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Dedication:

I dedicate these teachings to my husband Abraham, my children, grandchildren and great-grandchildren, and also to Reepa and Rachel.
The Iceberg Diagrams Represent People (Inuit)

The visible part of the iceberg represents a person’s physical body that is always visible to other people.

But a large part of the iceberg is beneath the surface of the water (ocean) that isn’t visible to the eye, which represents the inner person that goes deep within; where a person will hide/store the pains and secrets, but it is also a place to keep all that is required for a healthy lifestyle.

Healing Manual

For people who have experienced deep hurts of all kinds:

- In the heart
- In the mind (mental)
- Culture
- Actions
- Emotional
- Having gone through embarrassing experiences

A person can go through a healing from all of these hurts/damages in their life.
This manual is a healthy introduction to How to manage your life.
# Table of Contents

Manual for Use at Healing Centre and for Training on Healing .................................................................1
Looking Ahead and Expectations of Things to Come .....................................................................................3
Some of the Ways People Usually See Life ...........................................................................................................4
Drawing of Person Pulling a Load ........................................................................................................................6
Iceberg Drawing .....................................................................................................................................................................7
An Iceberg Floating in Water ..........................................................................................................................................8
An Iceberg Frozen in Pack Ice .....................................................................................................................................10
Diagram of Iceberg Divided into Parts ....................................................................................................................11
Broken-off Pieces of Iceberg Floating in Water .................................................................................................12
An Iceberg Floating in Water .......................................................................................................................................13
Prying Apart Bits Sticking Together with Stones ...............................................................................................15
The Caribou Represents People ................................................................................................................................16
The Caribou Drawing Represents People .............................................................................................................19
Let’s Enter the Tent ...........................................................................................................................................................21
The Boat Diagram Illustrates Calm Sailing ..........................................................................................................22
Let’s Board the Sail Boat Together ..........................................................................................................................23
drawing of rowboat, with oars ........................................................................................................................................27
drawing of man on a qamutik using a whip on dogs ...............................................................................................28
What New Things were Introduced? ........................................................................................................................29
Passing Along Traditions from Generation to Generation ..................................................................................31
Traditions that are Passed on from Generation to Generation .............................................................................33
When People Who Lead Healthy Lifestyles Break Down and Fall Apart .....................................................34
A Happy Healthy Couple Who’ve Intertwined their Traditions Together .......................................................36
A Man Should Look at his Wife or Girlfriend in this Way .............................................................................37
The Inuksuit Represent Travel through Life .........................................................................................................38
The Inukshuk Gateway ....................................................................................................................................................41
Flowers Represent People, Growing with their Foundations ..............................................................................42
The Flowing River Diagram ...........................................................................................................................................43
Two Pails .................................................................................................................................................................................44
The Qulliq Diagram ..........................................................................................................................................................45
Pangnirtung ...........................................................................................................................................................................46
How Does this Picture Affect You? ..........................................................................................................................47
Once you understand each focus and how each block works, it helps to understand oneself.
# Table of Contents (cont.)

