



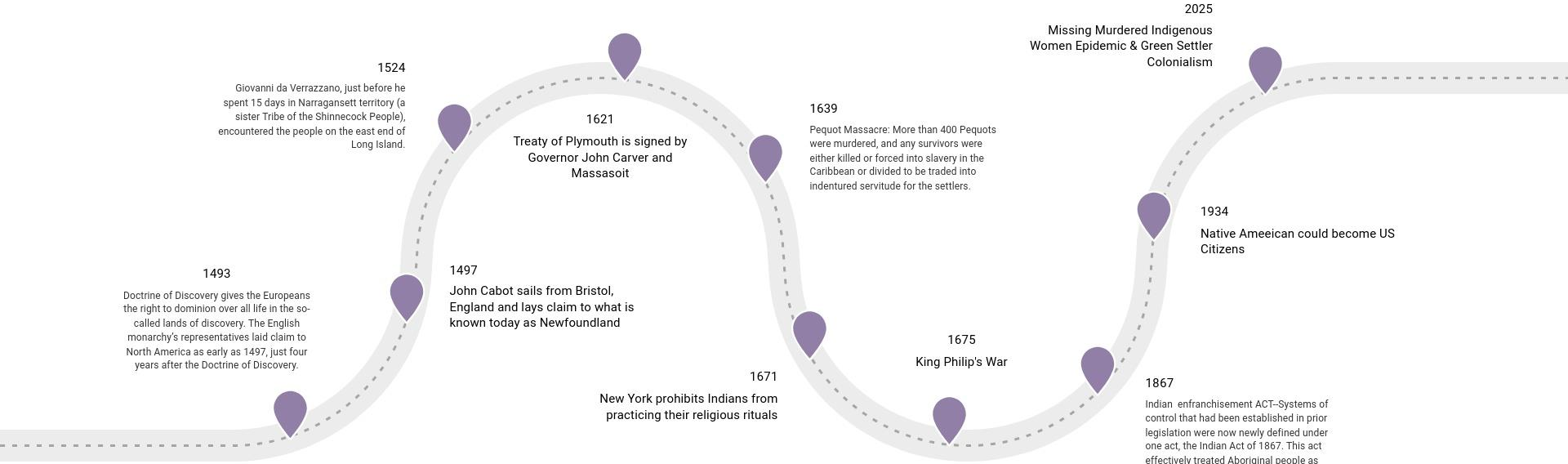
Healing Layers of Trauma Through Traditional Indigenous Practices

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The Role of Traditional Indigenous Healing Practices

Traditional healing practices in Indigenous communities are holistic approaches that address the mental, emotional, physical, and spiritual well-being of individuals. These practices are deeply rooted in cultural traditions, community relationships, and a deep connection to the land and natural world.





The Science of Gene Expression and Healing

Introduction to Gene Expression

Gene expression is the process by which the instructions in our DNA are converted into functional proteins and other molecules that define our physical and behavioral characteristics. It is influenced by a variety of environmental and cultural factors.



The Science of Gene Expression and Healing

Trauma and Epigenetics

Traumatic experiences can lead to changes in gene expression through a process called epigenetics. Epigenetic modifications can 'overwrite' genetic information, potentially leading to long-term consequences like increased stress response or altered immune function.



The Science of Gene Expression and Healing

Traditional Healing Practices

Many indigenous cultures have developed traditional healing practices that may help to 'overwrite' negative gene expressions linked to trauma. These practices often involve connection to nature, community, and spiritual/ancestral traditions.



The Science of Gene Expression and Healing

Mindfulness and Meditation

Mindfulness-based practices like meditation have been shown to influence gene expression, potentially reversing the negative impacts of trauma by reducing inflammation and promoting healthy stress response.



Spiritual Ceremonies



Teaching Ceremonies

A gathering of all generations and inter-related people come together and share the teachings passed down from generations and ancestors.



Sweat Lodge

A traditional Native American purification ritual taking place in a domed, earth-covered structure. Participants engage in spiritual and emotional healing through intense heat, prayer, and connection to the natural elements.



Fasting

A ritual journey of personal and spiritual discovery, where an individual separates themselves from the community and spends time in solitude in nature, seeking visions and guidance from the spiritual world.



Doctoring

The burning of sacred herbs like sage, sweetgrass, or cedar to cleanse the mind, body, and spirit. This practice is used to purify the energy of a space or individual and connect with the sacred.

