

## Healing through Tradition: Reclaiming Culture, Identity, and Spirituality

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### Day 1 – Understanding Trauma & Spirituality

- **Welcome & Land Acknowledgment:** Acknowledge Syilx/Okanagan Nation; opening words honoring land and ancestors.
- **Workshop Purpose & Guidelines:** Shared agreements for cultural safety and trust.
- **Defining Trauma & Intergenerational Trauma:** Impact of boarding schools, forced assimilation, family separation.
- **Historical Roots:** Context on colonization, treaties, loss of land and language.

- **Impact on Identity, Culture, Well-Being:** Link to mental health, substance misuse, community healing needs.

- **Neuroscience: ACE Study, Brain & Stress: ACE Study findings, toxic stress, hippocampus/amygdala effects.**

- **Polyvagal Theory: Safety, connection, co-regulation through cultural activities.**

- **Indigenous Spiritual Practices: Sweat lodges, ceremonies, rituals for resilience.**

- **Storytelling: Elders' stories preserving language and healing identity.**

## Day 2 – Trauma-Responsive Care & Community Empowerment

- **Morning Reflection:** Guided mindfulness or gratitude practice to start the day grounded.

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- **Trauma Treatment in ACTION:** Using Dr. Lyons’ principles to build safety and trust. Example: Safe rooms in schools, trauma-informed staff.

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- **Integrating Indigenous Healing:** Partnerships with elders, integrating ceremonies into care plans.

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- **Culturally Responsive Care:** Signs in Indigenous languages, cultural liaisons in clinics.

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- **Communal Healing Practices:** Feasts, wellness circles, community grief ceremonies.

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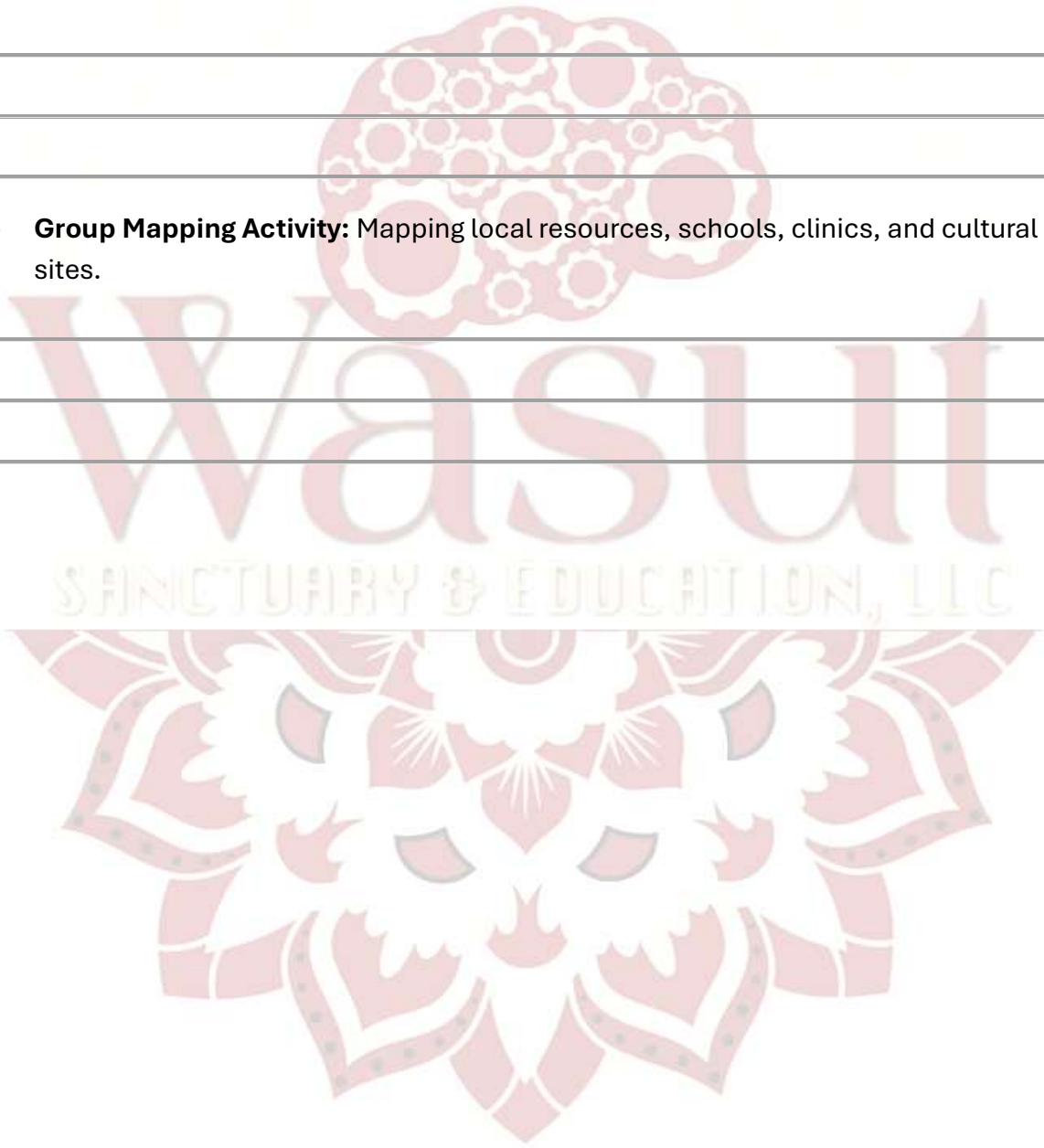
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- **Reclaiming Language & Identity:** Youth language programs, culture camps.