<table>
<thead>
<tr>
<th>Section</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Envision the Drawing of the Man</td>
<td>48</td>
</tr>
<tr>
<td>Envision the Drawing of the Woman</td>
<td>49</td>
</tr>
<tr>
<td>How Does Your Community Provide Support for You?</td>
<td>50</td>
</tr>
<tr>
<td>Following Footprints</td>
<td>52</td>
</tr>
<tr>
<td>The Different Issues to Heal From</td>
<td>55</td>
</tr>
<tr>
<td>Beautiful, Wonderful Things Come Out of Grieving</td>
<td>56</td>
</tr>
<tr>
<td>Gratitude for Father</td>
<td>57</td>
</tr>
<tr>
<td>A Father Possesses these Qualities/Abilities</td>
<td>59</td>
</tr>
<tr>
<td>A Father May Go Through these Things</td>
<td>60</td>
</tr>
<tr>
<td>Gratitude for Mother</td>
<td>61</td>
</tr>
<tr>
<td>A Mother Possesses these Qualities/Abilities</td>
<td>62</td>
</tr>
<tr>
<td>Married Couple/A Couple (Boy/Girlfriends)</td>
<td>63</td>
</tr>
<tr>
<td>Fill the Bag with Lighter Things</td>
<td>65</td>
</tr>
<tr>
<td>A Man’s Assets</td>
<td>66</td>
</tr>
<tr>
<td>A Woman’s Assets</td>
<td>67</td>
</tr>
<tr>
<td>What is Dealt with while Helping People Heal from Issues</td>
<td>68</td>
</tr>
<tr>
<td>Through Healthy Lifestyle, What Can Be Gained in the Home?</td>
<td>70</td>
</tr>
<tr>
<td>Visible Healing</td>
<td>71</td>
</tr>
<tr>
<td>For Reading During Healing Session</td>
<td>72</td>
</tr>
<tr>
<td>Reading for Healing Men</td>
<td>73</td>
</tr>
<tr>
<td>Reading for Healing Women</td>
<td>74</td>
</tr>
<tr>
<td>For Men Dealing with Pain Inside</td>
<td>75</td>
</tr>
<tr>
<td>Reading for Healing People Dealing with Deep Hurts</td>
<td>76</td>
</tr>
<tr>
<td>Reading for Healing People Who Think There’s Something Wrong with Them</td>
<td>77</td>
</tr>
<tr>
<td>Reading for People Ready to Face the Things They had Done Wrong</td>
<td>78</td>
</tr>
<tr>
<td>Reading for Healing from Hurts Inside</td>
<td>79</td>
</tr>
<tr>
<td>Reading for Healing</td>
<td>80</td>
</tr>
<tr>
<td>Getting Better through Healing Process</td>
<td>81</td>
</tr>
<tr>
<td>Reading on Healing</td>
<td>82</td>
</tr>
<tr>
<td>Reading for Healing People with Negative Attitude</td>
<td>84</td>
</tr>
<tr>
<td>Reading for Use at Healing Place</td>
<td>85</td>
</tr>
<tr>
<td>Prayer Reading for Healing</td>
<td>86</td>
</tr>
<tr>
<td>Reading to be Used at Healing Circle: Seeing the Light</td>
<td>87</td>
</tr>
<tr>
<td>Self-Assessment Questionnaire for those who have Gone through Healing</td>
<td>88</td>
</tr>
<tr>
<td>Reading for Use at Healing Centre for those Who’ve Overcome Obstacles</td>
<td>89</td>
</tr>
<tr>
<td>Healing for People Sleep Deprived or Experiencing Sleep Problems</td>
<td>92</td>
</tr>
<tr>
<td>Reading for the Helper</td>
<td>93</td>
</tr>
<tr>
<td>What I Find Important</td>
<td>94</td>
</tr>
<tr>
<td>Prayer for People Dealing with Pain in Life</td>
<td>96</td>
</tr>
<tr>
<td>Where Am I Now?</td>
<td>97</td>
</tr>
<tr>
<td>Trying to Make Adjustment to New Lifestyle</td>
<td>100</td>
</tr>
<tr>
<td>My Feelings/Emotions</td>
<td>101</td>
</tr>
</tbody>
</table>
Manual for Use at Healing Centre and for Training on Healing

1. Tools to use to open up.

2. Things to use to crack open a heart that has grown hard so issues can start to surface.

3. Getting free of ties that bind a person to different addictions.

4. For healing.

**Good Things to Replace Past Painful Experiences**

1. The direction of the healing is to head towards a place where there is healing, to turn towards making changes in your life.