Revitalizing Languages

Importance of Language

Language is the foundation of cultural identity and community cohesion. It allows for the transmission of traditional knowledge, values, and stories.

Language Revival Programs

Example: Immersion schools and community language classes aim to preserve endangered Indigenous languages and revitalize linguistic traditions.

Enhancing Cultural Pride

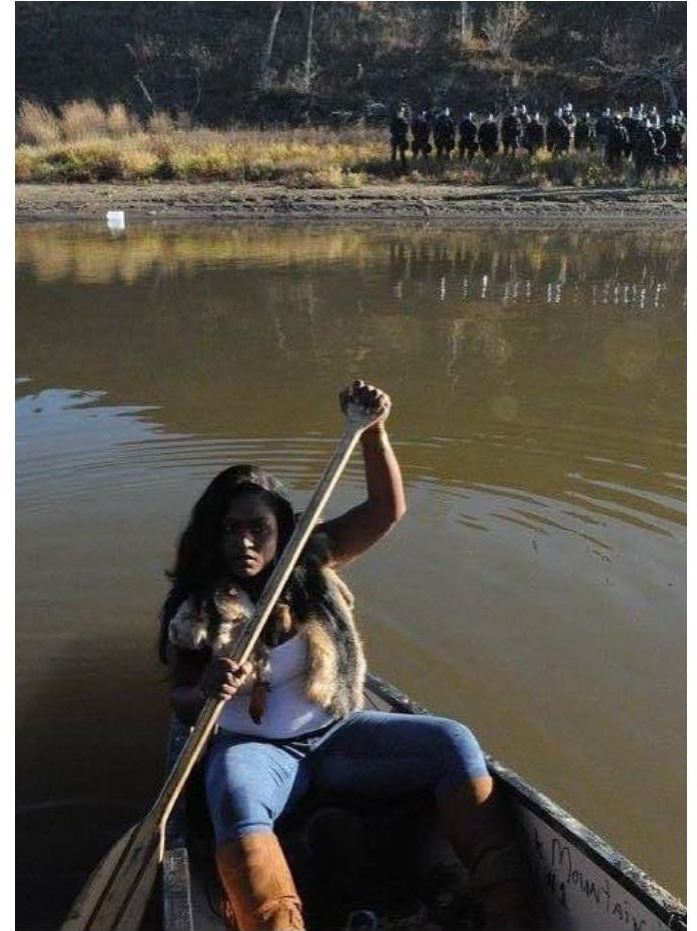
Participating in language revival initiatives instills a deep sense of cultural pride and belonging within the community.

Strengthening Community Bonds

The shared experience of learning and speaking the ancestral language reinforces interpersonal connections and communal identity.

Gaining Re-access to Sacred Sites

These sites act as living repositories of knowledge, where traditional practices, languages, and customs are revitalized and passed down to future generations. They become hubs for intergenerational learning, storytelling, and the transmission of cultural values and beliefs.



Case Studies



Shwishcuttawauog Metahuock Moskehtu Boxes

Traditional spiritual society instrumental in rebuilding culturally significant sites, assisting in reburials of ancient remains tribes, organizing ceremonies, fostering relationships with conservation lands stewardship.



Blends ancient Indigenous wisdom with contemporary advancements to promote holistic healing through traditional plant medicines. Honoring Indigenous healing traditions and integrates modern scientific understanding, creating a bridge between past and present for improved well-being.



Indigenous Communities and Marine Scientists

Brings together science and cultural heritage to spur community action and create meaningful change. Atlantic Marine Conservation Society (AMSEAS) will partner with local indigenous community leaders and Citizens Campaign Fund for the Environment (CCFE),



Indigenopathic Health Codes

These codes will help clinicians and healthcare professionals to accurately document and address the unique nature of spiritual health and distress, providing a cultural bridge between traditional Indigenous perspectives and global healthcare

Call for Participation

Support our Research efforts

Supporting Nutekeam Research and Moskehtu Consulting in Indigenopathic Medicine research is beneficial globally because it fosters a deeper understanding of holistic health practices that have been honed over centuries by Indigenous cultures.

Association of American Indian Practitioners (AAIP),

AAIP currently stands at the forefront of alternative medical licensing and certification in the field of traditional Indigenous healing practices.



Association of
American Indian
Practitioners

Stay in touch



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