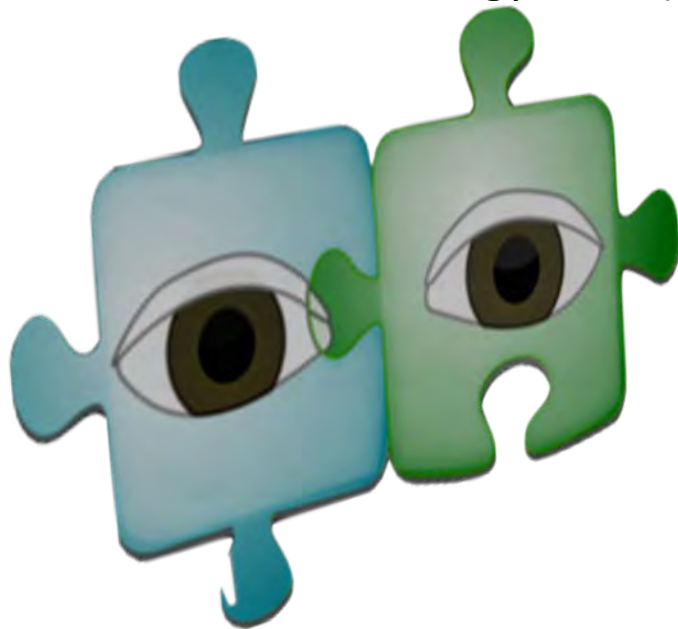


HEALING and Two-Eyed Seeing

Murdena Marshall, MEd, LittD, Elder, Eskasoni, Mi'kmaw Nation,
Associate Professor of Mi'kmaw Studies (retired), CBU

Albert Marshall, Elder, LittD, Eskasoni, Mi'kmaw Nation

Cheryl Bartlett, PhD, Canada Research Chair in Integrative Science,
Professor of Biology, CBU (www.integrativescience.ca)



for: Dr. Jim Gerrie

Religious Studies 267 / Philosophy 267

class: BSc Nursing students

17 February 2011, Cape Breton University

HEALING and Two-Eyed Seeing

Outline

Introduction

- speakers
- Two-Eyed Seeing (brief)
- Integrative Science

Healing

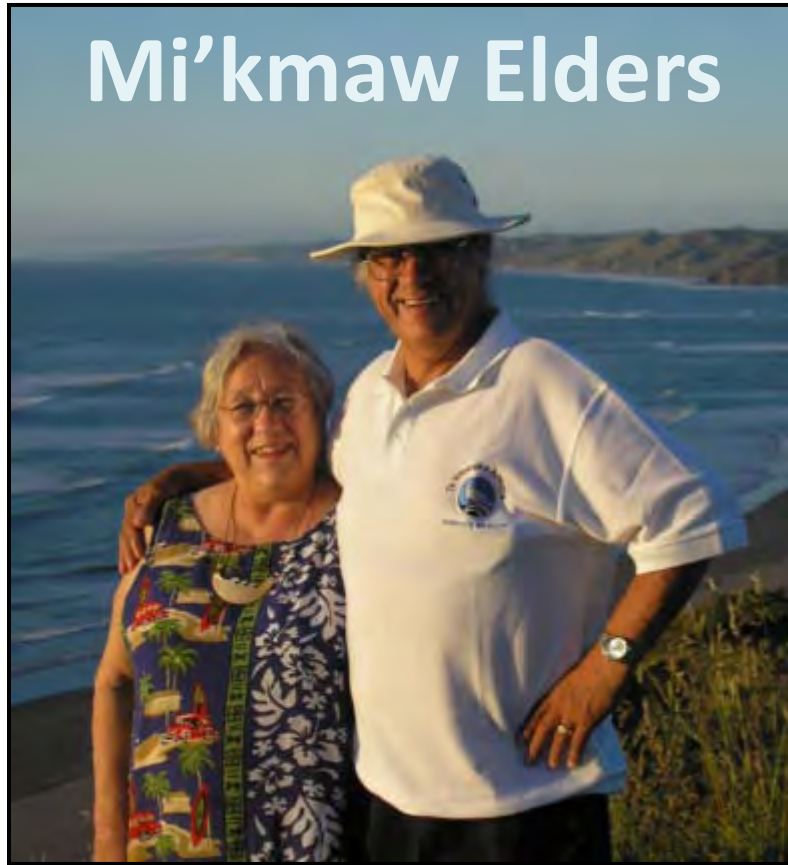
- quick academic overviews
 - unconventional
 - e.g. ethno
- Mi'kmaw cosmology
 - Healing Tense
 - Traditional Knowledge
 - Seven Sacred Gifts

Two-Eyed Seeing



HEALING and Two-Eyed Seeing

Mi'kmaw Elders



**The voice of wellness
is in the land.**

Albert Marshall

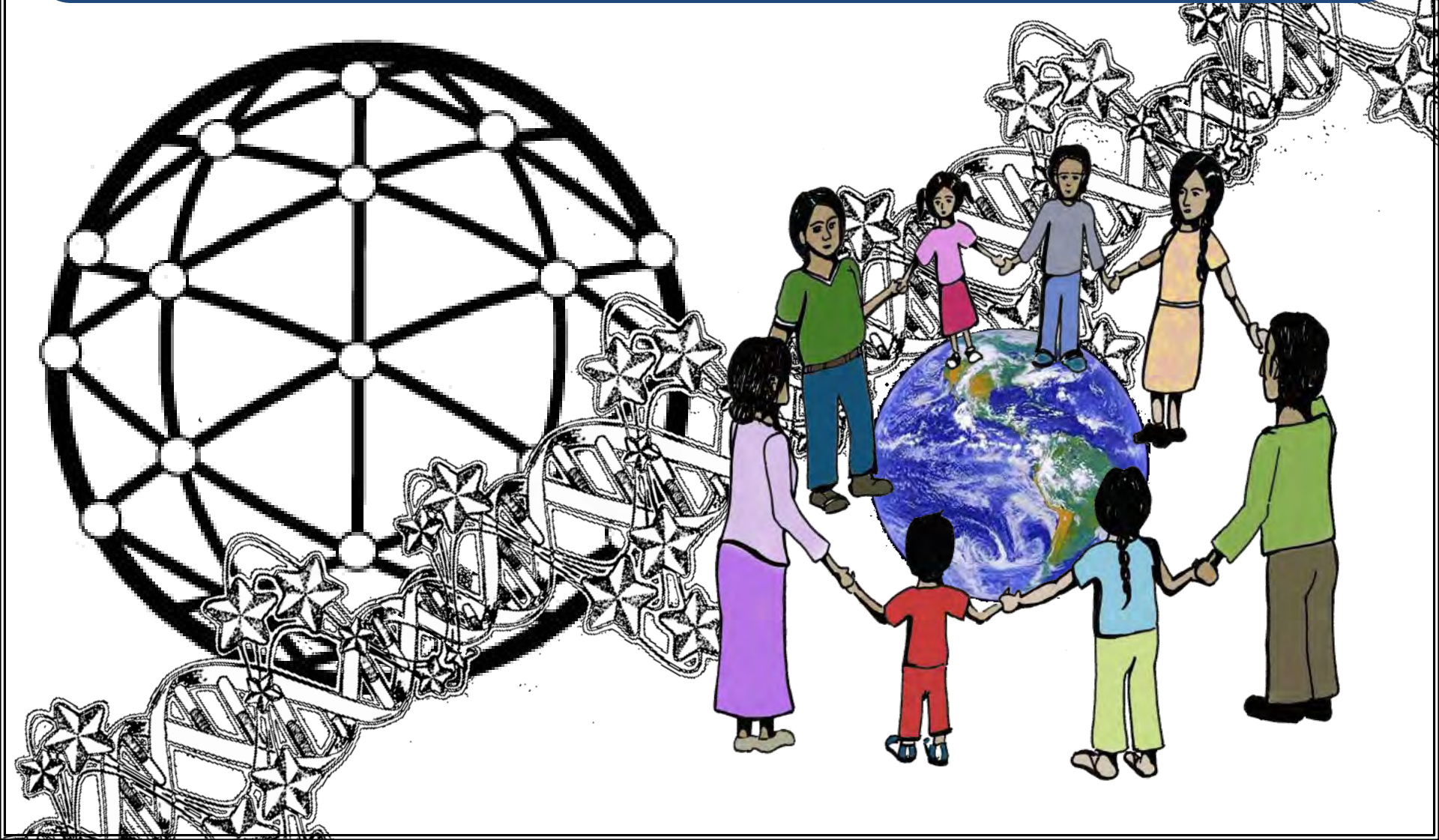
**Love is the main
ingredient of wellness.**

Murdena Marshall

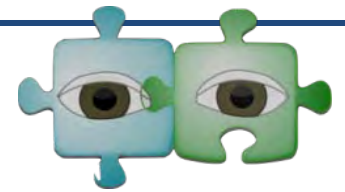


HEALING

- cosmology / worldview of interconnectiveness •



Two-Eyed Seeing

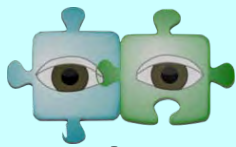


- seeing with two cosmologies / worldviews •

LEARN ... to see from one eye with the best in our Indigenous ways of knowing, and from the other eye with the best in the Western (or mainstream) ways of knowing ... and learn to use both these eyes ...



... together, for the benefit of all.