2. What you see with your eyes is what you can expect to have.

3. Learn to be at rest/peace mentally.

4. Learn to be at rest/peace physically.

5. Learn to be at rest/peace in own skin/character.

6. Learn to be at rest/peace in the spirit/soul.

7. Learn to be at rest/peace with family members.

8. Learn to be at rest/peace with the self.

9. Come to terms with/forgive someone who had wronged/hurt you.

10. Come to terms with/forgive someone who you had wronged/hurt.

11. Coming to terms with/forgiving God and learning to accept guidance from God.

12. To become one with environment/land.

13. Wonderful things you can fill your heart and being.
Books to Help You Learn About Yourself, Accepting Your Characteristics and Acknowledging the Changes of Your Healing Journey

1. Learning to have joy within.
2. When you’ve entered into peace within.
3. When you’ve entered into knowing joy.
4. When you’ve accepted yourself for who you are.

This is intended for the importance of raising children with care; to protect them from painful experiences in their spirit, lifestyle and soul.

How they (children) can grow up loving both parents (mother and father), respecting them, and trusting that they will not be abused.
Looking Ahead and Expectations of Things to Come

Presently, the government is working on employment and educational systems for the future of Nunavut territory since it has been created. They’re doing research and planning, which is very new to the Inuit population. The Inuit way of life had always been to live on a daily or yearly basis. But today, we are right in the midst of being involved in planning for a future not yet known, to something that will come into existence in two years from now. At that time when Nunavut has become a territory, there will be more work to be done with more employment and more people being trained. Also, a new Nunavut government is to be formed where there will be some high administrative positions available for common people. So it is very important for us to start brainstorming together on who should be hired into these positions. And though the Inuit traditional culture will be included in these proceedings, there is no doubt that part of the way we do things will have to change. A price/cost to the land involved will also be involved and therefore proper management of this situation is important.

These are among the job positions that will become available:

a) Director positions in different departments of government
b) Educational positions
c) Wildlife administration
d) Land management positions
e) Cultural positions
f) Social development positions
g) Healthy lifestyle training and learning to manage own life:
   1. Break-ins
   2. Theft
   3. Spousal assault
   4. Violence and abuse
   5. Leading risky lifestyle due to breaking the law
   6. Family violence

Most important will be training for people who will be able to help heal the hurting people in communities. This is very much needed so that people (Inuit) can regain the pride of being who they are as a people.
Some of the Ways People Usually See Life

1. My connection to community members.
2. I often feel distanced from community members, like I’m from another world.
3. My relationships with a spouse/mate doesn’t last.
4. Only a few friends.
5. Doing well with friendships, but it isn’t that way with my spouse/mate.
6. Often wonder if I were meant to be alone.
7. Have never really understood if I deserve to be loved.
8. I don’t understand or know the meaning of love.
9. It is too much for me to trust or have confidence in community members.
10. I often think I will be abandoned or left alone.
11. I tried to observe other people.
12. I am afraid to share my whole being with someone; whenever someone starts to get too close I get skittish.
13. It is too much for me to refuse.
14. I often get used by other people (my boy/girlfriend).
15. I choose the wrong people as friends/boy/girlfriends.
16. I expect too much from my spouse.
17. I sometimes wonder if my spouse has been unfaithful.
1. I feel unclean/that there is something wrong with me.  
   - Always  
   - Often  
   - A little bit  
   - Rarely

2. Sometimes I feel that I’m losing it.  
   - Always  
   - Often  
   - A little bit  
   - Rarely

3. I have things that I’m ashamed of; I feel shame.  
   - Always  
   - Often  
   - A little bit  
   - Rarely

4. I’m different from everyone else.  
   - Always  
   - Often  
   - A little bit  
   - Rarely

5. I have no abilities.  
   - Always  
   - Often  
   - A little bit  
   - Rarely

6. If people knew what I am really like, they’d all leave me or run away.  
   - Always  
   - Often  
   - A little bit  
   - Rarely

7. I want to kill myself/have felt like dying.  
   - Always  
   - Often  
   - A little bit  
   - Rarely

8. I really don’t like myself.  
   - Always  
   - Often  
   - A little bit  
   - Rarely

9. It’s too much for me to take care of myself.  
   - Always  
   - Often  
   - A little bit  
   - Rarely

10. I am unhappy.  
    - Always  
    - Often  
    - A little bit  
    - Rarely

11. Sometimes I get hyper/easily confused.  
    - Always  
    - Often  
    - A little bit  
    - Rarely

12. I don’t know how to plan for my future/follow these plans.  
    - Always  
    - Often  
    - A little bit  
    - Rarely

