

# Gift of Resiliency

T  
O  
S

# Ksakolikapuwoltine

- ▶ Greetings and Healing energy from our traditional Wabanaki Territory, in particular our unceded territory where the beautiful and bountiful river our Great Grandmother Wolastoq flows with our ancestral medicine of language. As Covid stills hovers seeking victims, we are guided by our traditional knowledge to resist and desist the toxins that pose a threat to our well-being.

# Standing Together Strong

- ▶ Our traditional healing ceremonies have fought these toxins before and some of our ancestors have survived them. This session will highlight and share some of the ceremonies used and continue to guide our path to resilience during the height of Covid-19. *Opolahsomuwehs 21.*

# Kci Kisuhs

- ▶ Great Winter Moon teaches us to ask for the medicine of forgiveness, through wolf ceremony, from all of creation. Before our new year arrives, we ask forgiveness from our relations to leave behind all our resentments.



# Opolahsomuwehs

- ▶ Moon of the Whirling Wind teaches us the medicine of peaceful thinking and peaceful relationships among all our relations. Spirit Bear models this medicine during hibernation to revive the gift of introspection and the power of dreams. Our Earth Mother rests during our winter moon for renewal as traditional healing stories circulate among our sacred home fires.



# Piyatokonisuwi Kisuhs

- ▶ Moon of the Spruce  
Tips Falling teaches  
us the medicine of  
conducting mid-  
winter ceremonies to  
remember those  
who went before us  
and those yet to be  
born. Healing songs  
are shared with all of  
creation.



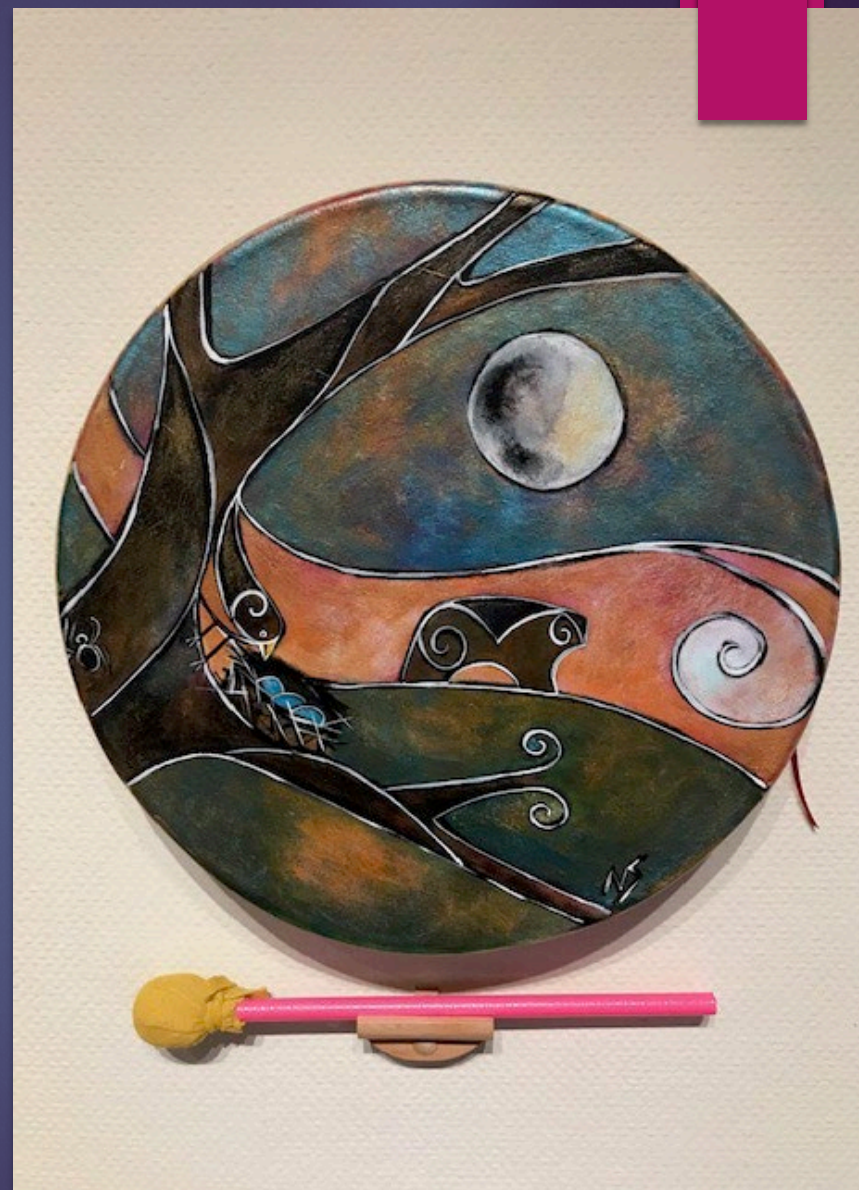
# Toqasqoni Kisuh

- ▶ First Moon of Spring teaches us the medicine of survival from a harsh winter. Spring Equinox gifts renewal of mind, body, heart and spirit needed for our personal strength and endurance.
- ▶



# Ponatomuwi Kisuhs

- ▶ Egg Laying Moon teaches us the medicine of our Earth Mother and all her children of creation. We celebrate revitalization and birth of a new creation to guide our healing journeys.





