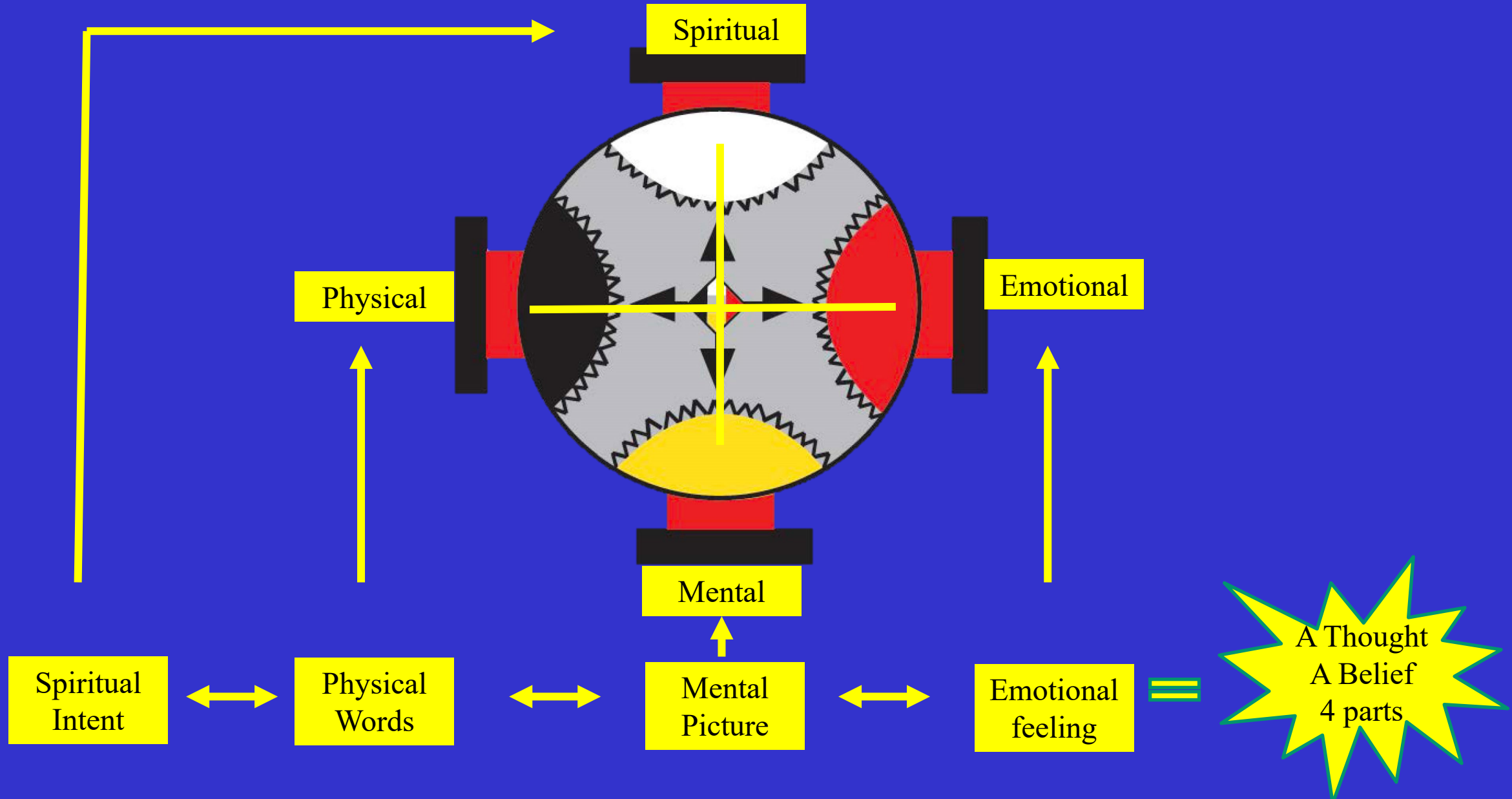


THE CYCLE OF LIFE TEACHINGS

THE FOUR DIRECTIONS OF HUMAN GROWTH



4 Directions of Human Growth





Summary

Traditionally we knew how to grow up mature

The knowledge is still here

The salmon and the animals have the knowledge
how to be in harmony with our Mother earth

The 8 stages was what was put into us