

## Secrecy

For over 500 years our Native American peoples across North America have been forced to live in secrecy in order to preserve our ancestral cultures, religions, traditions, ceremonies, languages, and life ways. We have suffered generations of trauma and abuse, biological warfare, and forced assimilation practices, mass reduction of our populations, and the removal of our languages and personal identities. This was all done by design and with intent for the sole purpose of breaking our connection with Mother Earth and lives of happy and healthy stewardship and independence<sup>1</sup>.

Today I am here opening the windows on this secrecy. It is time to pull back the curtains and to let out the light we continue to understand how to generate within and for ourselves, and to share with each other. Our connection with Mother Earth is the reason we are still here and in a position to reclaim what has been lost and stolen from us all these hundreds of years later. The time has come we must share this with all of you if we are to save anyone or anything. We are not enough in population anymore to do this alone. We must all do it together. We must all teach and learn from each other in this time of the 7th fire<sup>2</sup>, time of great need and of destruction all around.

Like our indigenous cultures and peoples, the climate crisis has also been kept mostly in secret. Those who continue to deplete and destroy our planet for economic gain and power are still misleading and misinforming society today and for the same reasons. Methodology has changed, motives have not.

The powers that be don't want me to teach this to you. They don't want you to learn it, to understand it. They especially don't want you to put it to use in your own life. If enough people in our society reconnect, take back the power of our indigenous origins

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<sup>1</sup> [https://www.bia.gov/sites/default/files/dup/inline-files/bsi\\_investigative\\_report\\_may\\_2022\\_508.pdf](https://www.bia.gov/sites/default/files/dup/inline-files/bsi_investigative_report_may_2022_508.pdf)

<sup>2</sup> <https://youtu.be/lfP3imlriUk>

and beautiful planet, we can reclaim the power of our ancestors, to shape the world around us in a healthy way for us and our planet both.

## **Communication**

Now that you have successfully renewed this connection what should you do with it? Well, the next thing that makes sense is communication.

When we meet other humans and don't speak the same language or share the same culture, what do we do? How do we function? How do we understand who does and does not pose a threat? The simple answer - we learn to listen & observe and then find a way to communicate.

Communication isn't just about oral language. There is much truth in the term "universal language". It qualifies as "body language" in human interactions. Our posture, our focused attention, facial expressions, even our breathing pattern communicates to the world around us, information about us, in each moment.

Yet there are those times we find ourselves with intuitions - feelings we can't explain - and we aren't sure where they come from but they are strong and we just *know things* in the moment. There are moments we communicate with just a shared look between 2 people or 2 animal species.

But how many of us realize we are communicating with each motion, each tilt of the head or lifting of the arms?

We are always communicating with someone or something in everything we do. And however we are communicating, we are using our personal energy source to do it.

Once we have learned to make an energy connection we can now combine body language and other forms of communication with that energy to engage with the natural world around us.

## **Exercise #5**

### **Learning to Listen**

Spend 30 minutes outdoors in a comfortable safe space. Close your eyes and listen for the first 15 minutes. What do you hear? After 15 minutes open your eyes and write down what you heard.

Divide your list into 2 categories -

1. Man made sounds
2. Natural sounds

Spend another 15 minutes outdoors in a comfortable safe space with eyes closed. Listen and identify the difference between the natural and man made sounds. Focus on the natural sounds. Can you identify what they are? WHO they are?

Is there wind that passes through the trees? Can you hear the difference in voices from the different trees as the same wind touches them? Which tree speaks the loudest? Which tree speaks in a whisper? Are you hearing trees or bushes? Can you identify the differences?

Repeat this exercise regularly. Make it a game and write down your answers, watch your growth as you learn to hear the voices of your relatives around you, as you know and recognize the different human voices around you as individual and distinct. Learn to hear and identify all of the voices of nature around you over time, everywhere you go. Learn to pick them out above the man made noises around you as those artificial noises fade into white noise alongside them. Listening is key to learning. Learning is key to understanding. It is a cycle; a continuous cycle, just as life is a cycle.

**Field Notes:**