CIHR - IAPH
Aboriginal Community-Based Participatory Action Research

themes and activities within

Integrative Health & Healing: co-learning our way to expanding wholeness through restoration of relationships with the land

Winter Workshop for Mi’kmaw Elders and Educators: updates & consultation
7 March 2006
The voices of our ancestors are in the land.
The voices of our ancestors are in the land.
We are all interconnective. We need to stay connected to the Earth.

from: Mi'kmaq Family and Children Services
We need to stay connected to the Earth.

Everything we want is here.

from: “Winds of Change”
Roy Thomas, Ahnisnabae-born Ojibwa artist; 1949–2004
We need to stay connected to the Earth.

We need to be able to work with Nature …

… not be a “master over”.

Rod Restoule
from: Into the Daylight; C. Morriseau, 1998
If we really want our children to remain connected to this world, we have to walk the healing path with them.  

(Morrisseau 1999)
Elders

Co-Doing

Co-Seeing

Sharing

Co-Learning
Go into a forest, you see the birch, maple, pine. Look underground and all those trees are holding hands. We as people must do the same.

(late Mi’kmaq Chief, Spiritual Elder, and Healer Charlie Labrador)
Co-Learning
to create a new path of mutual trust and respect

Learn together.
Learn from each other.
Learn our common.
Learn our differences.
1. Key phrases and words
2. Biodiversity literacy
3. Ecosystem health literacy
4. Mi’kmaq biocultural expression
5. Spiritual connectedness with the land
6. Integration of co-learnings into health care delivery systems
7. Extension of co-learnings into sustainable ventures
“two-eyed seeing”

Indigenous

Western

Albert Marshall, Mi’kmaq Elder
Eskasoni First Nation

Co-Seeing
“two-eyed seeing”
our key concepts & actions

- respect
- relationship
- reverence
- reciprocity
- ritual
- repetition
- responsibility

- hypothesis
  (making & testing)
- data collection
- data analysis
- model & theory construction

Co-Seeing
“two-eyed seeing”
how our world is interconnected
parts & wholes
Co-Seeing
“two-eyed seeing”  
our overall knowledge objectives

towards resonance of understanding within environment

towards construction of understanding of environment

Co-Seeing
"two-eyed seeing"
our language & methodology

vigour
WEAVING

Co-Seeing

rigour
UN-WEAVING
“two-eyed seeing”
healing tense & puppetry
Earth speaks:

health indicators

Sharing

Frogs of Unama'ki

Ecocystem Health Consciousness
Difference, Pattern, Variation

Mink Frog - subaquatic
- Has a bright yellow throat and black - 6 to 7 cm long.
- Mink frogs have a black belly.
- Mink frog eggs are attached to a foam nest and hatch in water.
- Mink frogs are found in streams and rivers.

Green Frog - green
- Has a light yellow throat and black - 6 to 7 cm long.
- Green frogs have a black belly.
- Green frog eggs are attached to a foam nest and hatch in water.
- Green frogs are found in streams and rivers.

Pickerel Frog - pickerel
- 6 to 7 cm long.
- Pickerel frogs are found in streams and rivers.
- Pickerel frog eggs are attached to a foam nest and hatch in water.

Eastern American Toad - toad
- 6 to 7 cm long.
- Eastern American toads are found in streams and rivers.
- Eastern American toad eggs are attached to a foam nest and hatch in water.

Northern Spring Peeper - peeper
- 4 cm long.
- Northern spring peepers are found in streams and rivers.
- Northern spring peeper eggs are attached to a foam nest and hatch in water.
Earth speaks: voices of the land
... of health
Sharing
Wjipenuk Etek Lnuimlkikno’ti
Spirit of the East

East (sunrise) … a place of beginnings and enlightenment … where new knowledge can be created or received to bring about harmony or right relations.
Bras d’Or Lake
CEPI
Collaborative Environmental Planning Initiative
On Tribal Consciousness

THE TREES THAT HOLD HANDS

Murdena Marshall, MEd
Elder, Spiritual Leader, Eskasoni Mi’kmaq First Nation
Associate Professor, Mi’kmaq Studies (retired, Cape Breton Univ.)

Cape Breton University

Bringing Together Western & Aboriginal Scientific Knowledges
THE SCIENCE OF HUMILITY

Albert Marshall
Elder, Eskasoni Mi’kmaq First Nation
• Eskasoni Fish and Wildlife Commission
• Unama’ki Institute of Natural Resources
• Eskasoni School Board

Canada

Bringing Together Western & Aboriginal Scientific Knowledges
Elders' Suggestions

Sharing

Co-Doing

Co-Seeing

Co-Learning
Sense of Self within Family
Sense of Place

Co-Doing
Co-Doing
NEMI’SIMK
Video Story:
Our Co-Learning Journey to Two-Eyed Seeing

Sharing
INSTITUTE for
INTEGRATIVE SCIENCE & HEALTH
stories of our interactions with and within nature

Science

PATTERN

Co-Doing
Co-Doing

Philosophy
Discussion Sessions
Mathematics Workshop for Waltes
Traditional Knowledge via computer games
ECO-CALENDAR
Co-Doing
puppetry
TOQIKUTIMK

Co-Doing
Toqikutimk “Growing Together” Our Children - Our Sunflowers

Andrew Sark- IWK Mi’kmaq Youth Activities Coordinator

Cape Breton University - Integrative Science Program
Integrative Health and Healing Research Project

http://oursunflowers.ca
a new relationship
elementary school children
and their sunflowers
Njiknam  Nkwe’ji’j
New little brother, new little sister.

I watch, I learn, I care, I love, I grow
Maliapte'n Ta'n Kisi Ikatu'nL

(caring for my sunflower)

wula ketusamqwal

wula welikwek mita meski'k wtupn
Learn and grow with the natural process of the sunflower’s life cycle

- Winter
  - North
  - Elder

- Autumn
  - West
  - Adult

- Summer
  - South
  - Child

- Spring
  - East
  - Birth
follow the sun, stand proud, grow strong
preventative medicine for the spirit
Ntasekml Aq Wтанm
[my sunflower and my community]
draw inside your sunflowers

Nuji Kina’mu’a’tijik
[school teachers]

Jiksu’k
[family]

Ta’nik Ajipjutu’tij
[RCMP Officers]

Nitapk
[friends]

Toqi Kejik
[neighbours]

CIHR IRSC

KECCA
Knowledge, Education and Cultural Consultation Associates

Ta’nik Nusaptmi’tij
Mawi Kisitaqn
[natural resource guardians]

Nuji Npitaqtijik
[health care people]

CAPE BRETON UNIVERSITY

IWK Health Centre Foundation
Thank you

Mi’kmaq Elders

Mounted Police Foundation

Royal Canadian Mounted Police

Gendarmerie royale du Canada
Thank you