13. I doubt if I am capable/have abilities.  
    - Always  
    - Often  
    - A little bit  
    - Rarely

14. I’m not very good at anything.  
    - Always  
    - Often  
    - A little bit  
    - Rarely

15. Everything has to be in order/clean.  
    - Always  
    - Often  
    - A little bit  
    - Rarely

16. I’ve told lies about my life.  
    - Always  
    - Often  
    - A little bit  
    - Rarely

17. I used to steal a lot.  
    - Always  
    - Often  
    - A little bit  
    - Rarely
Diagram A

1. Come to the Healing Centre so you can be helped and become free of what you cannot do alone.
2. Afraid/fearful.
3. Childhood sexual abuse.

Diagram B

1. What this drawing represents is a child who was sexually abused (sodomized, vaginally) while still too small.
2. Since that time, this person has carried this painful experience, pulling the heavy load; and will continue to carry all the pain and anger deep inside until he/she understands to get help.
3. By doing embarrassing things.
4. Was abused.
5. Victim of sexual abuse.
7. How can I survive? Through healing, so you can break free of these ties.
1. Iceberg frozen in pack ice

2. Represents a person

3. The physical body
1. An iceberg floating in water.

2. The part of the iceberg beneath the surface of water represents the inner person (heart) that holds issues that aren’t visible to the eye:

   a) Grief
   b) Pain
   c) Anger
   d) Unhappiness
   e) Shameful deeds

3. What we hold in our inner heart is not visible – it goes very deep within our soul/spirit.
These broken pieces represent a person whose life has broken apart:

1. Crying / weeping
2. No one to help
3. Come... come just the way you are... broken
4. Not knowing anymore where to belong / fit in
5. Crying / weeping
6. Lost something
7. There is no God
8. How...?
9. It won’t happen
10. Grief
11. Yes
12. Where to...?
13. I’m lost
14. There is no help for what I’m searching for
15. Afraid / fear
16. I was wrong
17. I’m embarrassed / shy
18. I’ve given up
19. Unhappiness
20. Yes, but how...?
21. Don’t know anymore
22. Not the same anymore
23. What to scream from deep within
24. How can I become invisible?
25. Broke apart because it touched the bottom
Floating pieces represent a person who is going through a healing process.

The freezing water is collecting the drifting broken pieces of ice. Some are broken off again by the wind but eventually connect with freezing ice where the pieces are piled on top of each other forming an uneven ice pack, becoming a part of the frozen ice.

A broken person who is going through a healing process and taking in what a healthy person has as his/her own.

Patience.

Beautifully formed new ice.

Love: love for others, love for self.

Practicing living a healthy lifestyle.

Amazing.

Oh! I understand. I see what people meant that it’s possible to heal or go through healing.

Have found how to treat others right.

Joy.

Amazement.

Being compassionate.
1. Iceberg represents the person who has gone through healing from trauma and hurts.

2. Physical body.

3. Has taken the new, healthy lifestyle/ways; will continue growing the kind of person that was already there.

4. Wonderment.

5. Love.

6. - Health
   - Patience
   - Peace
   - Compassion
   - Love
   - Joy and happiness
   - Comfortable
   - Sympathy
   - Forgiveness
   - Gratitude and thankfulness
   - Healthy lifestyle
   - Protecting self
   - Understanding and awareness
   - Looking at people and things in a healthy way

7. Inner person.

8. Letting things go.

9. Healthy deep inside.

10. Our heart/soul/spirit.
Inuit men usually search for things by prying apart bits sticking together with stones. They do this by prying the stones stuck together, and in the same way a person has issues that are embedded on the inside that are the painful hurts that need to be pried away.
The Caribou Represents People

When there are a number of caribou in a group, there is a leader who usually directs the herd where to go. Having a leader seems to put the herd at ease and they are comfortable where they are, and are walking with confidence where their leader is leading them.

