

## *Red Medicine Traditional Indigenous Rites Of Birthing And Healing First Peoples New Directions In Indigenous Studies*

What might we learn from Native American experiences with schools to help us forge a new vision of the democratic ideal—one that respects, protects, and promotes diversity and human rights? In this fascinating portrait of American Indian education over the past century, the authors critically evaluate U.S. education policies and practices, from early 20th-century federal incarnations of colonial education through the contemporary standards movement. In the process, they refute the notion of “dangerous cultural difference” and point to the promise of diversity as a source of national strength. Featuring the voices and experiences of Native individuals that official history has silenced and pushed aside, this book: Proposes the theoretical framework of the “safety zone” to explain shifts in federal educational policies and practices over the past century. Offers lessons learned from Indigenous America’s fight to protect and assert educational self-determination. Rebuts stereotypes of American Indians as one-dimensional learners. Argues that the maintenance of Indigenous languages is a fundamental human right. Examines the standards movement as the most recent attempt to control the “dangerous difference” allegedly posed by students of color, poor and working-class students, and English language learners in U.S. schools. “To Remain an Indian chronicles the resistance, resilience, and imagination of generations of Native American educators. It is a profoundly moving book that highlights the opportunities, and ethical responsibility, that educators have to expand student identities and challenge coercive relations of power in the wider society.” —Jim Cummins, University of Toronto “A must read for both seasoned and young scholars, practitioners, and others interested in culturally based education, including the importance of Indigenous languages.” —John Tippeconnic III, Director, American Indian Leadership Program, Pennsylvania State University “The development of young children’s logico-mathematical knowledge is at the heart of this text. Similar to the first edition, this revision provides a rich theoretical foundation as well as child-centered activities and principles of teaching that support problem solving, communicating, reasoning, making connections, and representing mathematical ideas. In this great resource for preservice and in-service elementary teachers, Professor Kamii continues to help us understand the implications of Piagetian theory.” —Frances R. Curcio, New York University

"An autobiographical account of how a psychiatric nurse specialist became a folk medicine healer; this also explains the origins and practice of one of the oldest forms of medicine in the New World."—Kirkus.

How do we articulate the possibilities, limitations and challenges of inclusive schooling and education in African contexts? This book insists that inclusive education cannot be taken for granted. Inclusion is neither a natural nor a given educational practice. It must be struggled for. Bringing a critical perspective to inclusive schooling and education is imperative. This book adds to current educational debates with an African lens. It engages inclusive education from multiple lenses of curriculum content, classroom pedagogy and instruction, representation, culture, environment and the socio-organization life of schools, the pursuit of equity and social justice and the search for educational relevance. It is opined that Africa cannot be left behind in rethinking educational inclusion in ways that evoke critical questions of power, equity and social difference. The question of learner’s identity in terms of class, gender, sexuality, (dis)ability, language, ethnicity and race are equally consequential for African schooling and education. When inclusion is understood as wholeness of education, then how schooling and education engage the complete learner – her/his body, mind, soul and spirit, as well as the use of local community and Indigenous knowledges in teaching and learning become relevant. Inclusion stands the risk of liberal educational agendas that simply tinker or toy with schooling and education and hardly embrace the challenge of educational change. What we need is a fundamental structural change that ensures schooling and education embraces difference while grappling with the teaching of Indigeneity, decolonization and resistance.

An exciting glimpse into the world of Native American shamanism. Many today claim to be healers and spiritual teachers, but Medicine Grizzlybear Lake definitely is both. In this work he explains how a person is called by higher powers to be a medicine man or woman and describes the trials and tests of a candidate. Lake gives a colorful picture of Native American shamanism and discusses ceremonies such as the vision quest and sweat lodge.