# Siqonomeqi Kisuhs

- ▶ Gaspereaux Moon teaches us the medicine of interdependence for all survival. Our Knowledge Keepers teach us to carry our gift of language for seven generations. Our languages and traditional knowledge left behind by our ancestors hold the medicine we need to survive as a strong proud nation. A special mention to my teacher Sacred Pipe Carriers who were born on the same day on May 23<sup>rd</sup>. Beloved and missed, "Elder 'Samaqan and Elder Saqatay".
- ▶



# Niponi Kisuhs



- ▶ Summer Moon teaches us the medicine of ceremonial sweetgrass and many more summer medicines. Summer Solstice is a time for gratitude. It is the season of ceremonial gatherings, traditional dancing, fasting, tasting summer treats and celebrating our shared existence to fill our hearts with joy and love.
- ▶

# Apsqe Kisuhs

- ▶ Feather Shedding Moon teaches us the medicine of our Sundance Ceremonies. The sacred rituals of sacrifice of fasting, praying, ceremonially dancing together, to keep our spirits forever strong to face our life challenges. Our Eagle relatives teach us to ask for their help in seeking a vision of strength and fortitude for our personal healing and especially for all of creation. Eagle feathers and fans heal all wounds.

▶.





# Kopuwahci Kisuhs

- ▶ Moon of Falling Leaves teaches us the medicine of our forest. The Standing Ones teach us about interdependence. Our forest provides more than shelter, food, shade and medicinal properties, our forest also provides spiritual healing. Our Birch tree for example requests our burdens in order to heal our heavy hearts, hungry spirits and overburdened minds. Our forests are full of healing guides awaiting our trust in their healing energies.
- ▶

# Mustewi Kisuh

- ▶ Moose Calling Moon teaches us the medicine of Harmony through Hunting. Our Moose is so sacred in giving so generously their life in order for our survival. Moose provides not only sustenance but also provides our traditional clothing, moccasins and sacred drums. Autumn Moon teaches us to gather our seasonal food, medicines and firewood. Gratitude is our gift to Autumn Moon.

# Wihkewi Kisuhs

- ▶ Salmon Spawning Moon teaches us the medicine of sacred places, council fires, sacred sweat lodge stones, sweat lodges and all our ceremonies. Talking circles are healing and teach us to respectfully listen to each others ideas without prejudice as we seek shared truth. Our Salmon and Muskrat Clans are desired medicines of this moon as they remind us the gift of our identity and will keep the doors to our sacred lodges forever open.



# Keltonuhket Kisuhs

- ▶ Freezing Moon teaches us the medicine of inner strength. Our ancestors left behind their healing tracks of wisdom for us to follow within our own DNA. Freezing Moon teaches us to look within our own hearts, spirits and minds to seek their strength. We hear our ancestors when our Earth Mother begins to freeze her rivers, forests and lakes. Snowshoes remember the path of our ancestors.



# Sankewi Kisuhs

- ▶ Thirteenth Moon teaches us the medicine of grandmother teachings. Every night, our grandmother moon watches over us. They teach us to take care of our lives, during our earth walk and when we return to our spirit walk. Before our birth, we hear the echo of our grandmothers who went before us within the wombs of our mothers. At Birth, we hear the echoes of our grandmothers again whenever we sound our sacred drums. All Grandmother Drums are our medicine.





Mind

Language  
Bundles

Language App

Storytelling

Language  
Learning

Traditional  
Games

Heart

Sacred Space

Sacred Colors

Water

Ceremony

Community  
Outreach

Drumming

Songs

Spirit

Cedar

Sweetgrass

Red Willow

Sage

Fasting

Sacred Pipes

Naming  
Ceremonies

Dr. Imelda Perley/  
Opolahsomuwehs '21

Dr. Imelda Perley/  
Opolahsomuwehs '23

Wolankeyasine  
Caring for each other

# Woliwon/Welalin Miigwetch

- ▶ [iperley@unb.ca](mailto:iperley@unb.ca)
- ▶ Twitter: askomiw150
- ▶ 506 461-0602

