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ANGEL PRATT

Native Ethnography Simon and Schuster

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 reclaim her heritage and unleash her power and voice while searching for a permanent home. Sasha taqʷəɬəlu LaPointe has always longed for a sense of home. When she was a child, her family moved 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 thriving punk 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 her Indigenous language of Lushootseed—Sasha throws herself headlong into the world, determined to build a better future for herself and her people. Set against a backdrop of the breathtaking 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 while fighting for our 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 amplified by the collective historical traumas of colonialism and genocide that continue to haunt native peoples. *Red Paint* is an intersectional autobiography of lineage, resilience, and, above all, the ability to heal.

Tibes Bloomsbury Publishing USA

Covers rituals for women who are interested in a feminist spiritual path, following the woman's life cycle from puberty to death.

Red Earth, White Lies Odyssey Editions

This edited volume focuses on the role of traditional or indigenous healers, as well as the application of traditional healing practices in contemporary counseling and therapeutic modalities with Latina/o people. The book offers a broad coverage of important topics, such as traditional healer's views of mental/psychological health and well-being, the use of traditional healing techniques in contemporary psychotherapy, and herbal remedies in psychiatric practice. It also discusses common factors across traditional healing methods and contemporary psychotherapies, the importance of spirituality in counseling and everyday life, the application of indigenous healing practices with Latina/o undergraduates, indigenous techniques in working with perpetrators of domestic violence, and religious healing systems and biomedical models. The book is an important reference for anyone working within the general field of mental health practice and those seeking to understand culturally relevant practice with Latina/o populations.

Love Medicine Oxford University Press

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.

Sacred Instructions ECW Press

In this book, the authors highlight the importance of eliminating health disparities and increasing the access of Native Americans to critical substance abuse and mental health services. While most chapters are framed in scientific terms, they are concerned with promoting healing through changes in the way we treat our sick—spiritually, traditionally, ceremonially, and scientifically—whether in rural areas, on reservations, and in cities. The book will be a valuable resource for medical and mental health professionals, medical anthropologists, and the Native health community. Visit our website for sample chapters!

Uneven Ground Waveland Press

Identity of plants, including habitat and distribution; preparation and use of remedies, chemical analysis of plants.

Traditional Bush Medicines U of Minnesota Press

Vine Deloria, Jr., leading Native American scholar and author of the best-selling *God is Red*, addresses the conflict between mainstream scientific theory about our world and the ancestral worldview of Native Americans. Claiming that science has created a largely fictional scenario for American Indians in prehistoric North America, Deloria offers an alternative view of the continent's history as seen through the eyes and memories of Native Americans. Further, he warns future generations of scientists not to repeat the ethnocentric omissions and fallacies of the past by dismissing Native oral tradition as mere legends.

Yolqui, a Warrior Summoned from the Spirit World A&C Black

Improving the dire health problems faced by many Native American communities is central to their cultural, political, and economic well being. However, it is still too often the case that both theoretical studies and applied programs fail to account for Native American perspectives on the range of factors that actually contribute to these problems in the first place. The authors in *Medicine Ways* examine the ways people from a multitude of indigenous communities think about and practice health care within historical and socio-cultural contexts. Cultural and physical survival are inseparable for Native Americans. Chapters explore biomedically-identified diseases, such as cancer and diabetes, as well as Native-identified problems, including historical and contemporary experiences such as forced evacuation, assimilation, boarding school, poverty and a slew of federal and state policies and initiatives. They also explore applied solutions that are based in community prerogatives and worldviews, whether they be indigenous, Christian, biomedical, or some combination of all three. *Medicine Ways* is an important volume for scholars and students in Native American studies, medical anthropology, and sociology as well as for health practitioners and professionals working in and for tribes. Visit the UCLA American Indian Studies Center web site *Plural Medicine, Tradition and Modernity, 1800-2000* Springer Science & Business Media
 In the early 1970s, the federal government began recognizing self-determination for American Indian nations. As sovereign entities, Indian nations have been able to establish policies concerning health care, education, religious freedom, law enforcement, gaming, and taxation. David E. Wilkins and K. Tsianina Lomawaima discuss how the political rights and sovereign status of Indian nations have variously been respected, ignored, terminated, and unilaterally modified by federal lawmakers as a result of the ambivalent political and legal status of tribes under western law.