Rebozo Handbook

*God is Red*

*Braiding Sweetgrass*

*Remembering the Powers of the Medicine Men*

*Border Medicine*

*Shamanic Rites of Curanderismo*

*Sacred Energies of the Sun and Moon*

*Paths of Life*

**A story-based guide to the techniques of shamanic healing • Details indigenous medicine tools and soul healing techniques, including diagnosis and energy cleansing with plants, stones, fire, flower essences, and sound • Offers protection and self-defense techniques for confronting negative energies such as spirit attachment and possession • Shares healing stories that each address a specific condition, such as panic attacks, PTSD, depression, cancer, chronic pain, grief, and relationship problems Shamanic healing is making an astonishing comeback all over the modern technology-driven and consumerist world. Millions of people have felt called to integrate both ancient and modern healing systems into a new model of healthcare. But what makes shamanic healing so powerful? Why have indigenous healers kept it alive for thousands of years? Revealing his personal journey and stories from his more than 20 years as a shamanic healer, Itzhak Beery explains who a shaman is and how he or she works, demystifying and destigmatizing the shamanic healing worldview. He shares shamanic wisdom from two of his teachers: a Yachak from Ecuador and a well-known Brazilian Pagé. He details indigenous medicine tools and soul healing techniques that you can practice with your own clients or in your own personal healing, including diagnosis and energy cleansing with plants, stones, fire, rum, eggs, flower essences, and sound. He shares protection and self-defense techniques for confronting negative energies, such as spirit attachment and possession. Sharing healing stories that each address a specific condition, such as panic attacks, PTSD, depression, cancer, chronic pain, grief, and relationship problems, Beery explains how a shaman is not responsible for curing everyone and will consult with the patient's soul to determine its needs, which sometimes includes learning from the illness experience. By sharing these healing methods, Beery reveals the importance of shamanic practices in resolving our 21st-century emotional and physical problems and their importance to the future of humanity and the planet.**

**This book connects traditional religions to the thriving religious activity in Africa today.**

**Healing with Herbs and Rituals is an herbal remedy-based understanding of curanderismo and the practice of yerberas, or herbalists, as found in the American Southwest and northern Mexico. Part One, "Folk Healers and Folk Healing," focuses on individual healers and their procedures. Part Two, "Green Medicine: Traditional Mexican-American Herbs and Remedies," details traditional Mexican-American herbs and cures. These remedies are the product of centuries of experience in Mexico, heavily influenced by the Moors, Judeo-Christians, and Aztecs, and include everyday items such as lemon, egg, fire, aromatic oil, and prepared water. Symbolic objects such as keys, candles, brooms, and Trouble Dolls are also used. Dedicated, in part, to curanderos throughout Mexico and the American Southwest, Healing with Herbs and Rituals shows us these practitioners are humble, sincere people who have given themselves to improving lives for many decades. Today's holistic health movement has rediscovered the timeless merits of the curanderos' uses of medicinal plants, rituals, and practical advice.**

**Traditional midwifery, culture, customs, understandings, and meanings surrounding pregnancy and birth are grounded in distinct epistemologies and worldviews that have sustained Indigenous women and their families since time immemorial. Years of colonization, however, have impacted the degree to which women have choice in the place and ways they carry and deliver their babies. As nations such as Canada became colonized, traditional gender roles were seen as an impediment. The forced rearrangement of these gender roles was highly disruptive to family structures. Indigenous women quickly lost their social and legal status as being dependent on fathers and then husbands. The traditional structures of communities became replaced with colonially informed governance, which reinforced patriarchy and paternalism. The authors in this book carefully consider these historic interactions and their impacts on Indigenous women's experiences. As the first section of the book describes, pregnancy is a time when women reflect on their bodies as a space for the development of life. Foods prepared and consumed, ceremony and other activities engaged in are no longer a focus solely for the mother, but also for the child she is carrying. Authors from a variety of places and perspectives thoughtfully express the historical along with contemporary forces positively and negatively impacting prenatal behaviours and traditional practices. Place and culture in relation to birth are explored in the second half of the book from locations in Canada such as Manitoba, Ontario, British Columbia, the Northwest Territories, and Aotearoa. The reclaiming and revitalization of birthing practices along with rejuvenating forms of traditional knowledge form the foundation for exploration into these experiences from a political perspective. It is an important part of decolonization to acknowledge policies such as birth evacuation as being grounded in systemic racism. The act of returning birth to communities and revitalizing Indigenous prenatal practices are affirmation of sustained resilience and strength, instead of a one-sided process of reconciliation.**

**A Transcultural History of Mexican American Curanderismo**

**Healing with Herbs and Rituals**

**The World We Used to Live In**

**Red Paint**

**Indigenous Wisdom, Scientific Knowledge and the Teachings of Plants**

**Chronicles, Testimonios & Remembrances**

**Testimonios on Violence**

**Indian Rights and Civil Rights in the Deep South**

Wind in the Blood is a detailed look at Mayan medicine on Mexico's Yucatan peninsula and its similarities to Chinese traditional medicine. It was originally published in Spanish as a manual for health workers in Mayan areas to bridge the gulf between Western medical technique and Mayan medical knowledge. Mexican physicians Hernan Garcia, Antonio Sierra, and Hiberito Balam discovered that the similarities between Mayan medicine and traditional Chinese medicine were profound and helpful in their medical work.