TWO-EYED SEEING

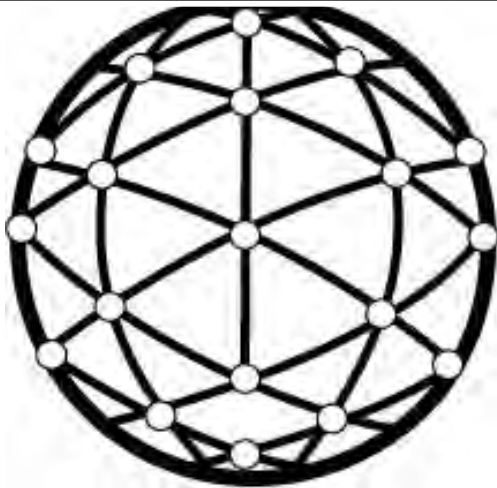
learning to see with the strengths of each & together

OUR WORLD

BIG QUESTION

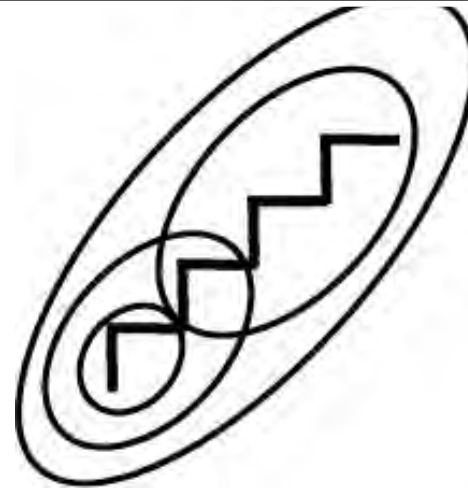
What do we believe the cosmos to be and what is our place in it?

interconnective

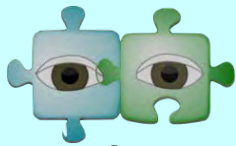


CONSTANT CHANGE
within balance and wholeness

parts & wholes



CHANGE
through time



TWO-EYED SEEING

learning to see with the strengths of each & together

OUR WORLD

BIG QUESTION

What do we believe the cosmos to be and what is our place in it?

interconnective

beings ...

interconnective and

animate: *spirit +*

energy + matter

with

CONSTANT CHANGE

within balance and wholeness

parts & wholes

objects ...

comprised of parts and

wholes characterized by

systems and emergences:

energy + matter

with

CHANGE

through time



Integrative Science



our cosmologies
our philosophies
our stories

Indigenous

our worldviews

Western

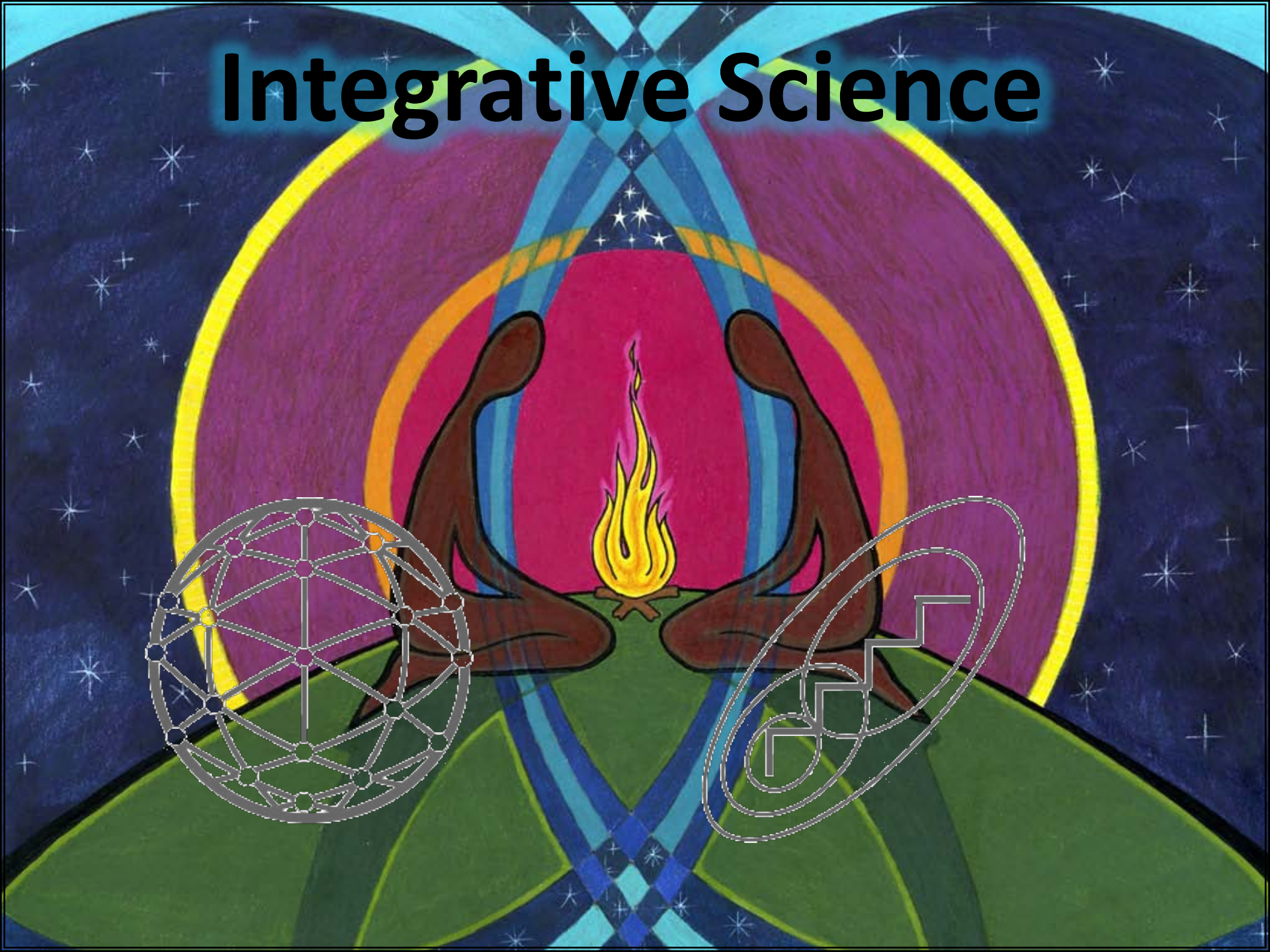
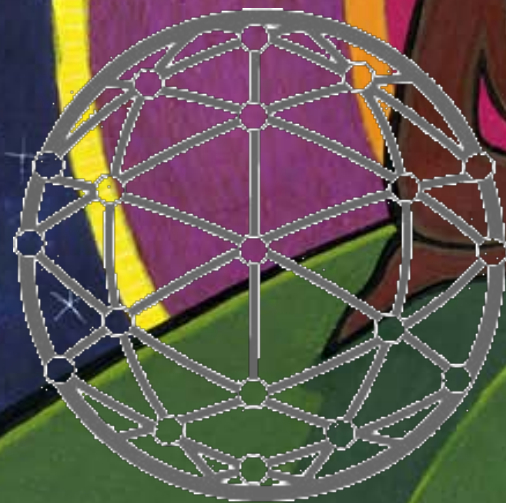
“bringing

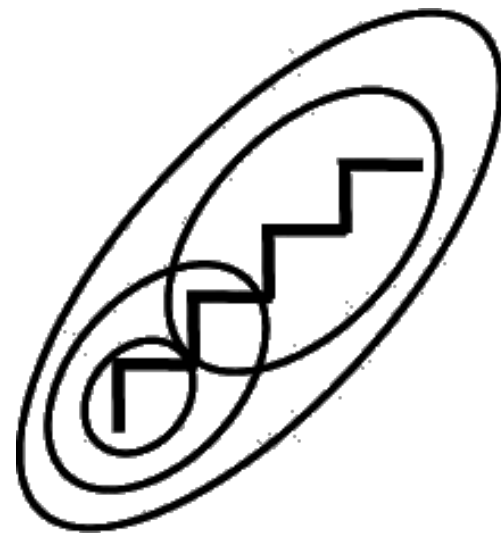
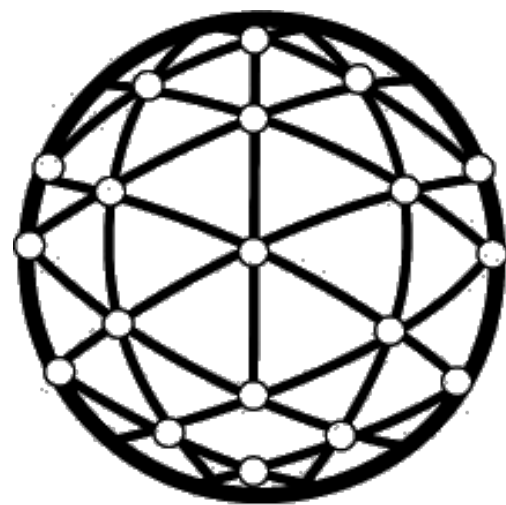
our knowledges

together”