In the same way, when people have a good leader and role model, they can be confident in managing their lives and take control.

People can have good leadership in these areas:
- Board membership
- Workplace
- Organizations and agencies
- Homes
A herd of caribou go where the dominant caribou leads them. This is very similar to people because people also need good leadership.
The Caribou Drawing Represents People

When the dominant leader of the herd is killed, the caribou will stop where they are because their leader is no longer there, or they will start walking in any direction; some backtracking, confused what to do next.

It’s the same way with people in that when something goes wrong in the leadership, people get confused.

And if there isn’t good leadership in the home, children will grow up dysfunctional if there isn’t a head of the household.
When there are a number (herd) of caribou and the lead/dominant caribou is killed, the herd will just stop where they are because they are in shock.

In the same way, people need good leadership in any area. If there isn’t good leadership, or the leaders are mismanaging their positions, the people will start acting confused in their lives.
The inside of the tent is furnished with good things that are pleasing to the eyes, with good sounds and good smells, and it is comforting.
The Boat Diagram Illustrates Calm Sailing

Back then boats would sail slowly and children would learn the routes as they observed. Travelling slowly was important to learning the route they should go, as they went camping at stopovers en route, hunting along the way to their destination. There was no need to rush to get to where they were headed.

What this means then is this: people travelling in their lives and not rushing to grow up didn’t create confusion. Living life that isn’t too rushed means to take time, living life at a little slower pace.

When a person is too rushed, he or she misses out on something that could have been learned by sight and by hearing.

It’s like the person’s life is going at the speed of a motorized vehicle, a boat or ski-doo that just speeds along to get to a destination as quick as possible, missing out on the beauty of the scenery.

Even in the work place everything is rushed to get the job done in order to get home sooner, not working anymore and using one’s own mind, own brain, own body, but relying instead on machinery.

This illustration of a boat with a sail demonstrates how life should be lived, at a proper speed the way it was meant to be.
Let’s board the sailboat together.
What will we load the boat with?
A sailboat can only move forward if there is a breeze to propel it forward: southward or sideways. And the only way the boat can sail properly is if there is a person to steer it, to propel it slowly to where it should go. The sailor gets to know how the rudder works and will sail the boat with ease.

If a boat has no equipment—no sail, no rudder, no motor—it will just float on the water and would be blown in any direction by the wind.

Another example: you are a boat sailing towards a destination and you have to steer the boat not just with a rudder but also with your sail. In the same way, you’re in control of where you travel in your life, leaving things behind that will get further and further away. Letting go of your bad experiences that you’ve dealt with along the way that are no longer affecting you; you are healing. A person carries loads that are not good for him, just like a boat can be laden with unhealthy things. However, that person can unload them and load on good, healthy things in their place along life’s travels with self-help and accepting help from others. You will eventually reach the destination you strive for by letting go of the toxins in your life that were bringing you down.

Enjoying your life by safely travelling.
A larger boat can be made with oars to be propelled by a group because it would be too heavy for just one person to maneuver. The oars would have to be attached properly onto the boat, easy to handle for an easier travel and the rowers could then take turns to row while others take a rest; in that way, though the trip may be lengthy, it would be an enjoyable one while they’re trying to get to their destination. And if the group had been on a hunting trip, they’d enjoy the work it takes even if it took physical strength and a slower pace. A person at the rudder and a person as a caller; in this way the travel moves with ease and co-operation.

If a boat doesn’t have oars, it will just float aimlessly and encounter dangerous water if the wind picks up and it drifts, gets out too far from shore, gets into shallow waters, or gets into deepwater. These are some conditions a lone boater could get himself into if he didn’t have rowers to help him. This is what could happen if you don’t take care to lead a healthy lifestyle. It’s very important to manage your life with a healthy attitude both inwardly and outwardly so you don’t end up on a risky path in your life.