In Nahuatl yolqui is the idea of a warrior brought back from the dead. For author and activist Roberto Cintli Rodríguez, it describes his own experience one night in March 1979 after a brutal beating at the hands of L.A. sheriffs. Framed by Rodríguez's personal testimony of police violence, this book offers a *historia profunda* of the culture of extralegal violence against Red-Black-Brown communities in the United States. In addition to Rodríguez's story, this book includes several short essays from victims and survivors that bring together personal accounts of police brutality and state-sponsored violence. This wide-ranging work touches on historical and current events, including the Watts rebellion, the Zoot Suit Riots, Operation Streamline, Standing Rock, and much more. From the eyewitness accounts of Bartolomé de las Casas to the protestors and allies at Standing Rock, this book makes evident the links between colonial violence against Red-Black-Brown bodies to police violence in our communities today. Grounded in the stories of the lives of victims and survivors of police violence, Yolqui, a Warrior Summoned from the Spirit World illuminates the physical, spiritual, and epistemic depths and consequences of racialized dehumanization. Rodríguez offers us an urgent, poignant, and personal call to end violence and the philosophies that permit such violence to flourish. Like the Nahuatl yolqui, this book is intended as a means of healing, offering a footprint going back to the origins of violence, and, more important, a way forward. With contributions by Raúl Alcaraz-Ochoa, Citalli Álvarez, Tanya Alvarez, Rebekah Barber, Juvenal Caporale, David Cid, Arianna Martinez Reyna, Carlos Montes, Travis Morales, Simon Moya Smith, Cesar Noriega, Kimberly Phillips, Christian Ramirez, Michelle Rascon Canales, Carolyn Torres, Jerry Tello, Tara Trudell, and Laurie Valdez. This is the first major sociological report on the lives, status and public policy needs of the Chicana elderly, a population which is generally poor and has been stereotyped as widows and grandmothers. Elisa Facio offers insight into how Chicana elderly cope with their economic and cultural marginality, and how they gain the personal and financial resources they require. The book relates how scholars and public policy makers have previously understood the world of Chicana elderly, and provides new data on the social meaning of Chicana old age, specifying implications of that meaning for future policy makers.

This is a valuable handguide for any birth attendant, with over 35 color pictures. A wonderful reference for labor support with traditional rebozo; And is a helpful resource for demonstrating support techniques for clients. This book can be used for childbirth education, or as a quick reference during labor. Read about the history and origins of rebozo. Discover the importance of the Psoas Muscle, and how to effectively push during birth. Master laboring and pushing positions to help your clients birth with comfort and ease. A must have addition to any doula or midwife library. This is an easy-to-use study guide that will help you grasp the indigenous wisdom and versatility that the rebozo offers us during labor. In recent years there has been a rebozo buzz brewing in the birthing community. Midwives and Doulas everywhere are working hard to increase their knowledge and skills while passionately supporting the women and people in their community, in autonomy, power, and respect. But has indigenous wisdom been lost? Or worse, appropriated and stolen? For thousands of years, the business of birth support was left to wise women, and grannies. Have we lost a piece of our autonomy and birthing knowledge by "legitimizing" education, certifying birth workers, and ignoring the voices of the indigenous matriarchs who came before us?

Limpias Espirituales of Ancient Mesoamerican Shamans

Woman Who Glows in the Dark

A Guide to Pregnancy and Childbirth Through Meditation, Ayurveda, and Yoga Techniques

A Critical Reader

Mayan Healing and Chinese Medicine

Inclusive Education in African Contexts

The Other Movement

Shamanic Healing

**The first Navajo woman surgeon mixes Western medicine with traditional healing practices to create a uniquely modern synthesis that emphasizes harmony and a strong connection to the natural world. Reprint.**

**On Indian Ground: The Southwest is one of ten regionally focused texts that explores American Indian/Alaska Native/Native Hawaiian education in depth. The text is designed to be used by educators of native youth and emphasizes best practices found throughout the state. Previous texts on American Indian education make wide-ranging general assumptions that all American Indians are alike. This series promotes specific interventions and relies on native ways of knowing to highlight place-based educational practices. On Indian Ground: The Southwest looks at the history of Indian education within the southwestern states. The authors also analyze education policy and tribal education departments to highlight early childhood education, gifted and talented educational practice, parental involvement, language revitalization, counseling, and research. These chapters expose cross-cutting themes of sustainability, historical bias, economic development, health and wellness, and cultural competence. The intended audience for this publication is primarily those educators who have American Indian/Alaska Native/Native Hawaiian students in their educational institutions. The articles range from early childhood and head start practices to higher education, including urban, rural and reservation schooling practices. A secondary audience: American Indian education researcher.**

