

Mikwendaagwad Sacred Circle CBT

CIRCLE OF STRENGTH



Nourish Mind Body Soul

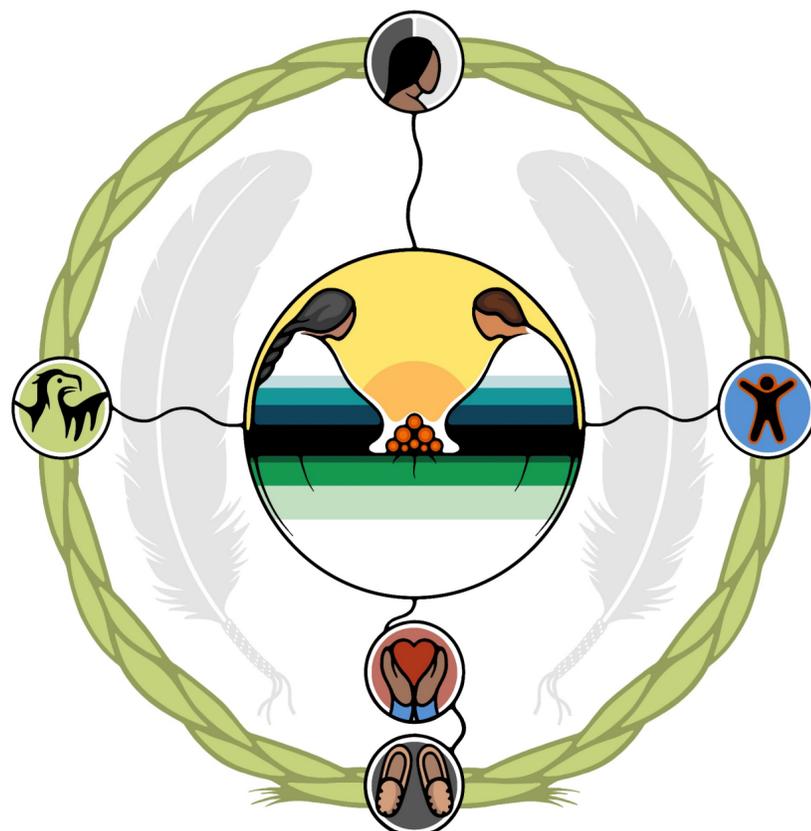
Sweetgrass braids remind us of many teachings. To nourish mind, body & spirit. That we are stronger together in unity and having unity within ourselves. Sweetgrass, the hair of Mother Earth reminds us she is always there and still following her original instructions to care for and sustain us.

Model of Health

In the circle we are all equal. When in the Circle, no one is in front of you. No one is behind you. The Sacred Circle is designed to create unity. It is this completeness of Life that must be respected in order to bring about health on this planet. Dave Chief Oglala Lakota

All my relations

You are part of the great, sacred circle of life, connected and interconnected to all of creation. You are part of Mother Earth, and she part of you. You have family, community, nation, clan. All your relations are not only your family and ancestors but the clans and tribes of ancient treaties with the four legged and insects, the water and trees.



You are at the centre of the universe

"I was taught that, wherever we are, we are at the center of the universe. The horizon around us reminds us of this fact. No matter how far we go, we still see the edge of the visible Earth equidistant around us in all directions; no matter how far we go, the Sky still stretches itself over us. This constant presence reminds us of the Sacred Hoop of All the Nations, Changleshka Wakan, and the Circle of Life, Womime Wichoni. Black Elk has said "peace enters the human soul when it recognizes its oneness with the universe and that the Creator dwells in the Seventh Direction, at the centre of the universe, which is everywhere and within each person." Distant Eagle, Lakota teachings, 2005

The Circle Has Healing Power...focus groups in one study revealed that 44% of their respondents found indigenous-based spirituality to be an effective means of healing from addiction. Hazel and Mohatt's 2011 study as well as Kelley et al 2018 also showed indigenous spirituality to be a protective factor as it strengthens community bonds. (Sweers, B 2021).