There are times when we are not able to handle things (issues) on our own and need help from others as we go through difficult times in our lives. And when we do go through difficult times we may need help from others to deal with some issues we are facing; this can be done by supporting each other and educating each other on how best to deal with certain situations together as a community. It’s as if we are propelling the boat forward with oars together even if it will get tedious and sometimes look hopeless, but there will always be another day to look forward to and a good outcome is sure to follow.

Let us move forward together, helping each other to get to where we want to be in life. Let us all help each other by uniting and getting involved in events and developments being planned because as we learn, our understanding grows as well.
A domineering, physically, mentally and culturally abusive man will only have others live his way.

The wife.

Household members who he oppresses.

A changed man who now treats his family with care has let go of his domineering ways. He is on a healing journey and the way the family is managed now is through cooperation.
Before 1920...

What new things were introduced?
1600s
How family life was back then.

1800s
Bring the traditional way from that time, but some things changed.

1700s
Transition

1900s
Family life traditions have changed in some ways, not too many rules, comfortably, peacefully, intertwined with family.

2000
Family life has once again gone through some transition. There are now laws to go by, breaking away from spouse and children.
Passing Along Traditions from Generation to Generation
How healthy people manage their lives

The male is the head of the household and provides a safe, peaceful and comfortable place for his family to live, and he manages his family in a healthy lifestyle.

The female, a mother, manages and maintains the upkeep of the household and makes sure there is enough supplies.

The home fire is kept lit by family members – happy at home, attached and united together.

The children, sons and daughters, are the joy of their parents; they make their parents proud and are happy with themselves.

The growing family, through marriages, bring unity and peaceful existence.

The generations to come stem from the original family and sow good seeds that can keep growing healthy lifestyles.
People who lead their lives in this way are also leading healthy lifestyles out on the land on a yearly basis.

The male, or head of the household, allows family members to live comfortably—not causing fear by his actions.

The female makes a home, provides foundation for harmony in home life.

Children growing up with no fear, live in a healthy caring home, and will trust their parents and respect them as their Elders in the family.

Love and joy walk with them, learning useful things that can be used by anyone who comes by.

There is unity.
Traditions that are Passed on from Generation to Generation

The male is head of the household who, while healing from past issues, creates new healthy traditions for family members.

The female, a mother, is responsible for teaching household members how to take the lead by working things out together.

The children, sons and daughters, learn to understand each other.

The growing family, through marriages, all go through a period of uncertainties.

The new generations, from that original root, demonstrate good lifestyle.
When People Who Lead Healthy Lifestyles Break Down and Fall Apart

The male, head of the household, has broken-down and heads to a risky lifestyle.

The female, responsible for the household, is with the person who leaves healthy lifestyle, is now on verge of breaking down.

The children, who represent the future, are like those who’ve had a door shut on them. This need not be permanent; there is a way out, it’ll come sooner or later.

People do cross this path in life and survive by dealing with very difficult issues and experiences. It is a time when you learn to deal with very difficult, deep situations and that they are not alone in their ordeals.
Traditions that are Passed on from Generation to Generation

The male is head of the household. If he were an abusive, domineering head of his household, this here is how the home would look like.

The female, a mother, has responsibilities to manage even though she is oppressed by her husband.

The children, sons and daughters, cause a lot of difficulties – have grown numb to their feelings.

Children, grown adults and leaving the nest, bring with them a darkness in their lives.

If the growing family, through marriages, leads healthy lifestyles, it helps lighten the load and helps in the healing process.

New generations are different from each other: some are healthy and some are not.
A Happy, Healthy Couple Who’ve Intertwined their Traditions Together

Becoming One (Unity)

Male

Female

It is a rewarding healthy marriage when it is this way.
A Man Should Look at his Wife or Girlfriend in this Way

1. Priceless and most beautiful
2. Find her desirable
3. Like the way she is
4. Treasure her
5. Hold on to her

a) Like a gift in a box  b) Defend her with his love (surrounding)  c) Like a precious bead, a woman will be happy to be his wife if she’s treated this way
The inuksuit represent travel through life.

In what direction? It’s unclear.

Try and follow the route using land marks.

Try and go farther along.

A slope on the land.
The large inukshuk is indicating what route to take when the safe route is unclear and the landmark points the way.