**Imagine a world in which people see themselves as embedded in the natural order, with ethical responsibilities not only toward each other, but also toward rocks, trees, water and all nature. Imagine seeing yourself not as a master of Creation, but as the most humble, dependent and vulnerable part. Rupert Ross explores this indigenous world view and the determination of indigenous thinkers to restore it to full prominence today. He comes to understand that an appreciation of this perspective is vital to understanding the destructive forces of**

colonization. As a former Crown Attorney in northern Ontario, Ross witnessed many of these forces. He examines them here with a special focus on residential schools and their power to destabilize entire communities long after the last school has closed. With help from many indigenous authors, he explores their emerging conviction that healing is now better described as "decolonization therapy." And the key to healing, they assert, is a return to the traditional indigenous world view. The author of two previous bestsellers on indigenous themes, *Dancing with a Ghost* and *Returning to the Teachings*, Ross shares his continuing personal journey into traditional understanding with all of the confusion, delight and exhilaration of learning to see the world in a different way. Ross sees the beginning of a vibrant future for indigenous people across Canada as they begin to restore their own definition of a "healthy person" and bring that indigenous wellness into being once again. *Indigenous Healing* is a hopeful book, not only for indigenous people, but for all others open to accepting some of their ancient lessons about who we might choose to be.

Leading scholars in the social sciences, public health and religion examine the embodied sacred practices of the world's religions, the history of alignment and tension between religious and public health institutions and the role of religious institutions in health and development efforts around the globe.

**The Arts of Indigenous Health and Well-Being**

**Life Stages and Native Women**

**"To Remain an Indian"**

**Pediatrician-Backed Secrets from Cultures Around the World**

**Understanding Older Chicanas**

**Rhythms of Recovery**

**Trauma, Nature, and the Body**

**Native Healer**

*Patrisia Gonzales addresses "Red Medicine" as a system of healing that includes birthing practices, dreaming, and purification rites to re-establish personal and social equilibrium. The book explores Indigenous medicine across North America, with a special emphasis on how Indigenous knowledge has endured and persisted among peoples with a legacy to Mexico. Gonzales combines her lived experience in Red Medicine as an herbalist and traditional birth attendant with in-depth research into oral traditions, storytelling, and the meanings of symbols to uncover how Indigenous knowledge endures over time. And she shows how this knowledge is now being reclaimed by Chicanos, Mexican Americans and Mexican Indigenous peoples. For Gonzales, a central guiding force in Red Medicine is the principal of regeneration as it is manifested in Spiderwoman. Dating to Pre-Columbian times, the Mesoamerican Weaver/Spiderwoman--the guardian of birth, medicine, and purification rites such as the Nahua sweat bath--exemplifies the interconnected process of rebalancing that transpires throughout life in mental, spiritual and physical manifestations. Gonzales also explains how dreaming is a form of diagnosing in traditional Indigenous medicine and how Indigenous concepts of the body provide insight into healing various kinds of trauma. Gonzales links pre-Columbian thought to contemporary healing practices by examining ancient symbols and their relation to current curative knowledges among Indigenous peoples. Red Medicine suggests that Indigenous healing systems can usefully point contemporary people back to ancestral teachings and help them reconnect to the dynamics of the natural world. Ê*

*Black Elk of the Sioux has been recognized as one of the truly remarkable men of his time in the matter of religious belief and practice. Shortly before his death in August, 1950, when he was the "keeper of the sacred pipe," he said, "It is my prayer that, through our sacred pipe, and through this book in which I shall explain what our pipe really is, peace may come to those peoples who can understand, and understanding which must be of the heart and not of the head alone. Then they will realize that we Indians know the One true God, and that we pray to Him continually." Black Elk was the only qualified priest of the older Oglala Sioux still living when The Sacred Pipe was written. This is his book: he gave it orally to Joseph Epes Brown during the latter's eight month's residence on the Pine Ridge Reservation in South Dakota, where Black Elk lived. Beginning with the story of White Buffalo Cow Woman's first visit to the Sioux to give them the sacred pipe, Black Elk describes and discusses the details and meanings of the seven rites, which were disclosed, one by one, to the Sioux through visions. He takes the reader through the sun dance, the purification rite, the "keeping of the soul," and other rites, showing how the Sioux have come to terms with God and nature and their fellow men through a rare spirit of sacrifice and determination. The wakan Mysteries of the Siouan peoples have been a subject of interest and study by explorers and scholars from the period of earliest contact between whites and Indians in North America, but Black Elk's account is without doubt the most highly developed on this religion and cosmography. The Sacred Pipe, published as volume thirty-six in the Civilization of the American Indian Series, will be greeted enthusiastically by students of*