Red Medicine Rowman Altamira

"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 Praise for *WOMAN WHO GLOWS IN THE DARK* "This is a book that we've been awaiting for years—one that unites the best medicine from the ancient past with the deepest needs of the contemporary heart and soul."—Clarissa Pinkola Estés, Ph.D., author of *Women Who Run with the Wolves*, *The Gift of Story*, and *Faithful Gardener* "Elena Avila's book is a combination manual, memoir, and healing chant. I'm so glad these stories and secrets - which have been known orally by our culture for ages - are finally down on paper." —Julia Alvarez, author of *How the García Girls Lost Their Accents* "Avila shatters myths about curanderismo and reminds us that it's just as important today as it was centuries ago."—The Austin Chronicle "In this age of impersonal and technologic health care, Elena Avila's book gives the reader permission to rely on what has all too often been forgotten. Her message—that healing cannot occur without the heart, instincts, wisdom, and compassion of the healer—is given with grace and simplicity."—Barbara Dossey, R.N., M.S., HNC, FAAN, Director, Holistic Nursing Associates "Truthful, often painful, always riveting, *WOMAN WHO GLOWS IN THE DARK* reveals how the practices of curanderismo can heal the soul sickness not addressed by Western medicine."—Rudolfo Anaya, author of *Bless Me, Ultima* "Grounded in the earth, at home in both modern and indigenous medicine, Elena Avila is a true emissary of healing, casting a brilliant glow into the dark of all medicine that denies the soul. As a human, I cherish Elena's light. As a psychiatrist, I welcome her insight."—Judith Orloff, M.D., author of *Second Sight* and *The Genius of Empathy* "Avila is entertaining and often humorous...Without climbing on a soapbox, [her] narrative demonstrates what's missing from most American medical practices, and how many patients could be helped so much more than they are now."—Kirkus Reviews

The Sacred Pipe UNESCO Publishing

For young readers, the collected wisdom and traditions of Ojibway elders.

Latina/o Healing Practices University of Alabama Press

Five hundred years of colonization have taken an incalculable toll on the Indigenous peoples of the Americas: substance use disorders and shockingly high rates of depression, diabetes, and other chronic health conditions brought on by genocide and colonial control. With passionate logic and chillingly clear prose, author and educator Suzanne Methot uses history, human development, and her own and others' stories to trace the roots of Indigenous cultural dislocation and community breakdown in an original and provocative examination of the long-term effects of colonization. But all is not lost. Methot also shows how we can come back from this with Indigenous ways of knowing lighting the way.

Reproduction on the Reservation Univ. of Manitoba Press

A tutorial on the ancient practice of limpias to heal the mind, body, and soul • Offers step-by-step instructions for the practice of limpias, 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 Buenafior, M.A., J.D., provides a step-by-step guide for conducting the most common practice within curanderismo: limpias. 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 limpias 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 limpias as well as inspirational testimonies from others who have experienced limpias, the author provides a personal and thoroughly practical guide to the ancient shamanic method of limpias to promote healing and personal transformation in our times.

Rite out of Place Routledge

During the winter of 1947, Black Elk, the Oglala Sioux holy man, related to Joseph Brown seven of the sacred Oglala traditions, including such revered rites as "The Keeping of the Soul", "The Rite of Purification", and "Preparing for Womanhood". The San Francisco Chronicle calls *The Sacred Pipe* "a valuable contribution to American Indian literature".

