

Overcoming Problems, adversity, situations

Being a USMC veteran, I had to face life on life terms, Having acquiring some issues from Military service such a PTSD & Trauma brain injury and other insurrection quilt of things I experience such a dealing with Death and watching people dying & taking their last breath. I suffered & acquired from a multiply of compulsive additive behaviors one of those was alcoholism. 30 plus years of AA has helped me to overcome many aspects of life. From the military I learned to improvise, adapted, and overcome.

From my knowledge & experience a person cannot overcome by their self Help is needed but reaching out for help is another thing

Many must first grasp the mental emotional issues that plague in life until they are clear enough to understand reason. most important part is finding a higher power God or something greater than them. Many are pulled away from religious beliefs, probably due to being hurt or admonished by self-righteous people from churches and other practices of religion-myself included. or many just don't believe in God -which is (good orderly direction) well I don't believe in the easter bunny, Santa Claus,Etc. but in reality, they exist whether I believe or Not.

In theory an atheist must know there's a God in order Not To believe and spend a lifetime trying to prove there is No God. Or that God does not exist. So, intent to telling people they don't believe in God yet they're always talking about God that they are disbelieve in,

So, in my opinion for native indigenous faith and believe in higher power comes from ancestor Culture of words and stories handed down by forefathers

Wonk tokeka Grandfather ,great spirit ,mother earth, nature & years of wisdom . The soul. body ,mind understands the spiritual awaken

Problems are of our own making, life choices made wrong, decisions that were compounded by emotions & wrong choices or being with people, places, & things we shouldn't have chosen.

What can you do about a problem right now that is in front of you

My example is from the AA Book, Turn to page 170 not page 171. When you realize what that page is saying, it makes you pause & Think.

What's on that page? It is blank -- the answer is Nothing

So, the problem that's at the moment, that you can do Nothing. the problem, the circumstance is something you cannot change, it is exactly the way it is supposed to be.

What you can do is change how you react to it-acceptance is the key to all problems,

Feeling pain is normal, to feel fear or hopelessness is to be Human, pain is the threshold to spirituality, dealing with adversity takes strength, courage & wisdom

Finding serenity at that moment in time might require changing your stinking thinking & views of life and chaos that exist in this world.

Many know & use The Serenity Prayer-- God grant me the serenity to accept the things I cannot change; Courage to change the things I can; And wisdom to know the difference .but the prayer contains ---Living one day at a time; Enjoying one moment at a time; Accepting hardships as the pathway to peace; Taking, as He did, this sinful world As it is, not as I would have it; Trusting that He will make all things right If I surrender to His Will; So that I may be reasonably happy in this life And supremely happy with Him Forever and ever in the next. Amen. A prayer attributed to Reinhold Neibuhr (1892-1971)

I use the first nations version of the New Testament it is spoken in Native Indigenous way, and it reflects the culture understanding from a first nations perspective.

Two days not to worry about Yesterday & Tomorrow- Yesterday had hard aches & sorrows Those cannot be changed. there Gone. Tomorrow may have its plans & appointments; it is unreal unborn not now. When you put those two days into TODAY. you are more likely to fail.

Today is now, you can change at any moment, turn around or change to make Better, your attitude and feelings

Today is the Present & that's why it's a Gift

What does it take to be an Elder?

*This thought-provoking letter
was emailed anonymously...*

An Elder is thoughtful, strong and also compassionate. An Elder condemns all kinds of violence and abuse, not just those kinds that it is convenient for them to condemn. An Elder stands up for the weak and speaks truth to power.

An Elder is not perfect, but neither is he or she a hypocrite. An Elder recognises that his or her strength comes from a long line of ancestors and their accumulated wisdom. An Elder is always learning.

An Elder is somebody you

can expect a fair go from. An Elder will not attack you when you least expect it. Instead, an Elder will stand up for you when you most need it.

An Elder will definitely not take responsibility for you, but will encourage you to take responsibility for yourself and stand alongside you while you try.

An Elder knows that true dignity comes from within and that nobody can make you feel inferior without your consent. An Elder is slow to anger, but fierce in his or her defence of the oppressed.