our sciences

Integrative Science

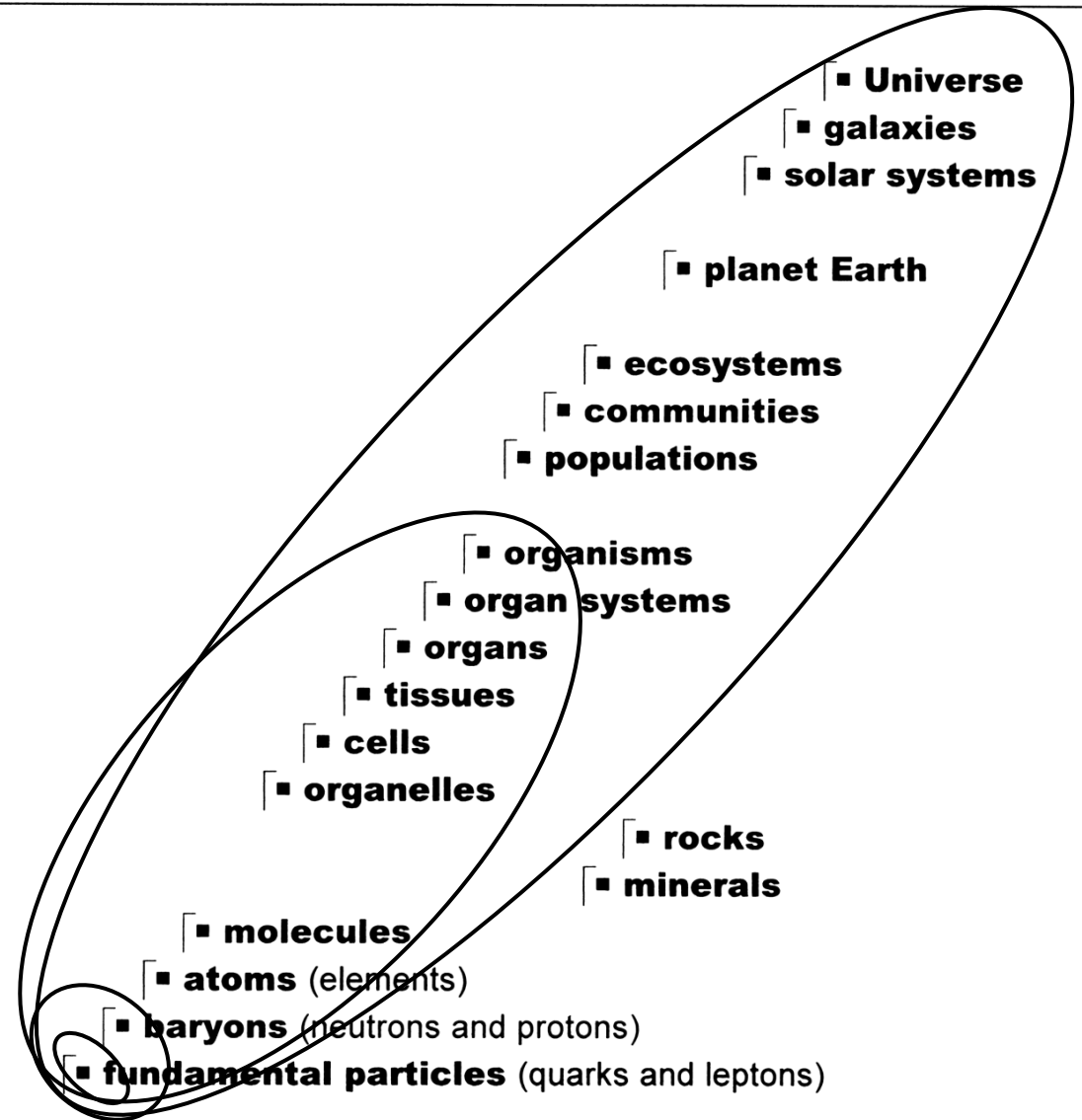
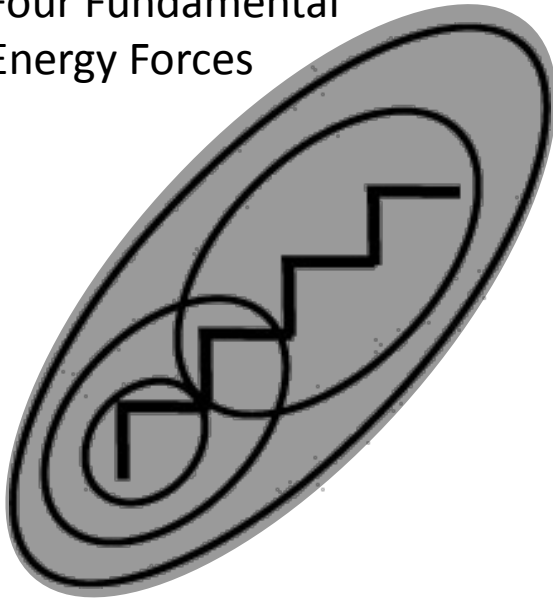




HOLARCHY

- VISIBLE MATTER IN THE UNIVERSE -

Four Fundamental
Energy Forces



▪ Universe

▪ galaxies

▪ solar systems

▪ planet Earth

▪ ecosystems

▪ communities

▪ populations

▪ organisms

▪ organ systems

▪ organs

▪ tissues

▪ cells

▪ organelles

▪ rocks

▪ minerals

▪ molecules

▪ atoms (elements)

▪ baryons (neutrons and protons)

▪ fundamental particles (quarks and leptons)

HOLARCHY

- VISIBLE MATTER IN THE UNIVERSE -

- Universe
- galaxies
- solar systems

▪ planet Earth

- ecosystems
- communities
- populations

- organisms
- organ systems
- organs
- tissues
- cells
- organelle

- rocks
- minerals

DISEASE

response at the level of the
(multi-cellular) organism

PATHOGENESIS

process (at cell and tissue
levels) that leads to disease

INFLAMMATION

response at levels
of cells and tissues

HOLARCHY

- VISIBLE MATTER IN THE UNIVERSE -

objective
e.g. cardinal signs

- redness
- swelling
- heat
- pain
- loss of function

signs and symptoms

subjective

DISEASE
response at the level of the
(multi-cellular) organism

INFLAMMATION
response at levels
of cells and tissues

- Universe
- galaxies
- solar systems

▪ planet Earth

- ecosystems
- communities
- populations

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- organs
- tissues
- cells
- organelle

▪ rocks
minerals

- molecules
- atoms (elem)
- baryons (neutr)
- fundamental pa

HOLARCHY

- VISIBLE MATTER IN THE UNIVERSE -

unconventional

generally:
healing cosmology

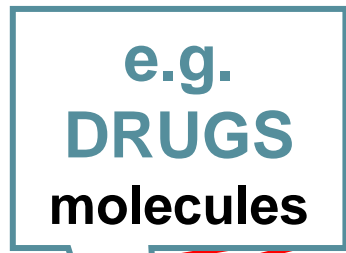


- Universe
- galaxies
- solar systems

▪ planet Earth

bio-medical

generally:
cure or fix it cosmology



- ecosystems
- communities
- populations

- organisms
- organ systems

▪ organs

▪ tissues

▪ cells

▪ organelle

- rocks
- minerals

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- atoms (elem
- baryons (neutr
- fundamental pa

DISEASE

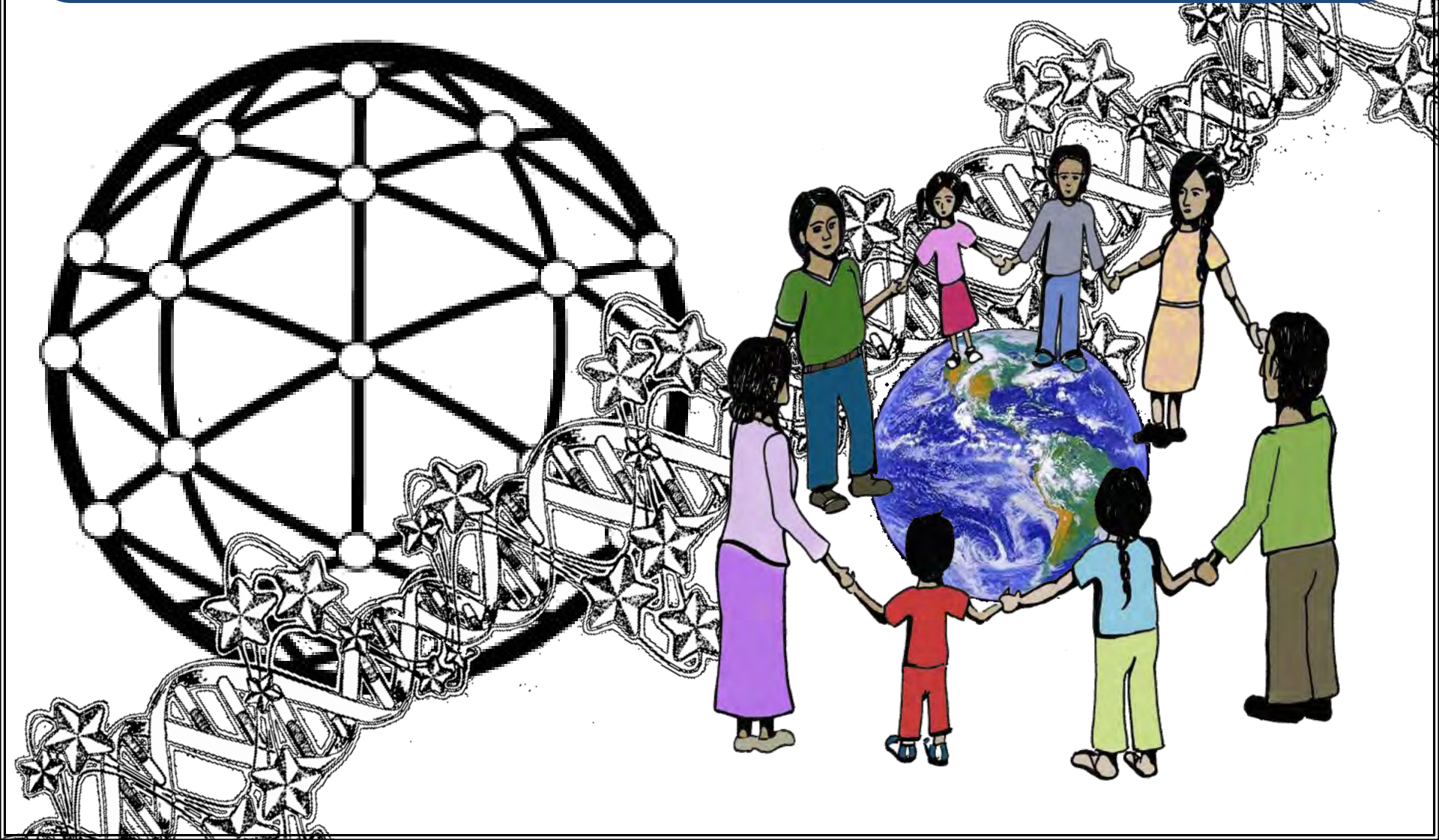
response at the level of the
(multi-cellular) organism