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Life Stages and Native Women Harper Collins

It is generally recognized today that the United States has a need to contribute to the improvement of health throughout the world. The need stems from the interrelationships that exist between the health of Americans and the health status of the rest of the people on "Spaceship Earth." Disease does not respect national boundaries, and the frequency of travel and trade between countries increases each year. It further relates to the opportunities found in international settings to help solve health problems more effectively and efficiently. This includes the unique human resources that are found throughout the world as well as certain natural ecological conditions that cannot be duplicated in the United States. The United States also has a responsibility to contribute to improved health status. Our tradition of humanitarianism alone supports such a responsibility, but our comparative wealth of technical and financial resources dictates a requirement to participate. Modern political realities define relationships between developed and developing countries that will not allow us to isolate ourselves from the compelling health needs of a majority of the world's population.

God Is Red Penguin

The first of Louise Erdrich's polysymphonic novels set in North Dakota - a fictional landscape that, in Erdrich's hands, has become iconic - *Love Medicine* is the story of three generations of Ojibwe families. Set against the tumultuous politics of the reservation, the lives of the Kashpaws and the Lamartines are a testament to the endurance of a people and the sorrows of history.

Toward a New Definition of Health University of Arizona Press

The prehistoric civic-ceremonial center of Tibes is located on the southern coast of Puerto Rico, just north of the modern coastal city of Ponce. This volume examines the geophysical, paleoethnobotanical, faunal, lithic, base rock, osteology, bone chemistry and nutrition, social landscape, and ceremonial constructs employed at Tibes.

Medicine Ways UNC Press Books

This book explains the role that peyote—a hallucinogenic cactus—plays in the religious and spiritual fulfillment of certain peoples in the United States and Mexico, and examines pressing issues concerning the regulation and conservation of peyote as well as issues of indigenous and religious rights. Why is mescaline—an internationally controlled substance derived from peyote—given exemptions for religious use by indigenous groups in Mexico, and by the pan-indigenous Native American Church in the United States and Canada? What are the intersections of peyote use, constitutional law, and religious freedom? And why are natural populations of peyote in decline—so much so that in Mexico, peyote is considered a species needing "special protection"? This fascinating book addresses these questions and many more. It also examines the delicate relationship between "the needs of the plant" as a species and "the needs of man" to consume the species for spiritual purposes. The authors of this work integrate the history of peyote regulation in the United States and the special "trust responsibility" relationship between the American Indians and the government into their broad examination of peyote, a hallucinogenic cactus containing mescaline that grows naturally in Mexico and southern Texas. The book's chapters document how when it comes to peyote, multiple stakeholders' interests are in conflict—as is often the case with issues that involve ethnic identity, religion, constitutional interpretation, and conservation. The expansion of peyote traditions also serves as a foundation for examining issues of international human rights law and protections for religious freedom within the global milieu of cultural transnationalism.

Understanding Older Chicanas AltaMira Press

A "profound and inspiring" collection of ancient indigenous wisdom for "anyone wanting the healing of self, society, and of our shared planet" (Peter Levine, author of *Waking the Tiger: Healing Trauma*). A Penobscot Indian draws on the experiences and wisdom of the First Nations to address environmental justice, water protection, generational trauma, and more. Drawing from ancestral knowledge, as well as her experience as an attorney and activist, Sherri Mitchell addresses some of the most crucial issues of our day—including indigenous land rights, environmental justice, and our collective human survival. Sharing the gifts she has received from the elders of her tribe, the Penobscot Nation, she asks us to look deeply into the illusions we have labeled as truth and which separate us from our higher mind and from one another. *Sacred Instructions* explains how our traditional stories set the framework for our belief systems and urges us to decolonize our language and our stories. It reveals how the removal of women from our stories has impacted our thinking and disrupted the natural balance within our communities. For all those who seek to create change, this book lays out an ancient world view and set of cultural values that provide a way of life that is balanced and humane, that can heal Mother Earth, and that will preserve our communities for future generations.

Cleansing Rites of Curanderismo SAGE Publications

Indigenous Motherhood in the Academy fills a longtime gap in higher education literature that has excluded Indigenous women scholar voices. The essays cover diverse topics such as acknowledging ancestors and grandparents in one's mothering, how historical trauma and violence plague the past, how culture and place impact mothering, how academia impacts mothering, how mothering impacts scholarship, and how to negotiate loss and other complexities between motherhood and one's role in the academy.