This is the route.
In the past, Inuit used inuksuit as markers for routes on the land.

Understand that the threshold of the inukshuk is the gateway marking the route.

Seek to learn a healthy lifestyle: the right path to take in life’s journey.

Seek the inukshuk with the gateway and it will tell you: “This way, go in this direction.”

Strive to be able to pass through. And over to here.
The Inukshuk Gateway

Waiting to help you and able to explain things without complicating things.

Would you like to become a gateway? You can if you get your life in order.

The inukshuk gateway means: it’s located at a high unwavering place and looks out to the distance with not even a hill to obscure the view. What this means is: some people are like that in the way they live and their lifestyle because they understand where it is safe. They are well equipped to help, lead and educate others on a healthy lifestyle. They can lead you to higher ground.
Flowers Represent People, Growing with their Foundations.

People who have grown up in their lifestyle are like this one.

We will help people who haven’t grown yet; we will help them to stand up.

People hurting on the inside cannot grow in a healthy way.

These represent women.

Not full grown. Their pain has stunted their growth.
Love ✿ We are here ✿ Points that you pass along the way ✿ Growing in life ✿ Understanding what “home” means ✿ Relaxation ✿ Joy

Peaceful co-existence in community ✿ Long suffering

Enjoyment to be alive ✿ Healed ✿ Healthy lifestyle

Comfortable with self ✿ Finding new things

Wonderment ✿ Healthy relationships with family

Unafraid ✿ Blessed ✿ At peace with others

Healing ✿ Good intentions

Overcoming obstacles

Enjoyment

Happiness
Two Pails

Pail full of good, ripe berries that are passed on to others.

Pail that is spilling over are the negative things passed onto others.
Let your life be a light to others as a qulliq.

Let your life be like a beacon to others.
Good Gift

The way I see you is that you provide me with things to help me grow. Words are not even necessary.

What I hear from you, I learn that you didn’t do them alone. Because I fully grasp that you live your life to the fullest. Even the words from God flow through your lips.

The only thing is that you are not aware this is how you are. You pass these words of wisdom to others around you, and they are pure.

My ears don’t hurt at the sound of your voice, neither does my heart sink, nor do I start having ill thoughts. My heart is filled with warmth.

Those are the gifts you give me. Your life is testimony to your growth. Please know and understand that your life is like that.
How does this picture affect you? If it touches you deep inside, then is it: beautiful, not beautiful, hard, heavy, grief, sets joy in motion, comfort, peaceful, or is it dark in your being?

Write down the feelings it stirs inside of you.

The pulse beats in your heart and your body. God knows every one of them, whether it is grief or fear. He quiets them, and when you start to worry, he knows and understands them all.
Envision the drawing of the man as representing yourself from the past, and write him a letter about a time in your childhood or as an adult.

When you felt all alone?

Or different from everyone else?
Envision the drawing of the woman as being you from the past, and write her a letter about a time in your childhood or as an adult.

When you felt all alone?

Or different from everyone else?
How does your community provide support for you?
This drawing represents people who have been hurt and have not dealt with the hurt. They will seem to view the world as very small.

But once they start on their healing journey, all of their hurts are dispersed to a much larger world outside of them. Once that starts to happen, it’s like they view the world as beautiful for the first time.

You can write down some of your thoughts within the circle.

It’s amazing how wonderfully different everything starts to become; even all people are worth being loved.
If you’re following footprints that go all over the place, it means your path is uncertain and discouraging.
If you’re following footprints that are heading in a direction, it means your footprints are those that others want to model their own after.
Like seeds that have been sown, they will sprout and grow. Your life is like that and you can pass them to others.
The Different Issues to Heal From

- Abused
- Left alone while family members were sent away to hospital
- Rape and child molestation
- Sent to prison
- Envious
- Having been sent away to hospital for a long time
- Fear
- Grieving
- Betrayed
- Children are split apart
- Sleeplessness
- Verbally abused
- Orphaned
- Relocation
- Beliefs
- Grieving for family
- Emotional and or mental pain
- Being married to a person who doesn’t lead a healthy lifestyle