INFLAMMATION

response at levels
of cells and tissues

HEALING

- cosmology / worldview of interconnectiveness •



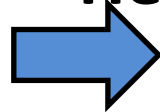
HEALING and Two-Eyed Seeing

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Two-Eyed Seeing



Varieties of Healing. 2: A Taxonomy of Unconventional Healing Practices

unconventional or alternative medicine as a generic title

Annals of Internal Medicine, 2001, 35: 196-204

Ted J. Kaptchuk, OMD, and David M. Eisenberg, MD; Harvard Medical School

unconventional

• all

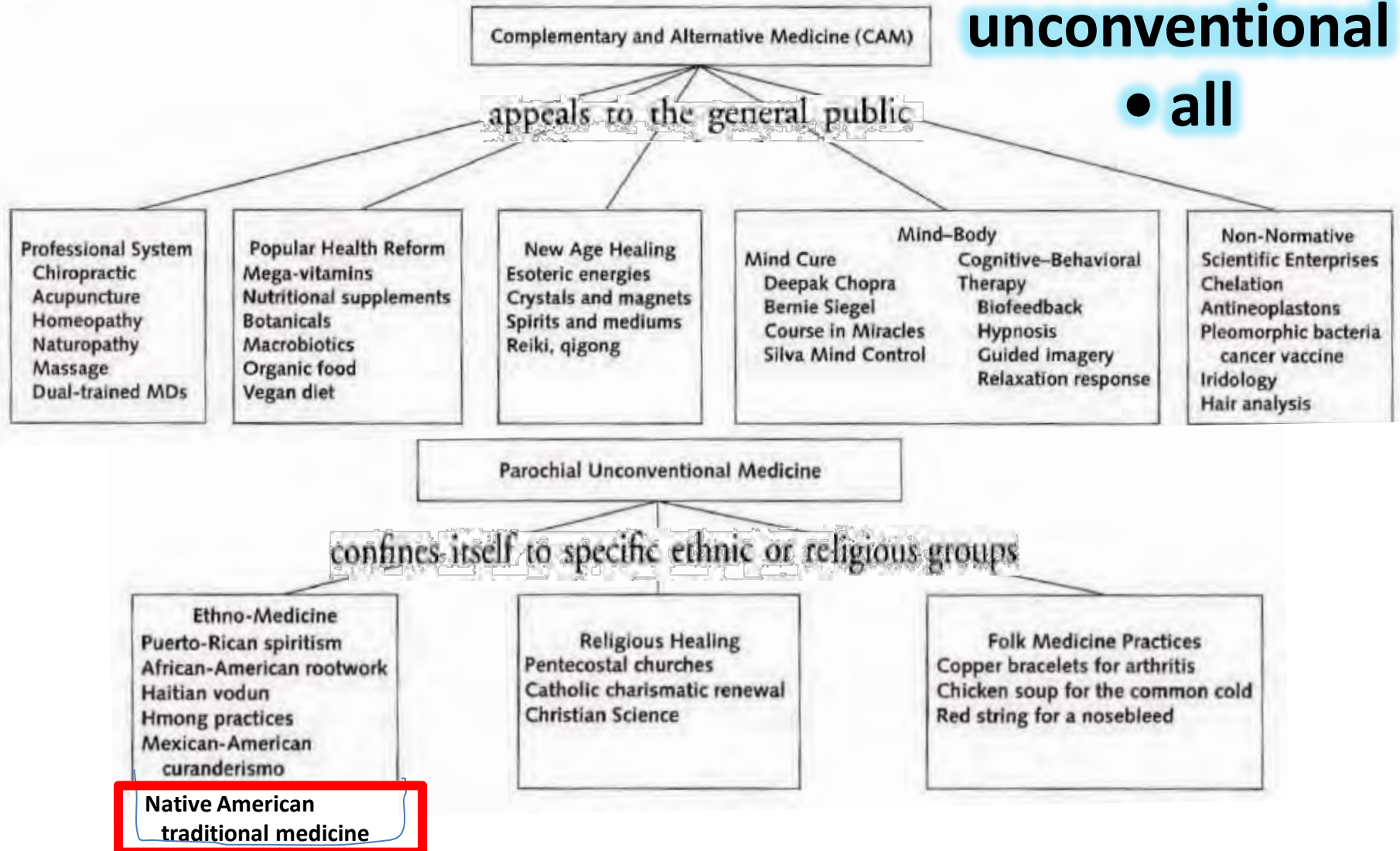


FIGURE: unconventional healing practices: taxonomy with examples

Alberto Villoldo, PhD

Healing and the Four Levels of Existence

unconventional

- e.g. ethno



medical anthropologist

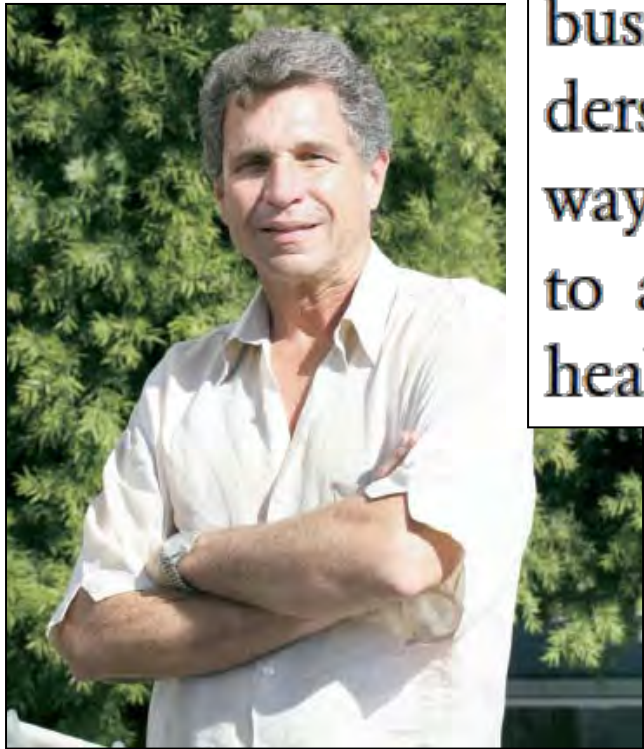
challenge to the mainstream:

knowledgeable practitioner or fraudster?

Western physicians learn about medicine in hospitals where they deal with critical and acute conditions, and Western medicine is the best trauma medicine on the planet. But for chronic conditions, Western medicine is not very effective. It is founded on a masculine approach. It “fights” disease and illness. Shamanic medicine, on the other hand, has a more feminine approach. It’s not about combating invading microorganisms but instead focuses on changing the inner environment in the body so that it is more responsive and can maintain its integrity and balance. Once harmony is established, the body knows how to heal itself.

Alberto Villoldo, PhD

We differentiate between healing and curing. Curing is the business of medicine. It's eliminating symptoms. Healing is the business of shamans. And the shaman understands that the symptoms are the best way that the body knows how to respond to a particular condition. It's actually a healing response.



medical anthropologist

- has studied indigenous healing traditions of the Americas for more than 30 years
- founder of the “Four Winds Society” to bring this wisdom to modern society
- teaches techniques to heal illness before it manifests in the physical body



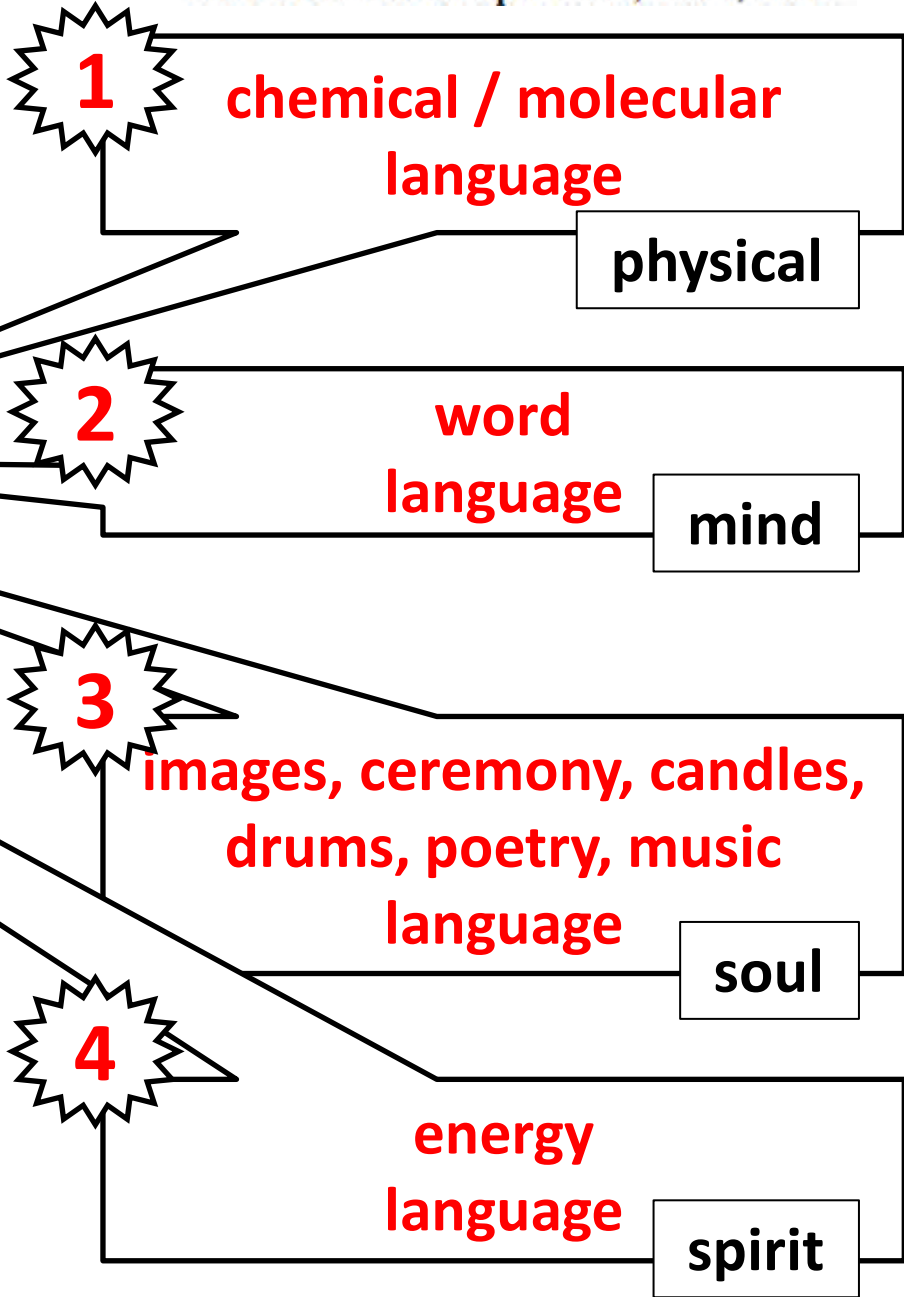
Let me explain. There are four levels through which the healer interacts with their patient, each with their own language. It's helpful to think of these as Russian nesting dolls in which the higher levels envelop and inform the lower levels. The physical level of the body has a chemical/molecular language. The mind envelops and informs the body. The mind creates psychosomatic disease and psychosomatic health, and its language is words. The mythic, the realm of the soul if you would, informs the mind and informs the body, and its language is images, ceremony, candles, drums, poetry, music. But not words. And then the most fundamental level, which we could call the realm of spirit, has the language of energy. Spirit informs the soul, or the sacred, which then informs the mind, which informs the body.

