

Healing, Wellness & Meditation




**ONECA Conference,
November 2, 2022**

Ohęndo Gaihwa dehgo Ganohonyok~Words Before All Else

The People Today we have gathered and we see that the cycles of life continue. We have been given the duty to live in balance and harmony with each other and all living things. So now, we bring our minds together as one as we give greetings and thanks to each other as people. Now our minds are one.

Mother Earth We are all thankful to the earth, who we refer to as our Mother. She gives us all that we need for life. She supports our feet as we walk about upon her. To our Mother, we send greetings and thanks. Now our minds are one.

Our Helpers Now we acknowledge Creator's assigned helpers: our sustenance; the leader is the deer, the plants & medicines; the strawberry is the leader, the trees; the Maple is the leader, all bodies of water, our eldest brother the Sun, Grandmother Moon, and the 4 winds. Now our minds are one.



Handsome Lake Now we acknowledge one of our prophets who brought Creator's message to our people. We give thanks for this divine guidance & support. Now our minds are one.

4 Guardian Beings Now we acknowledge and give thanks to the Four Guardian Beings who are Creators' closest helpers. They help our minds to have peace on the good road. Now our minds are one.

Creator Now we acknowledge the Creator of all life. We are grateful we still able to receive your continual love to help uplift our minds. Now our minds are one.

What is Gratitude

Brene Brown Joy & Gratitude (insert video)

- A practice of gratitude invites joy
- <https://youtu.be/2IjSHUc7TXM>

First Step...

Mindfulness helps us create awareness of our thoughts, beliefs, behaviours, values. Ask yourself:

- Where does my attention go?
- What do I focus on?
- Does it align with my priorities?

Where Are My Thoughts? Slowing Down the Mind....

What You Want?

- Raises your excitement, motivation
- Creates hope & positivity

What You DON'T want

- Creates fear & negativity
- Pessimistic thoughts

Thoughts are powerful energy bubbles! Every minute we are here, we can choose our thoughts. LIKE ATTRACTS LIKE!

How Do We Sustain A High Vibration?

- “flipswitching”
- Repatterning unconscious thoughts
- Affirmations
- Think about what you would like to create
- Create boundaries
- Surround yourself with high vibrational people
- Practice clean eating
- Exercise
- Choose inspirational music, art, websites, podcasts
- Essential oils

PRACTISE the pause

What If I'm Stuck? How Do I Make Change?

- Self-awareness is key step in recognizing a need to shift
- Know that whatever the context, you have the power to change your thoughts & energy.
- Sometimes that can be enough to help you break a pattern or address a behaviour.
- Powerful enough to shift our perceptions

Dowsing Your Energy

- Pendulums are designed to sense energy. They can be a helpful tool for confirmation
- I will use them today to test your energy centres or chakras.

Chakra Clearing MEDITATION



Breathing Techniques

A) Conscious breathing: in through mouth, out through mouth. 2 sets of 10

B) Breath to let go: 2 short inhales in nose, long exhale through mouth.

C) Energizing breath

<https://youtu.be/NH0ZdkGSAPU>

- Debrief, sharing
- Questions? Comments?
- Closing

Nyawen (thank you) for listening

Michelle Thomas

michelle@michellethomas.ca

(226) 934-3881