- **Youth Mentorship & Leadership:** Elder-youth storytelling projects. Example: Youth digital storytelling.

- **Group Mapping Activity:** Mapping local resources, schools, clinics, and cultural sites.



### ✦ Day 3 – Guided Practices & Cultural Revitalization

- **Mindfulness & Meditation:** Nature walks, 5-senses grounding, outdoor reflection.

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- **Nature & Land Connection:** Rivers, sacred sites, land-based ceremonies.

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- **Sociology Insights:** Environmental racism, redlining, policy trauma.

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- **Resilience Stories:** Case examples: Haliwa-Saponi powwow revitalization.

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- **Story Circle Method:** Each person shares, group reflects back. Builds trust.

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- **Spiritual Rituals & Ancestral Wisdom:** Pipe ceremonies, naming ceremonies, vision quests.

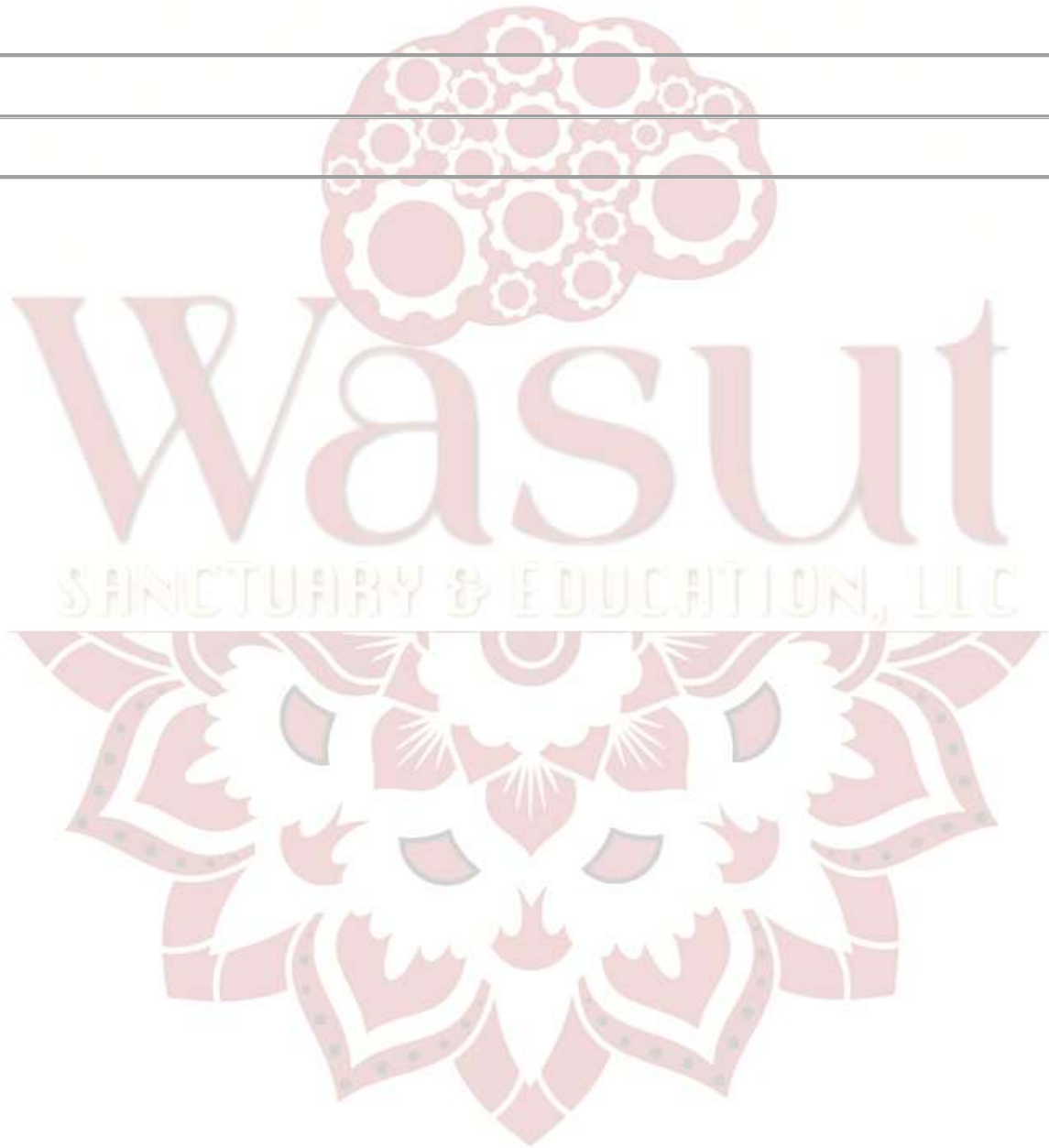
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- **Designing Mentorship Plans:** Youth councils, youth teaching elders tech for cultural storytelling.