As a healer, you want to be conversant in the language of each of these four levels.



Four Levels of Existence


each with their own language



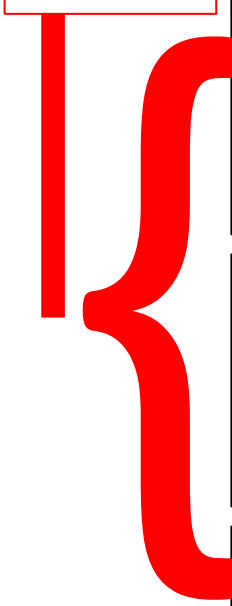
Four Levels of Existence

each with their own language

Four Core Practices (Alberto Villoldo)



1st: illumination process ... clearing harmful imprints [genetic conditions or psychological or emotional trauma] from the luminous energy body and reforming it to prevent disease before it happens (energy body envelops the physical body and organizes it; is an information body)



2nd: extraction process ... removing toxic energies that do not belong to the person (energies that are stale that have settled in joints or organs)

3rd: soul retrieval process ... recovering the part of the self that was lost as a result of trauma; it's really a quanta of energy, of life force, of fuel, that we lost when trauma occurs

4th: rites of passage ... death rites, birth rites, puberty rites, mothering rites

#2-4
stand
on top
of #1

Three Pillars (Alberto Villoldo)

1. Healing Techniques
2. Cosmology (philosophy)
3. Rites of Initiation (passed person-to-person)



HEALING and Two-Eyed Seeing

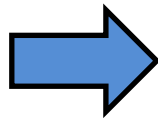
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Two-Eyed Seeing



HEALING

- cosmology / worldview of interconnectiveness •



Social Sciences and Humanities
Research Council of Canada

Conseil de recherches en
sciences humaines du Canada

Canada

in the Mi'kmaw language



Murdena Marshall, Elder, Mi'kmaw Nation

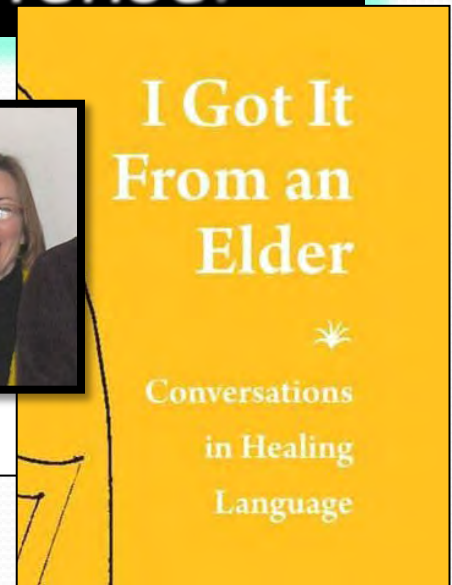


**Dr. Ivar Mendez, Director
Brain Repair Centre
Dalhousie University**

**Marilyn Iwama, PhD
Poet**



There's something
called the
Healing Tense.

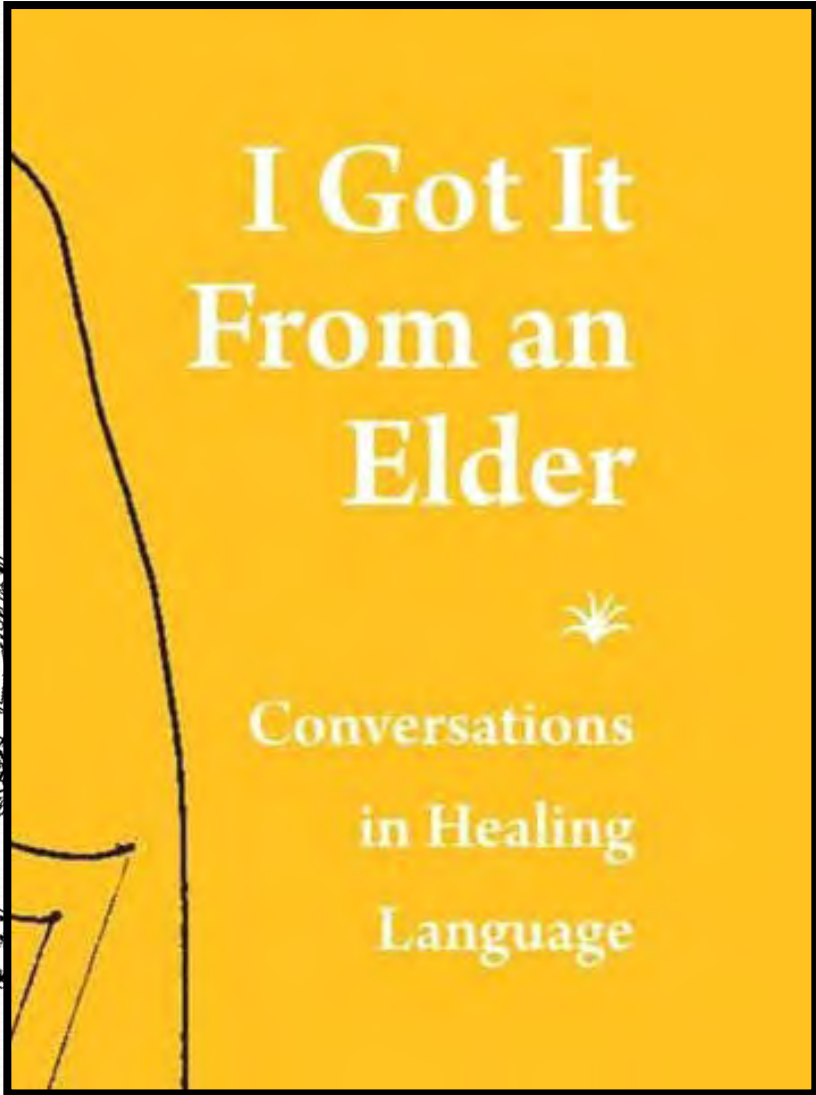
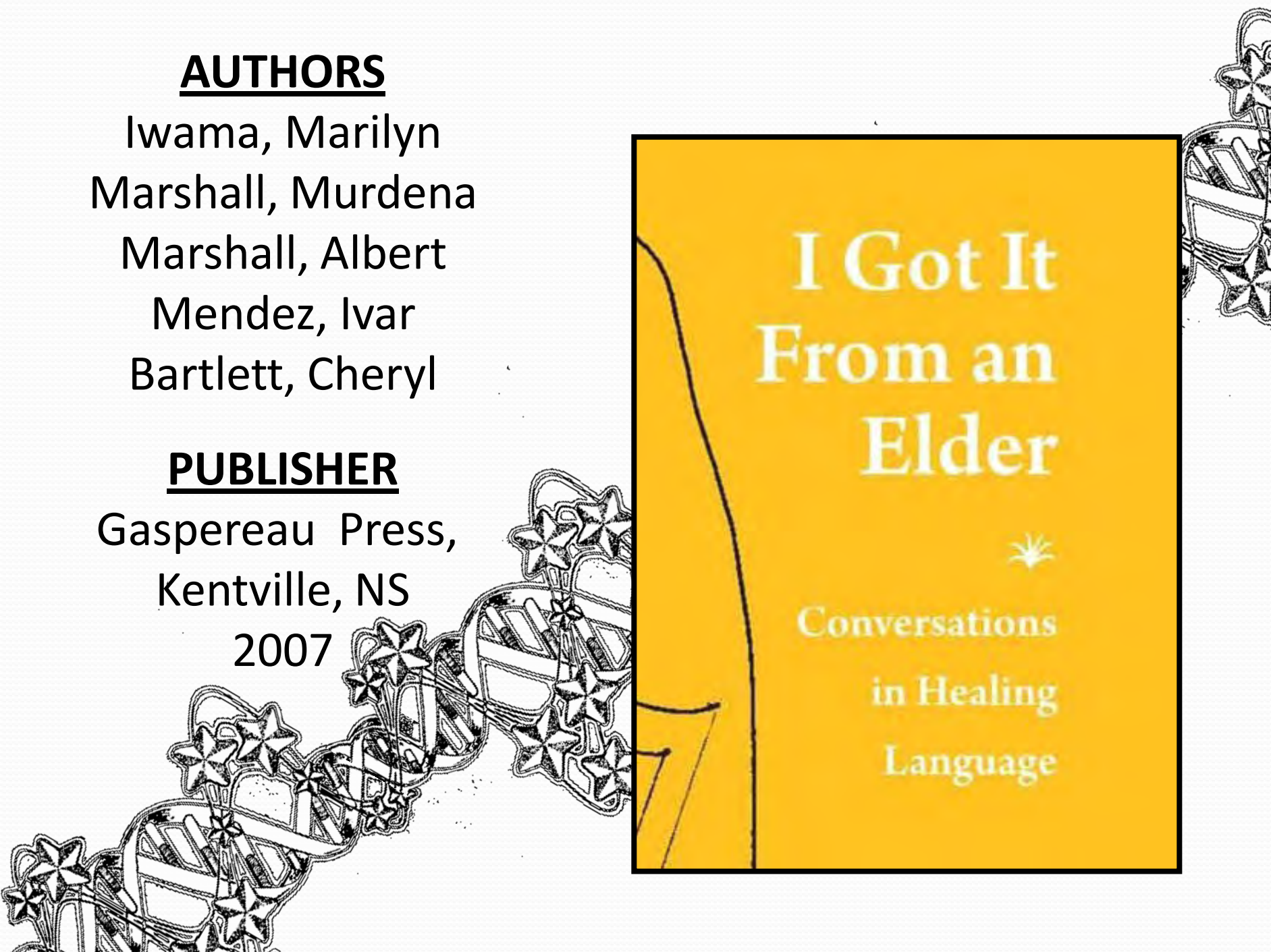


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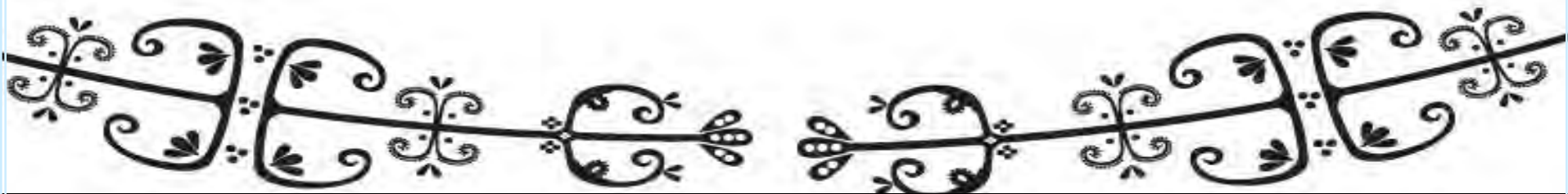
PUBLISHER

Gaspereau Press,
Kentville, NS
2007



I Got It From an Elder

✦
Conversations
in Healing
Language



I Got It
From an
Elder



Conversations
in Healing
Language

“Murdena’s been trying to talk about healing language for a long time. You’d think a fluent Mi’kmaq with graduate training in linguistics from Harvard shouldn’t have much trouble finding an audience.”