*comparative religion, ethnologists, historians, philosophers, and everyone interested in American Indian life.*

*In his final work, the great and beloved Native American scholar Vine Deloria Jr. takes us into the realm of the spiritual and reveals through eyewitness accounts the immense power of medicine men. The World We Used To Live In, a fascinating collection of anecdotes from tribes across the country, explores everything from healing miracles and sacred rituals to Navajos who could move the sun. In this compelling work, which draws upon a lifetime of scholarship, Deloria shows us how ancient powers fit into our modern understanding of science and the cosmos, and how future generations may draw strength from the old ways.*

*Weaving archival records, ancient maps and narratives, and the wisdom of the elders, Roberto Cintli Rodriguez offers compelling evidence that maíz is the historical connector between Indigenous peoples of this continent. Rodriguez brings together the wisdom of scholars and elders to show how maíz/corn connects the peoples of the Americas.*

*American Indian Myths and Legends*

*The Ancestral Autobiography of a Coast Salish Punk*

*American Indians of the Southwest and Northern Mexico*

*A Man Among the Helpers*

*Ancient Wisdom for Modern Birth*

*Native American Voices*

*traditional medicine and nature; Mauritius, Reunion and Rodrigues*

*A Curandera Reveals Traditional Aztec Secrets of Physical and Spiritual Health*

**A practical guide to ancient Mesoamerican solar and lunar rites for healing and transformation • Details shamanic rituals and practices for each period of the day, including dawn, sunrise, noon, sunset, and midnight, to best harness the energies of the sun, night sun, and moon for specific purposes, such as divination, journeying with animal spirit guides, or spiritual wisdom • Incorporates shamanic breathwork, dreamwork, mantra chanting, mudras, dancing and movement, toning, chakra work, crystals, herbs, and limpieas (shamanic cleanses) • Explores how nighttime energies are affected by the phases of the moon, offering specific practices for each phase Ancient Mesoamerican shamans and modern practitioners of curanderismo--a Latin American shamanic healing practice--divide each day and night into distinct periods based on the sacred rhythms of the sun and moon, with each time offering opportunities to connect with specific celestial energies for healing and transformation. In this hands-on guide to working with the sacred energies of the sun, night sun, and moon, curandera Erika Buenaflor details the rites, rituals, and deities for each part of the day and night and explores the sacred tools and techniques used by ancient Mesoamerican shamans for harnessing solar and lunar energies. She explains how the sun is the source of soul energy that heals, animates, strengthens, and revitalizes us on many levels, while night energies are transformative and conducive for connecting with nonordinary realms. She explores rituals for dawn, sunrise, and midmorning to harness the energies of creation and new beginnings; for noon and afternoon to promote peak strength and spiritual wisdom; for sunset and dusk to bring about transformation, perform divination, and journey with animal spirit guides; and for midnight and predawn to facilitate shamanic dreamwork, connect with the ancestors, make offerings, and regenerate at the deepest levels. She also explores how nighttime energies are affected by the phases of the moon and offers specific practices for each phase. By intentionally tuning our activities to the rhythms of the sun and moon, we can invite in their sacred energies of abundance and healing for more healthy, creative, mindful, and happy lives.**

The classic edition of Rhythms of Recovery sheds light on rhythm, one of the most important components of our survival and well-being. It governs the patterns of our sleep and respiration and is profoundly tied to our relationships with friends and family. But what happens when these rhythms are disrupted by traumatic events? Can balance be restored, and if so, how? What insights do eastern, natural, and modern western healing traditions have to offer, and how can practitioners put these lessons to use? Is it possible to do this in a way that's culturally sensitive, multidisciplinary, and grounded in research? Rhythms of Recovery examines and answers these questions and provides clinicians with effective, time-tested tools for alleviating the destabilizing effects of traumatic events. It also explores integrative medicine, East/West medicine, herbal medicine, psychedelic medicine, complex trauma, yoga, and somatic and feminist therapies. For practitioners and students interested in integrating the insights of complementary/alternative medicine and 21st-century science, this deeply appealing book is an ideal guide.