- **Discussion & Sharing:** Group breakouts, personal journaling.





## Day 4 – Collaboration, Action & Celebration

- **Opening Circle:** Gratitude circle, intention setting.

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- **Applying Lessons:** Bringing knowledge back to community.

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- **Collaborative Project Design:** Design storytelling festivals, language days.

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- **Indigenous Leadership:** Supporting youth-led cultural teams.

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- **Commitment Circle:** Speaking commitments, passing a talking stick.

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- **Communal Healing Celebration:** Feast, songs, drumming.

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- **Next Steps:** Staying connected, forming support circles.

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**Additional space for notes:**

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# Dr. Varleisha Lyons - Medicine Wheel Healing Reflection Worksheet

## **EAST (Air - Spring - Mental - Yellow)**

Symbolizes new beginnings, clarity, sunrise, and inspiration.

*What thoughts or ideas are emerging for you?*

## **SOUTH (Fire - Summer - Emotional - Red)**

Symbolizes youth, passion, emotions, and growth.

*What emotions are you currently experiencing?*

## **WEST (Water - Autumn - Physical - Black/Blue)**

Symbolizes reflection, maturity, physical embodiment, and healing.

*What are you ready to release?*

## **NORTH (Earth - Winter - Spiritual - White)**

Symbolizes wisdom, stillness, elders, and spiritual connection.

*What spiritual wisdom is guiding you?*

## **CENTER (Self / Creator / Balance)**

Represents your whole self and connection to all life.

*What brings you into balance?*

## Dr. Varleisha Lyons - My Nature-Aligned Healing Plan

**My nature symbol today:**

**What part of your body is calling for attention?**

**What emotion is connected to this area?**

**What does this remind you of in nature?**

Nature Symbol	Emotion / Need	Body Focus	Healing Action

**One thing I will do daily to support my healing:**

**One weekly or seasonal ritual I can commit to:**

## Dr. Varleisha Lyons - My Nature-Aligned Healing Plan

A support system, ancestor, or natural element I will call on:

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# Dr. Varleisha Lyons - Example: My Nature-Aligned Healing Plan

**My nature symbol today:**

A flowing river - constant, emotional, and connected to all things.

**What part of your body is calling for attention?**

My heart and chest - tightness and breath holding.

**What emotion is connected to this area?**

Grief and deep longing.

**What does this remind you of in nature?**

The ocean during a storm - deep and chaotic, yet cleansing.

Nature Symbol	Emotion / Need	Body Focus	Healing Action
River	Grief	Chest	Daily breathwork with ocean wave sound

**One thing I will do daily to support my healing:**

Spend 5 minutes grounding with breath and natural sounds.

**One weekly or seasonal ritual I can commit to:**

Walking by water on Sundays.

**A support system, ancestor, or natural element I will call on:**

The strength of my grandmothers and the energy of water.