I Got It
From an
Elder



Conversations
in Healing
Language

“She remembers the naysayers that would ‘jump down my throat, especially the linguists.’ Like the time she said to her Linguist friend, ‘This is the tense that helps you heal, or the signal that you’re on the mend.’ ”



I Got It
From an
Elder



Conversations
in Healing
Language

“And the Linguist said oh
Murdena that’s not *healing*
that’s the *long past*.”

“... *talking about
healing language
mad as hell ...*”

the **HEALING TENSE** ... an example “*to be drunk*”

“And so I used the worst word with that Linguist that I could possibly use. And the worst verb in the non-native world, when you talk about Indians, is being drunk. This is how they see us all the time, being drunk. So I took that being drunk and called it *ketkiya*, which means *I am drunk*.”

And I used this verb also because I deal a lot with recovering alcoholics and recovering addicts. And you can use this same verb for sniffing, any mind-altering substance that made you do crazy things and say crazy things.”

HEALING TENSE

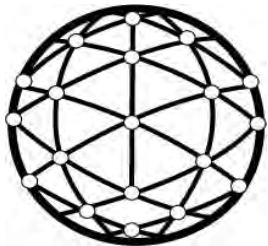
example: *“to be drunk”*



Mi'kmaw verb conjugation

“to be drunk”

- ketkiya (present)
- ketkiyayop (simple past)
- ketkiyayas nek (healing)



HEALING

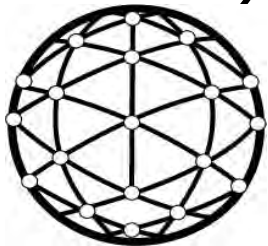
- cosmology / worldview of interconnectiveness •

HEALING TENSE

WE HEAL TOGETHER

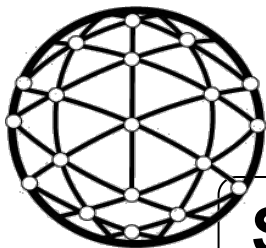
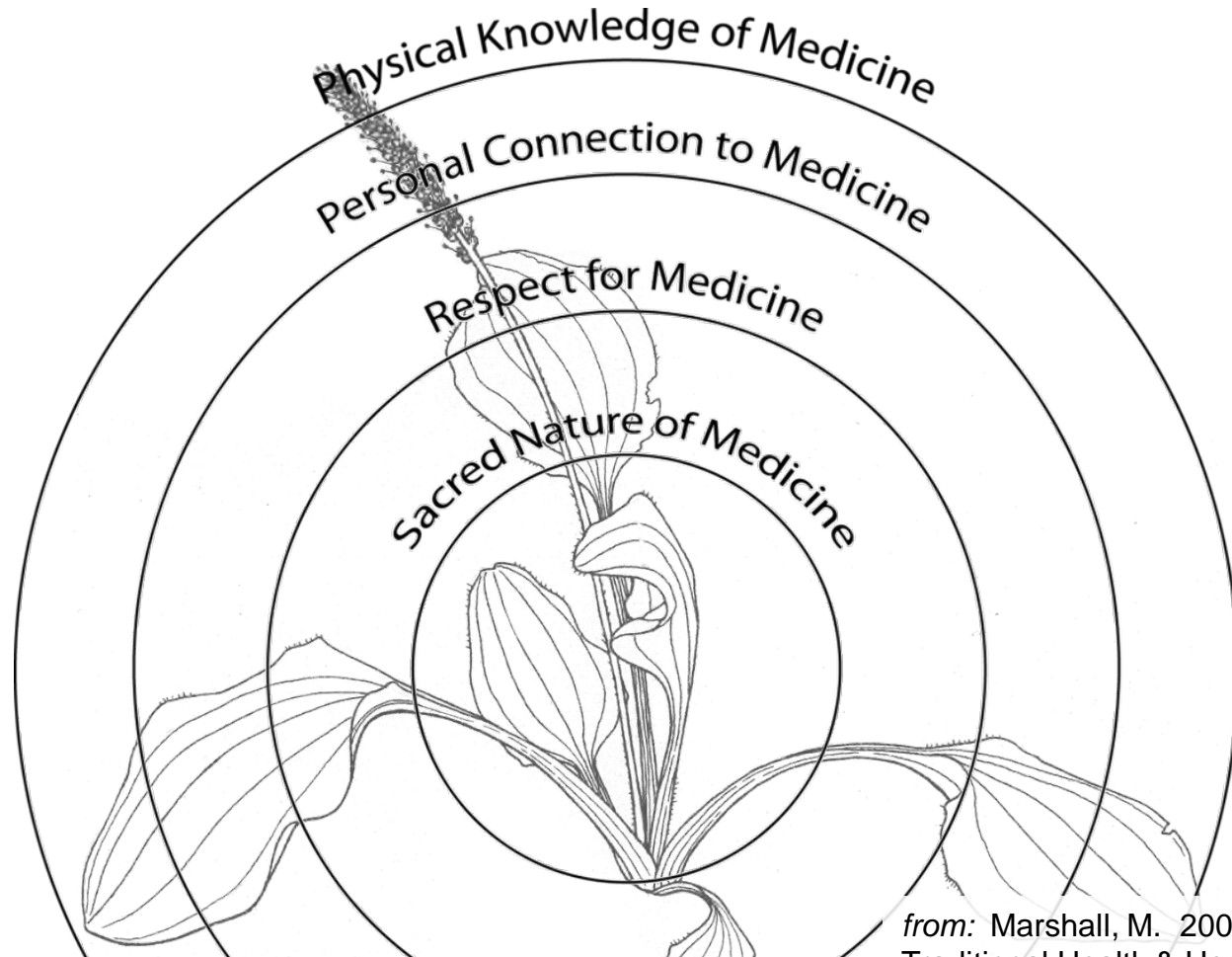
... when he goes into this healing tense, then my attitude has to change ... everybody in the household ... everybody ... has to abide with him.

(Murdena Marshall)



HEALING

- cosmology / worldview of interconnectiveness •



Sacred Circle Teaching

*from: Marshall, M. 2008.
Traditional Health & Healing
and Women's Roles.
Workshop Module Materials.*

HEALING

- cosmology / worldview of interconnectiveness •



Mi'kmaw
Seven
Sacred
Gifts of Life

HEALING and Two-Eyed Seeing

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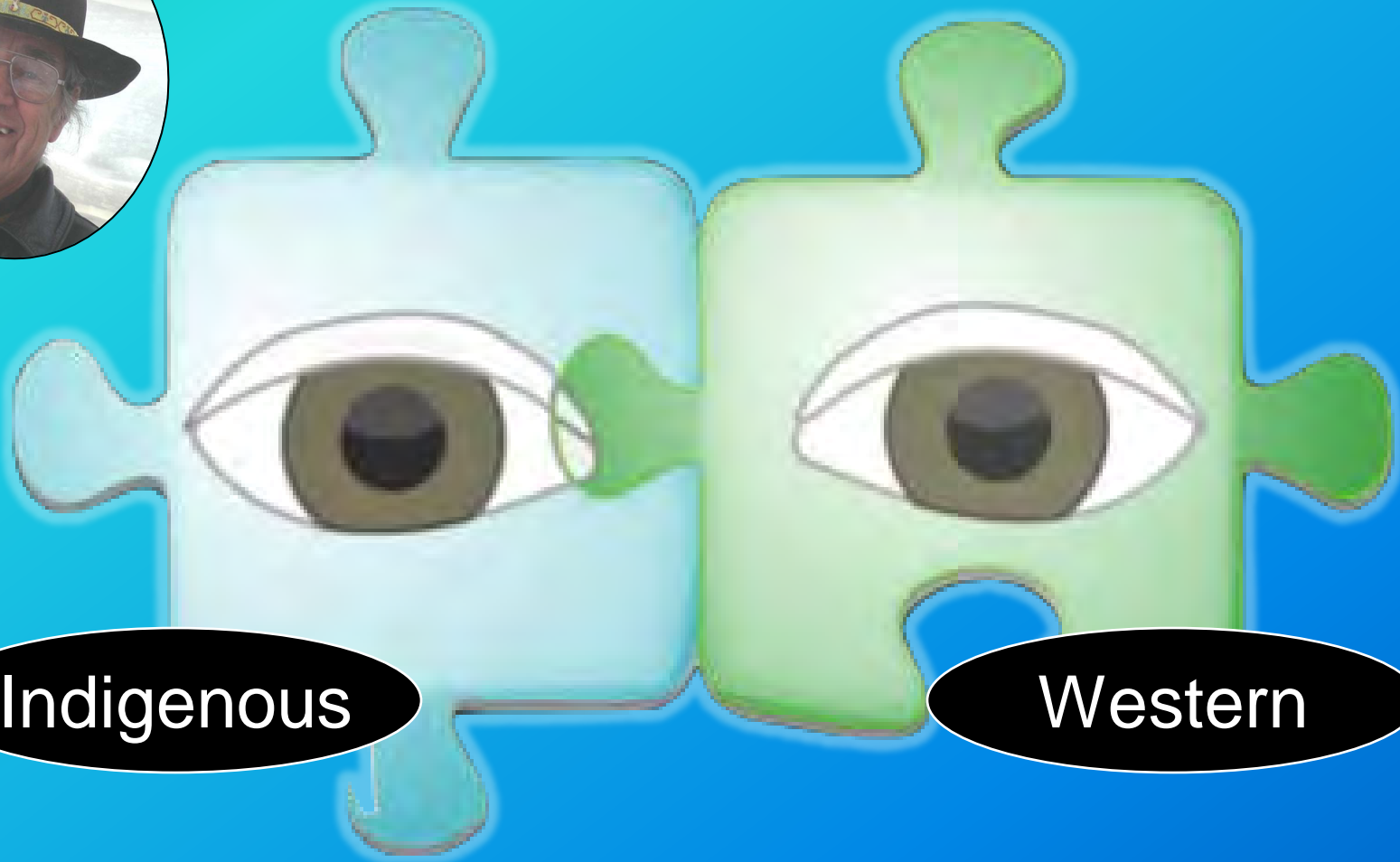
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➔ **Two-Eyed Seeing**

