

Bimikawaan ni Journal



“Footprint” in Ojibwe

Introduction

As you prepare for our five-day Giwiidabindimin or Giwiidosendamin certificate programs, we want to honour the spirit of sitting and walking together as we learn and collectively heal. Reflecting and preparing to engage in reciprocal and relational learning can be helpful, which is why we've provided this journal. To start the journey, we wish to acknowledge the footprints of our ancestors, the footprints of our daily experiences, and the footprints we hope to leave behind for future generations.

Please be mindful of your wellness as you use this journal – it may open some wounds. Be gentle with yourself and rely on your resources and supports if you need to. As you are using these self-reflection prompts, remember to consider aspects of your mind, body, and spirit.

Sweetgrass as a Framework

Sweetgrass represents the hair of Mother Earth, signifying gentleness, love, and kindness. The sweetgrass braid has 21 strands divided into three parts that are woven to form a braid. Each part has seven strands:

- **The first** part represents the past.
- **The second** represents the present.
- **The third** represents the future.

The teachings of sweetgrass can help frame learnings around our work as helpers. The three strands of sweetgrass also represent spirit, body, and mind. We need each strand in balance and woven together for the whole to be strong.



PAST



PRESENT



FUTURE

A reminder to consider mind, body, and spirit as you reflect on the questions in this journal.

Past



It's often difficult to connect to our spirit. Consider how you connect to your spiritual self and use these methods to connect now. If it is your practice to do so, you may wish to smudge or connect with nature to activate your spiritual connection.

What have your connections to your spiritual self been?

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Where do you come from? Who do you come from? What are your natural gifts?

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Legacy of Settler Impact

Thinking about your own identity intersections, answer the following questions.

Settler impact brought the harms of time and monetary value. Where do you fit within Canada's colonial history?

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How has the history of colonization impacted you?

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How has the concept of time and money had an impact on your experience?

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What parts of yourself have you reclaimed? What parts are you still uncovering? Consider mind, body, spirit, and emotion.

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What wisdom do you carry in your blood memory?

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What is your helper story?

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Present



Consider moving your body or going outside to connect with nature.

How do you carry good medicine? How do you connect with your heart space?

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How has your relationship to community evolved over time?

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Are there any relationships that need healing, acknowledgment, or closure?

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How do you carry the stories of your past with love?

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Based on your life experiences, what are some of your biases?
Do you make assumptions about people with different
perspectives than your own?

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What is your understanding of the concept of all people being
invited to sit around the fire? How does this feel?

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Where do you feel it in your body?

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How will you honour a two-eyed seeing perspective during this program? What does this mean to you?

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When was the last time one of your deeply rooted beliefs shifted?

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How do you sit with discomfort?

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Future



It may be helpful to complete this section after you've completed the certificate program.

What lessons do you want your future self to remember and carry forward?

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What future story do you want to leave the next seven generations? What will they say about you?

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How will you tend to your relationship with yourself?

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How will you foster your relationship to all your relations?

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How will you continue to nurture your gifts?

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What is your vision of walking with others in a Good Way?

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How do you envision your path forward?

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How will you pay attention to your dreams and inner knowing?

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Where do you feel it in your body?

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What will you do to root and balance your mental, physical, spiritual, and emotional health?

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Our Reconciliation Statement

As we walk the path of reconciliation, we are mindful of the connections we share with all our relatives. We understand that these connections are impacted by colonization and that there is trauma in our relationships and to the land and Indigenous ways of life. We commit to listening and learning from our relationships, and to be guided by the Truth and Reconciliation Commission of Canada's 94 Calls to Action and the United Nations Declaration on the Rights of Indigenous Peoples.