A rare and inspiring guide to the health and well-being of Aboriginal women and their communities. The process of "digging up medicines" - of rediscovering the stories of the past - serves as a powerful healing force in the decolonization and recovery of Aboriginal communities. In Life Stages and Native Women, Kim Anderson shares the teachings of fourteen elders from the Canadian prairies and Ontario to illustrate how different life stages were experienced by Metis, Cree, and Anishinaabe girls and women during the mid-twentieth century. These elders relate stories about their own lives, the experiences of girls and women of their childhood communities, and customs related to pregnancy, birth, post-natal care, infant and child care, puberty rites, gender and age-specific work roles, the distinct roles of post-menopausal women, and women's roles in managing death. Through these teachings, we learn how evolving responsibilities from infancy to adulthood shaped women's identities and place within Indigenous society, and were integral to

the health and well-being of their communities. By understanding how healthy communities were created in the past, Anderson explains how this traditional knowledge can be applied toward rebuilding healthy Indigenous communities today.

Mexican American folk and religious healing, often referred to as curanderismo, has been a vital part of life in the Mexico-U.S. border region for centuries. A hybrid tradition made up primarily of indigenous and Iberian Catholic pharmacopeias, rituals, and notions of the self, curanderismo treats the sick person with a variety of healing modalities including herbal remedies, intercessory prayer, body massage, and energy manipulation. Curanderos, “healers,” embrace a holistic understanding of the patient, including body, soul, and community. *Border Medicine* examines the ongoing evolution of Mexican American religious healing from the end of the nineteenth century to the present. Illuminating the ways in which curanderismo has had an impact not only on the health and culture of the borderlands but also far beyond, the book tracks its expansion from Mexican American communities to Anglo and multiethnic contexts. While many healers treat Mexican and Mexican American clientele, a significant number of curanderos have worked with patients from other ethnic groups as well, especially those involved in North American metaphysical religions like spiritualism, mesmerism, New Thought, New Age, and energy-based alternative medicines. Hendrickson explores this point of contact as an experience of transcultural exchange. Drawing on historical archives, colonial-era medical texts and accounts, early ethnographies of the region, newspaper articles, memoirs, and contemporary healing guidebooks as well as interviews with contemporary healers, *Border Medicine* demonstrates the notable and ongoing influence of Mexican Americans on cultural and religious practices in the United States, especially in the American West.

Instructor's Guide

Religion As a Social Determinant of Public Health

The Southwest

Our Sacred Ma í z Is Our Mother

Red Medicine

Initiation into an Ancient Art

Traditional Medicine for the Modern World

Memory, Teachings, and Story Medicine

The Mud People

Learn how to cultivate your own magical garden, begin your journey with folk herbalism, and awaken to your place in nature through practical skills from an experienced Appalachian forager and witch. Witchcraft is wild at heart, calling us into a relationship with the untamed world around us. Through the power of developing a relationship with plants, a witch—beginner or experienced—can practice their art more deeply and authentically by interacting with the beings that grow around us all. Bridging the gap between armchair witchcraft and the hedge witch, *Wild Witchcraft* empowers you to work directly with a wide variety of plants and trees safely and sustainably. With *Wild Witchcraft*, Rebecca Beyer draws from her years of experience as an Appalachian witch and forager to give you a practical guide to herbalism and natural magic that will share: -The history of witchcraft and Western herbalism -How to create and maintain your own herbal garden -Recipes for tinctures, teas, salves, and other potions to use in rites and rituals -Spells, remedies, and rituals created with the wild green world around you, covering a wide range of topics, from self-healing to love to celebrating the turning of the seasons -And much more! *Wild Witchcraft* welcomes us home to the natural world we all dwell in by exploring practical herbal and magical rites grounded in historical practices and a sustainable, green ethic.

Drawing attention to the ways in which creative practices are essential to the health, well-being, and healing of Indigenous peoples, *The Arts of Indigenous Health and Well-Being* addresses the effects of artistic endeavour on the “good life”, or *mino-pimatisiwin* in Cree, which can be described as the balanced interconnection of physical, emotional, spiritual, and mental well-being. In this interdisciplinary collection, Indigenous knowledges inform an approach to health as a wider set of relations that are central to well-being, wherein artistic expression furthers cultural continuity and resilience, community connection, and kinship to push back against forces of fracture and disruption imposed by colonialism. The need for healing—not only individuals but health systems and practices—is clear, especially as the trauma of colonialism is continually revealed and perpetuated within health systems. The field of Indigenous health has recently begun to recognize the fundamental connection between creative expression and well-being. This book brings together scholarship by humanities scholars, social scientists, artists, and those holding experiential knowledge from across Turtle Island to add urgently needed perspectives to this conversation. Contributors embrace a diverse range of research methods, including community-engaged scholarship with Indigenous youth, artists, Elders, and language keepers. *The Arts of Indigenous Health and Well-Being* demonstrates the healing possibilities of Indigenous works of art, literature, film, and music from a diversity of Indigenous peoples and arts traditions. This book will resonate with health practitioners, community members, and anyone who recognize the power of art as a window, an entryway to access a healthy and good life.