Etuaptmumk – Two-Eyed Seeing



Indigenous

Western

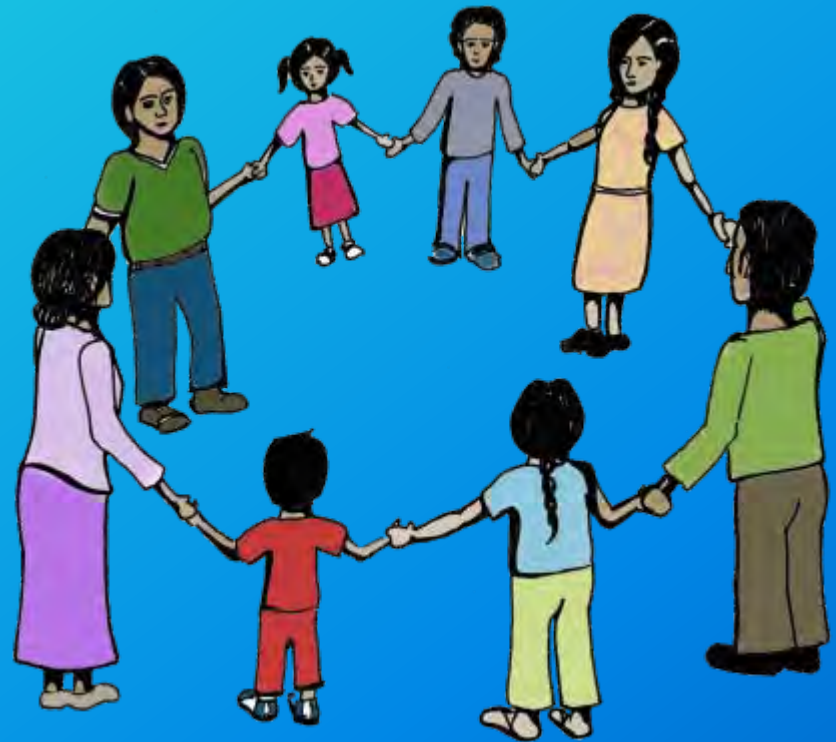
As Elders in Our Time

We seek to be a conduit for wisdom of our Ancestors. We seek to see with “Two-Eyes” ... to take the accomplishments of the white man’s ways further by blending it with the wisdom of our Ancestors.





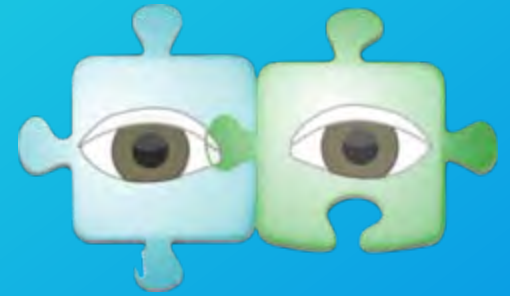
**It is not
enough to go
through life
with one
perspective;
we must
embrace
all the tools
we have ...**



**Knowledge is not a tool
but rather it is a spirit.**

**It transforms the
holder. It also
reminds us that we
have responsibilities
to the spirit of that
knowledge.**

We must pass it on.



artist Basma Kavanagh

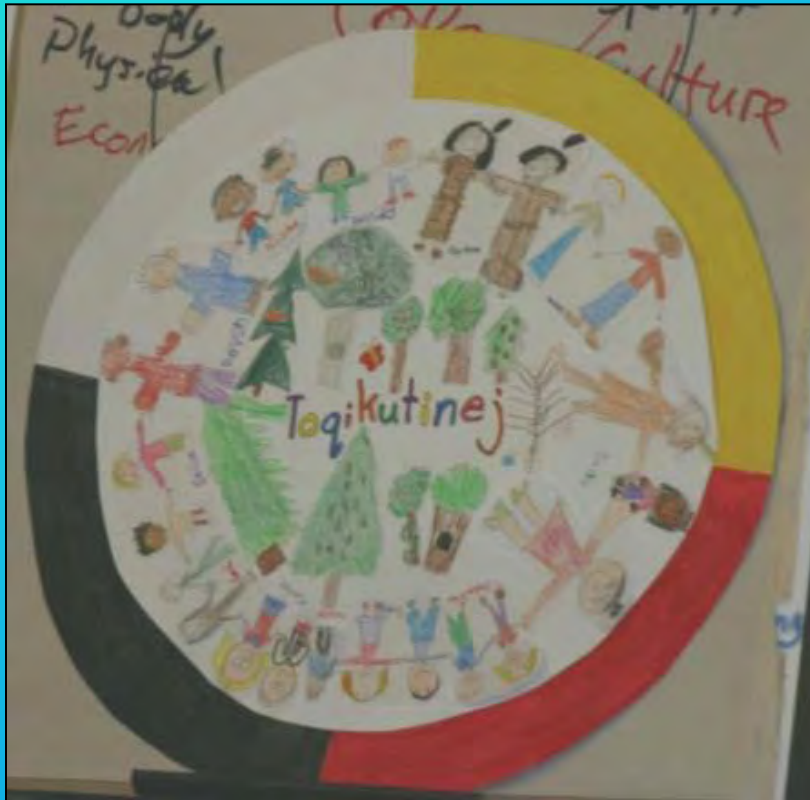
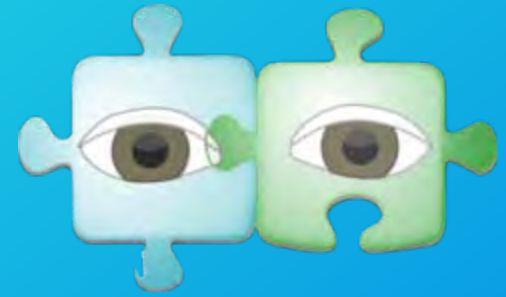
**Everything that we
do to our natural
world ... we also
do to ourselves.**



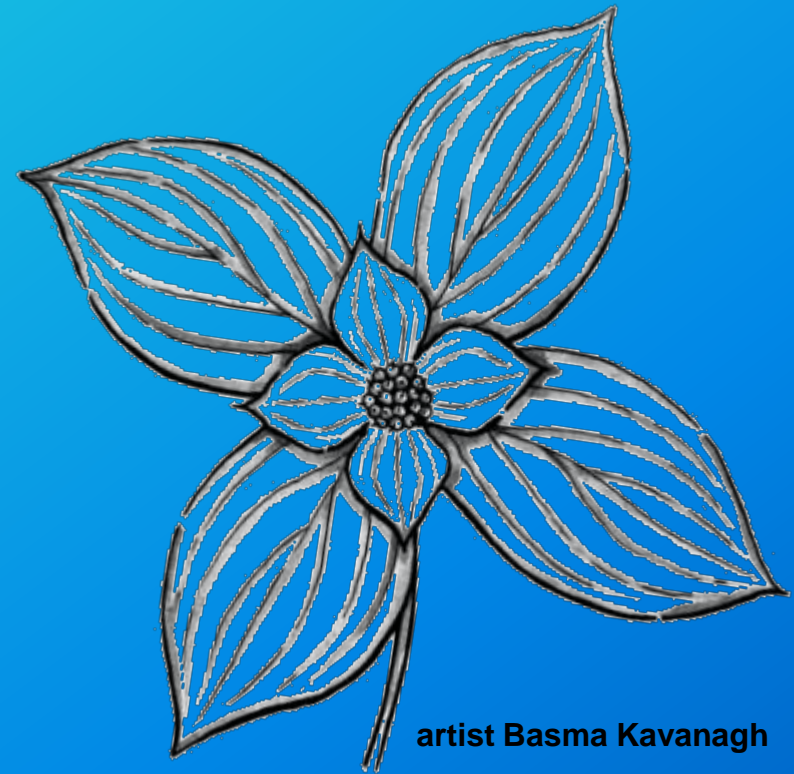
**We have to
dissociate
ourselves from the
“*Myth of False Security*”
that the industrial
revolution has
instilled in our minds.**



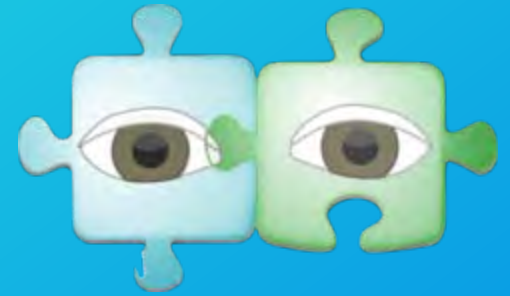
**Education to our young
has to be reflective of how to
maintain balance and harmony
with our natural world.**