An Elder understands that our history of colonisation has left many of us hurting and

afraid. An Elder will not manipulate our hurt and fear, but will help us to see that we can overcome it together.

An Elder has a vision for a better and more peaceful community. An Elder lives in such a way to make this community happen.

Elders do not hit women or children. Elders do not rape men, women or children. Elders do not tolerate the abuse of any man, woman or child in their community. EVER.

Are you an Elder? Or are you just old?

A Koori Woman
northern NSW

Native American regalia is a powerful expression of culture, history, and spirituality, encompassing traditional clothing and accessories used in ceremonies and events.

Definition and Significance

Native American regalia refers to the ceremonial clothing and adornments worn by indigenous peoples during significant events such as powwows, Weddings, and other cultural ceremonies. Unlike costumes, regalia is deeply personal and carries significant cultural, familial, and tribal meanings. Each piece is often handcrafted and reflects the wearer's identity and heritage.

Materials and Craftsmanship

Regalia

- 1. Clothing:** This includes dresses, shirts, leggings, and aprons, which vary significantly among tribes. The style and decoration often reflect the specific dance or ceremony.
- 2. Headwear:** Headdresses, headbands, and feather bustles are integral components of regalia, often signifying status and cultural identity.
- 3. Accessories:** Dancers may carry items such as feathered fans, staffs, or other symbolic objects that enhance their connection to the dance and its spiritual significance.

Visting Pows Wows & other native events

1. **Don't claim you have Native American heritage**
2. **Don't point with your finger**
3. **Don't think of a dancer's outfit as a costume**
4. **Don't forget to be careful with your words**
5. **Don't eat before the elders**

Native American culture is a rich tapestry of traditions, beliefs, and practices that vary widely among the over 570 federally recognized tribes in the United States, each with its unique identity and heritage.

Key Aspects of Native American Culture

1. **Diversity of Tribes:** Native American culture is not monolithic; it encompasses a vast array of tribes, each with distinct languages, customs, and traditions. For example, the Navajo, Cherokee, Sioux, and Iroquois have unique cultural practices and beliefs that reflect their histories and environments.

Spiritual Beliefs: Many Native American cultures are rooted in animism, animism

animism (noun)

1. **the attribution of a living soul to plants, inanimate objects, and natural phenomena.**
2. **the belief in a supernatural power that organizes and animates the material universe:**

the belief that all natural objects have spirits. This worldview fosters a deep connection to the land and nature, influencing their rituals and ceremonies. Spiritual practices often include rituals like the Ghost Dance and Vision Quests , which are integral to their cultural identity.

2. **Art and Expression:** Native American art is a vibrant expression of cultural identity, with styles varying by region. For instance, Pueblo pottery is renowned for its intricate designs, while Pacific Northwest tribes are known for their totem Poles and woven textiles. These art forms serve not only as aesthetic expressions but also as means of storytelling and preserving history.
3. **Community and Kinship:** Kinship plays a crucial role in Native American societies, where relationships extend beyond immediate family to include the entire clan or tribe. This communal structure fosters a strong sense of

responsibility & collective well-being, often leading to consensus-based decision-making in governance.

- 4. Traditions and Ceremonies: Various traditions, such as the stomp dance practiced by Eastern Woodland tribes, highlight the importance of community and seasonal cycles. These dances often symbolize life-giving forces and are performed during significant times, such as harvests.**
- 5. Historical Context: Native American cultures have faced significant challenges due to colonization, including loss of land, culture, and autonomy. Despite these adversities, many tribes are actively working to revitalize their languages, traditions, and governance systems, striving for greater recognition and rights.**
- 6. Contemporary Issues: Today, Native American communities continue to confront issues such as poverty, limited access to education and healthcare, and the fight for land rights. Supporting these communities involves understanding their specific needs and respecting their cultural integrity.**

Conclusion

Native American culture is a vital part of the broader American heritage, characterized by its diversity, resilience, and deep connection to the land. Understanding and appreciating this culture is essential for fostering respect and support for Native communities today. By learning about their traditions and challenges, we can contribute to the preservation and celebration of their rich cultural legacy.