A much-needed antidote to our modern, assembly-line approach to childbirth, this new book is designed as a guide for all who wish to participate in the wondrous process of bringing new life into the world. Its ideas derive from two sources: the ancient wisdom of Ayurveda, with its emphasis on body, mind, and spirit, and the latest Western scientific prenatal research. By integrating the best information from these two very different perspectives, this remarkable book gives readers the tools to ensure that our children are nourished by thoughts, words, and actions from the very moment of conception. *Magical Beginnings, Enchanted Lives* is rich in practical information, including strategies to help enliven the body intelligence of unborn babies, nourishing each of their five senses, as well as through Ayurvedically balanced nutrition and eating with awareness. Specific yoga poses and meditation techniques reduce the mother's stress and improve the infant's emotional environment, as do tips for conscious communication with a partner. Exercises prepare parents for the experience of childbirth itself, followed by natural approaches to dealing with the first weeks of parenting, from healing herbs to enhancing your milk supply to coping with postpartum depression. Inspiring, expansive, and remarkably

informative, this unique book from acclaimed experts in mind-body medicine will profoundly enhance the experience of pregnancy and birth for both parents and baby.

Describes the history and culture of the Native peoples of the regions on either side of the border with Mexico

African Religions

Walking in the Sacred Manner

The Sacred Pipe

Traditional Indigenous Rites of Birthing and Healing

Wind in the Blood

Lessons in Democracy from a Century of Native American Education

Yolqui, a Warrior Summoned from the Spirit World

Indigenous Experiences of Pregnancy and Birth

*Pediatrician Lisa Lewis offers the wisdom and proven caretaking practices of the cultures of the world, drawn from her own training, research, travel, and clinical experience.*

*A tutorial on the ancient practice of limpieas to heal the mind, body, and soul • Offers step-by-step instructions for the practice of limpieas, shamanic cleansing rituals to heal, purify, and revitalize people as well as physical spaces • Examines different types of limpia ceremonies, such as fire rites for transformation, water rites for cleansing and influencing, and sweeping rites for divination • Explores the sacred stories behind limpia rituals and traces these curanderismo practices to their indigenous roots Exploring the essential tools and practices of Mesoamerican shamans and curanderos, specifically the ancient Yukatek Maya and Mexica (Aztec), Erika Buenaflor, M.A., J.D., provides a step-by-step guide for conducting the most common practice within curanderismo: limpieas. These practical and incredibly effective shamanic cleanses heal, purify, and revitalize people and spaces with herbs, flowers, eggs, feathers, fire, and water. They are also powerful tools for self-empowerment, spiritual growth, soul retrieval, rebirth, and gracefully opening up pathways for new beginnings. Drawing on her 20 years' experience as a curandera and her graduate studies focused on Mesoamerican shamanism, the author traces modern curanderismo practices to their indigenous roots. She explores the sacred stories behind limpia rituals and examines different types of limpia ceremonies in depth, such as fire rites for transformation, water rites for cleansing and influencing, and sweeping rites for divination. She outlines how limpieas work holistically to enable one to let go and cleanse the body, mind, and spirit of limiting beliefs, traumas, and broken stories; heal acute and chronic illnesses such as depression, insomnia, and anxiety; and revitalize and activate sacred spaces by renewing their essence and clearing negative energies. She explains the healing properties of the plants used in limpia rites and how to perform the medicinal chants used by the curanderos. In addition, the author details how the practice of platicas, heart-straightening talks, supports limpia rites by encouraging one to vocalize their needs as they eject traumas and unwanted energies from the body, setting the stage for self-awareness and healing. Sharing the story of her own complete healing from a catastrophic injury with limpieas as well as inspirational testimonies from others who have experienced limpieas, the author provides a personal and thoroughly practical guide to the ancient shamanic method of limpieas to promote healing and personal transformation in our times.*

*With a specific focus on Alabama and Louisiana, reveals the political activism and momentum from the Civil Rights movement that resulted in the creation of intertribal Native American commissions and their fight for formal recognition and political prominence.*

