

Subject Kamâmak
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To PTSD2016 <ptsd2016@mun.ca>
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(This one is still a work in progress, but this is what was shared at the conference.)

Kamâmak

Turning cedar and birch into canoes, baskets, and earrings.
Transforming Seal's fur into mittens and purses.
Gathering stones to remind us of the 7 Grandfather teachings.
Acknowledging the process of destructive change for over 500 years.
Taking healing into our own hands.

Walking across Turtle Island, demanding to be heard.
Crossing territory to territory, unceded and unsurrendered.
Climbing mountains and crossing plains.
Dipping our feet in waters coast to coast to coast.
Reconnecting to Mother Earth, and spending time truly listening to her.

Honouring traditional ways of healing.
Looking to Elders for knowledge,
while keeping our hearts open to Spirit to receive new teachings.
Weighted down with realities of the past.
Struggling to breathe after experiencing our own traumas, and helping others through theirs.
Feeling the triggering effects of government officials, police, courts, death after death of loved ones,
and more.

Pray hard. Set it free.
Give it up to Creator.
Watch it drift away in the smoke on the wind.
Hey Win Nye.

Amelia Reimer, 2016