

Mountain Center's WRMC 2019 90-minute workshop

Program staff: Marquel, Renae, Misty

Connecting to Nature: Culturally Appropriate, Inclusive, Risk Management Field
Practices to Promote Community and Individual Health and Healing

Goals & objectives:

Reflect on and engage in our relationship with Nature.

Build empathy and support among peers so we can share in healthy & supportive way.

Discuss ways in which we view Nature and ourselves and how this affects risk and ability to heal.

Discuss and engage in appreciation, acknowledgement, reconciliation and reciprocity.

Misty: Welcome to the workshop and overview

I acknowledge the land we are on, and the importance of caring for this land.

The earth is beautiful and provides everything we need and have.

I acknowledge that this is Tiwa land, and that the Tiwa people care for this land, now and for thousands of years, and that through colonization, racism and systematic oppression, Tiwa people have been and are significantly harmed. Despite this, they have also survived and thrived.

I acknowledge that I am an uninvited guest on this land, and that it is my responsibility to tend to, repair and reconcile with the land and with Tiwa people.

I acknowledge the importance of all custodians of the land--past, present, emerging and future.

We are in a building, in a city, how do we engage in a relationship with Nature here?

Wilderness is a colonial construct--a mythical place devoid of humans. Humans are in significant relationships with all of Nature. Native people have been participating in this essential relationship since their emergence, and their brilliance is embedded in their culture. This is a relationship of interconnectedness and reciprocity. This construct of wilderness is used to justify stealing from, displacing and harming Native people.

How we see and engage with Nature has a significant impact on risk and risk management. Is nature a mountain to be conquered? Or a caring Mother who needs and gives to us, and whom we need and must give to in return?

Appreciation, acknowledgment, reconciliation/reparation, and reciprocity are key actions in which we can engage. These have a significant impact on health and healing.

My hope for today is that we are together in a good way, can learn from each other, can practice being in reciprocal relations with the earth, Native people and each other, and can take these practice with us into our everyday lives.

Marquel, Renae, Misty: Introduce ourselves and Mountain Center

Marquel: Handshake mingler

Jellyfish handshake: Introduce yourself and share something beautiful you saw or felt today.

Fish handshake: Introduce yourself and share something you are thankful for in your life.

Caterpillar handshake: Introduce yourself and share a time in Nature that you felt a nurturing and reciprocal relationship.

Bear handshake: Introduce yourself and share something you can practice today to show care, reconciliation and reciprocity to the land, Native people, your community and yourself.

Reane: Prairie dog/eagle group needs and norms

Share something you have to offer (prairie dog)? Share something you need (eagle)?

Marquel & Renae: Groups share of questions on the wall and discussion

Questions:

Is land acknowledgment a new concept to you? What does it mean to you? What are some implications you can foresee in practicing?

How do you practice appreciation? How? If so what are the impacts? What does it mean to you?

Please share about your relationship with Nature. How has it benefited/injured you? How has this relationship benefited/injured Nature, others? In what ways can you grow/nurture it?

Who are the traditional custodians of the land where you live or come from? What are you, or could you do, to encourage reconciliation with these people/communities?

How do concepts/practices of appreciation, acknowledgement and reciprocity impact our health and healing?

How do concepts/practices of appreciation, acknowledgement and reciprocity impact risk for you or your clients/organization?