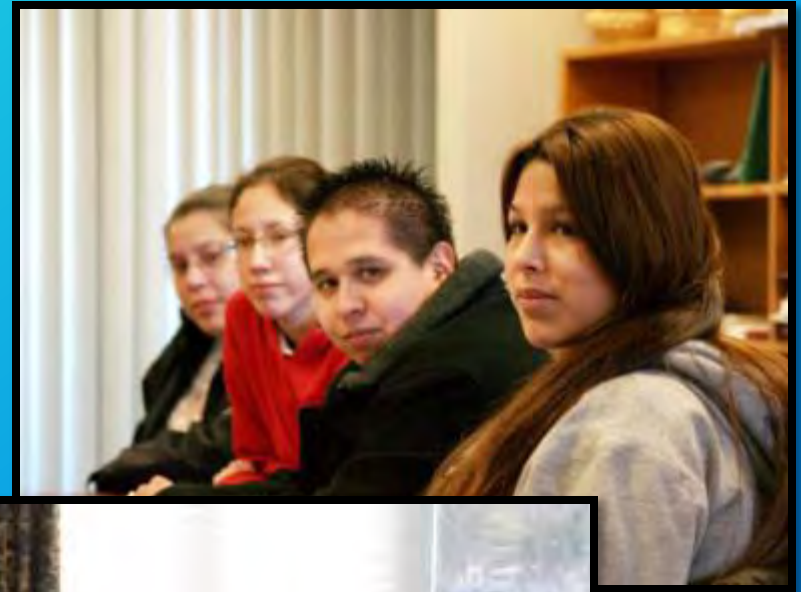
artwork: Eskasoni Elementary School Children



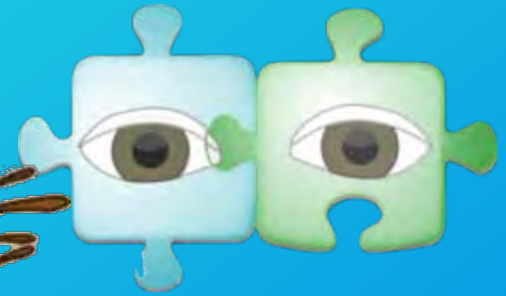
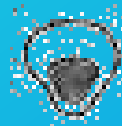
artist Basma Kavanagh



We must, through example, inspire our students to be critical in their thinking.



**Seeds
germinate
when the
environment
is appropriate.**



**The
Greatest
Challenge**

What is “SUCCESS”?

**Our language teaches us
that everything alive is
both physical and spiritual.**



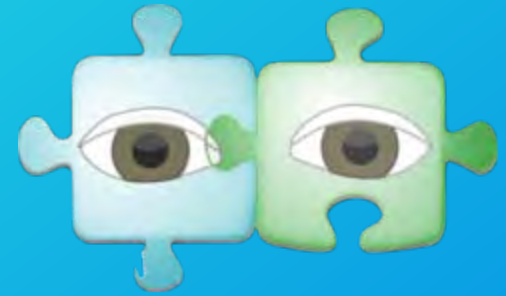
**The onus is on the
person to look at our
natural world with
two perspectives.**

**Modern science
sees objects,
but our language
teaches us to see
subjects.**



artist Basma Kavanagh

Our language is the key to how our actions will unfold. Each word is much deeper than only taking care of an object. Animacy brings personal connection ... such that actions fit actions (everything is in the picture) and we are always mindful of the First Sacred Gift of Life:



EXAMPLES

- 1) pekajo'tmnej = consider all aspects
... *action is harmonious*
- 2) wulo'tmnej = love some one
... *action is care*
- 3) sespite'tmnej = worry about what you do
... *action is guided*

LOVE



Netukulimk

“sustaining ourselves”

yes ... but really is a
much richer concept;
it is wholistic.

All Our Relations



<http://blog.silive.com/weather/2007/09/red-maple-tree.jpg>



http://images.enature.com/fishes/fishes_1/fi0016_11.jpg



<http://myanimalblog.files.wordpress.com/2008/03/g-bull-moose.jpg>



http://www.krisweb.com/krisshoopscot/krisdb/html/krisweb/aqualife/atlantic_salmon_asc_beland.jpg

Netukulimk

All Our Relations

Co-existence
Interrelativeness
Interconnectiveness
Community Spirit



<http://blog.silive.com/weather/2007/09/red-maple-tree.jpg>



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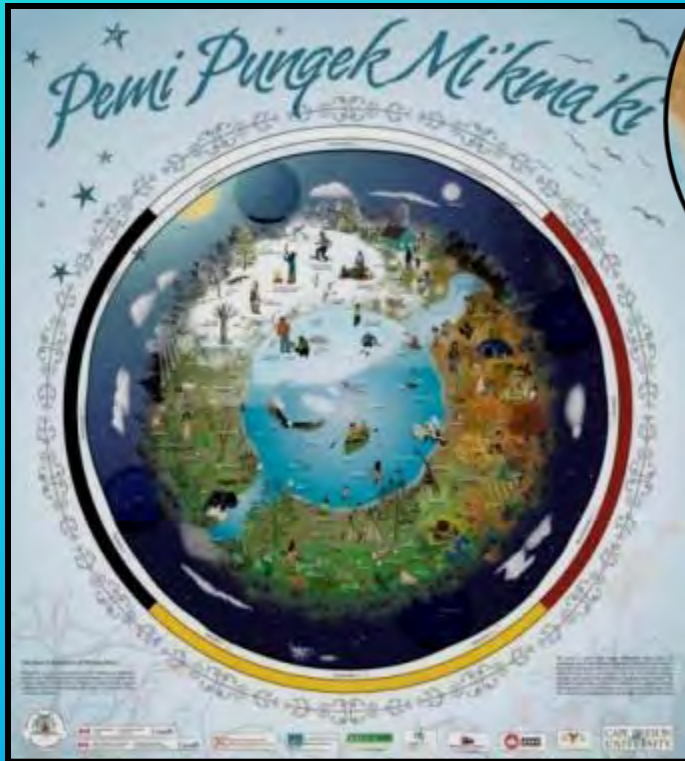


http://www.krisweb.com/krisshoopscot/krisdb/html/krisweb/aqualife/atlantic_salmon_asc_beland.jpg

Netukulimk

Co-existence
Interrelativeness
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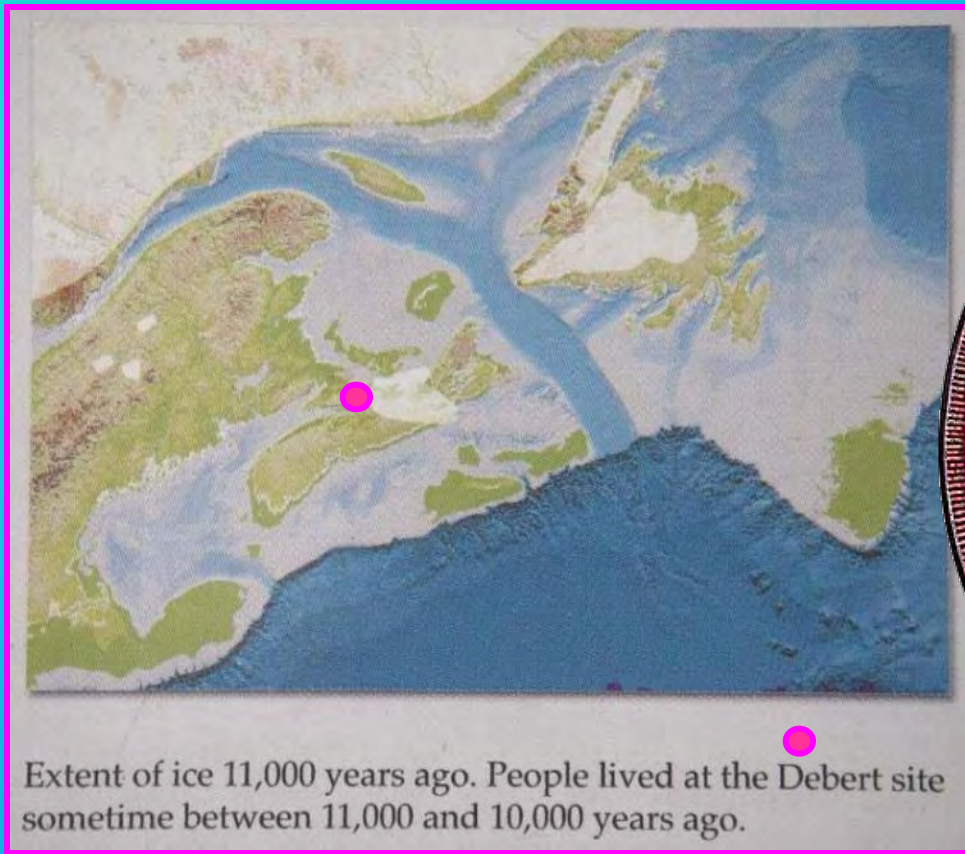
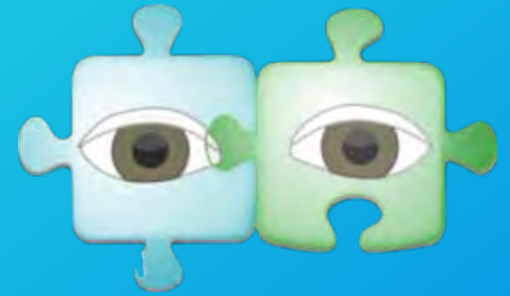
All Our Relations



... takes you into a place where you are very conscious of how the human two-leggeds are interdependent and interconnective with the natural world ... this philosophy / ideology is so ingrained in your subconscious that you are constantly aware of not creating an imbalance.

This is living knowledge.

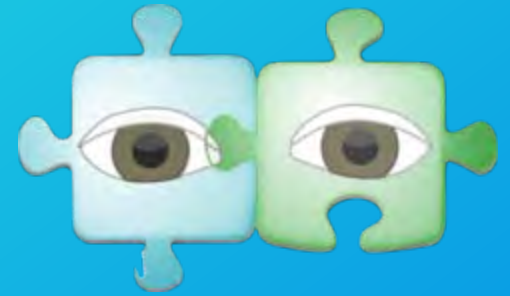
“Principle for Humility” is based on Lnu’k knowledge that has been evolving for the past 10,000 years.



Extent of ice 11,000 years ago. People lived at the Debert site sometime between 11,000 and 10,000 years ago.



Consciousness of Knowing



*... especially
our inter-dependence
on each other and
on Mother Earth*



artist Basma Kavanagh

**All people must learn
“Two-Eyed Seeing”
so that knowledge of
the physical is
not separated from
wisdom of the spiritual.**

Wela'lioq / Thank you