*This unique reader presents a broad approach to the study of American Indians through the voices and viewpoints of the Native Peoples themselves. Multi-disciplinary and hemispheric in approach, it draws on ethnography, biography, journalism, art, and poetry to familiarize students with the historical and present day experiences of native peoples and nations throughout North and South America—all with a focus on themes and issues that are crucial within Indian Country today. For courses in Introduction to American Indians in departments of Native American Studies/American Indian Studies, Anthropology, American Studies, Sociology, History, Women's Studies.*

*A Mexican Tradition*

*Wild Witchcraft*

*Indigeneity and Belonging in the Americas*

*Healers, Dreamers, and Pipe Carriers--Medicine Wom*

*On Indian Ground*

*Exploring Traditional Paths*

*Indigenous Healing*

*Cleansing Rites of Curanderismo*

*Walking in the Sacred Manner is an exploration of the myths and culture of the Plains Indians, for whom the everyday and the spiritual are intertwined and women play a strong and*

*important role in the spiritual and religious life of the community. Based on extensive first-person interviews by an established expert on Plains Indian women, Walking in the Sacred Manner is a singular and authentic record of the participation of women in the sacred traditions of Northern Plains tribes, including Lakota, Cheyenne, Crow, and Assiniboine. Through interviews with holy women and the families of women healers, Mark St. Pierre and Tilda Long Soldier paint a rich and varied portrait of a society and its traditions. Stereotypical images of the Native American drop away as the voices, dreams, and experiences of these women (both healers and healed) present insight into a culture about which little is known. It is a journey into the past, an exploration of the present, and a view full of hope for the future.*

*The seminal work on Native religious views, asking questions about our species and our ultimate fate.*

*More than 160 tales from eighty tribal groups gives us a rich and lively panorama of the Native American mythic heritage. From across the continent comes tales of creation and love; heroes and war; animals, tricksters, and the end of the world. In addition to mining the best folkloric sources of the nineteenth century, the editors have also included a broad selection of contemporary Native American voices. With black-and-white illustrations throughout Selected and edited by Richard Erdoes and Alfonso Ortiz Part of the Pantheon Fairy Tale and Folklore Library*

*As a botanist, Robin Wall Kimmerer has been trained to ask questions of nature with the tools of science. As a member of the Citizen Potawatomi Nation, she embraces the notion that plants and animals are our oldest teachers. In Braiding Sweetgrass, Kimmerer brings these two lenses of knowledge together to take us on “a journey that is every bit as mythic as it is scientific, as sacred as it is historical, as clever as it is wise” (Elizabeth Gilbert). Drawing on her life as an indigenous scientist, and as a woman, Kimmerer shows how other living beings—asters and goldenrod, strawberries and squash, salamanders, algae, and sweetgrass—offer us gifts and lessons, even if we've forgotten how to hear their voices. In reflections that range from the creation of Turtle Island to the forces that threaten its flourishing today, she circles toward a central argument: that the awakening of ecological consciousness requires the acknowledgment and celebration of our reciprocal relationship with the rest of the living world. For only when we can hear the languages of other beings will we be capable of understanding the generosity of the earth, and learn to give our own gifts in return.*

*A Native View of Religion : the Classic Work Updated*

*Folk Herbalism, Garden Magic, and Foraging for Spells, Rituals, and Remedies*

*The Scalpel and the Silver Bear*

*Feed the Baby Hummus*

*A Very Short Introduction*

*Women's knowledge*

*Magical Beginnings, Enchanted Lives*

*Black Elk's Account of the Seven Rites of the Oglala Sioux*

An Indigenous artist blends the aesthetics of punk rock with the traditional spiritual practices of the women in her lineage in this bold, contemporary journey to and unleash her power and voice while searching for a permanent home. Sasha taq?s??blu LaPointe has always longed for a sense of home. When she was a child, she traveled around frequently, often staying in barely habitable church attics and trailers, dangerous places for young Sasha. With little more to guide her than a passion for the scene of the Pacific Northwest and a desire to live up to the responsibility of being the namesake of her beloved great-grandmother—a linguist who helped preserve the language of Lushootseed—Sasha throws herself headlong into the world, determined to build a better future for herself and her people. Set against the backdrop of the beauty of Coast Salish ancestral land and imbued with the universal spirit of punk, Red Paint is ultimately a story of the ways we learn to find our true selves and the right to claim a place of our own. Examining what it means to be vulnerable in love and in art, Sasha offers up an unblinking reckoning with personal traumas and the collective historical traumas of colonialism and genocide that continue to haunt native peoples. Red Paint is an intersectional autobiography of lineage, resilience, and the ability to heal.

A unique story of man's journey into the world of Native American spirituality.