- Stepfather or stepmother who didn’t treat you well
- Physical disability
- Addiction to alcohol and drugs
- Divorce/separation
- Fearful at times or all of the time
- Anger
- Relatives, siblings, parents
- Separation from family
Hymns, Holy Bible

People visit and enjoy each other’s company

When you’re letting go of issues

On healthy ground

People help the healing process by gift giving (things and words of encouragement)

Remembering God/Creator

Beautiful, Wonderful Things Come Out of Grieving
Gratitude for Father

- Making children and wife feel comfortable about using his belongings
- Helping community members
- Not abusive
- Financial help
- Hunting for family
- Taking family members out on the land with him
- Unity with family
- Defender
- Provider
- Actions show his love
- Helping the household financially by working
- Upstanding

- Helping the household financially by working
When and Where Should a Person be Comfortable?

1. Home
2. Work
3. School
4. Out hunting
5. Away
6. Outdoors or training others
7. Hospital
8. Away for education
9. Away to attend meeting
10. Making things – sewing/wood or rock
11. Walking
12. At leisure

1. As a child
2. As a small child
3. As a bigger child
4. Pre-teen
5. As a teen
6. Young adult
7. As an adult
8. As an elder adult
9. As a golden ager
10. As an old person
11. Alone
12. As a man/woman
A Father Possesses these Qualities/Abilities:

1. A father is head of the household.
2. A father is a defender.
3. A father is able to direct the family.
4. A father has love for his children.
5. A father is patient.
6. A father is pure (not a pervert).
7. A father doesn’t give up.
8. A father shares his belongings with his son.
9. A father is a hunter.
10. A father can keep his family “able” in many ways.
11. A father makes sure his family is well equipped.
12. A father keeps a clear head (mind).
13. A father has ability to do chores that are too heavy, even when it’s very cold weather.
15. A father is able to play games.
16. A father is able to make useful things.
17. A father’s abilities are numerous.
18. A father is able to stay at home alone for long periods and also while out hunting.
19. A father can maneuver a boat in a storm.
20. A father can tell what the weather will be like.
21. A father is merciful.
22. A father can walk a long distance.
23. A father is able to make sure his family will be well cared for in the future.
24. A father is liked by his children.
25. A father thinks of what his family would like as gifts.
A Father May Go through these Things:

1. A father gets tired of things.
2. A father may find things too heavy.
3. A father cries.
4. A father may lose his strength.
5. A father may not know what to do.
6. A father may not be able to go further.
7. A father has limits.
8. A father gets confused.
10. A father grieves.
11. A father gets angry.
12. A father may feel something is unsure.
13. A father will anger you.
How a Mother Should Be Shown Gratitude:

1. Gratitude for mother.
2. She cooks.
3. Community members often thank her.
4. Prepare her children for their future.
5. Allows her family to do what they want in a healthy way.
7. Provides foundation for her children.
8. Shares her belongings.
9. Buys things for her family.
11. Manages her family well.
12. Making physical contact with her family.
13. Provides a path for her family.
14. Takes her family outdoors with her.

A Mother May Go through these Things:

1. A mother finds things too heavy to bear.
2. A mother cries.
3. A mother feels envy.
4. A mother feels angry.
5. A mother tries hard.
6. A mother needs help sometimes.
7. A mother feels apprehensive about things.
8. A mother becomes afraid.
10. A mother gets tired/gives up.
11. A mother admonishes.
12. A mother’s ability has limits.
13. A mother feels like not doing anything.
A Mother Possesses these Qualities/Abilities:

1. Teaches others by reminding them.
2. Is able to speak up without malice, with no embarrassment of the subject, to prepare her children for life.
3. Prepares food ahead of time.
4. Wakes up the household and also tells them when it’s time to go to bed.
5. Has the strength and wisdom to advise, and will give it her all in her role as a mother.
6. Provides a path to follow and is able to talk with her grown children.
7. Her love shows.
8. Is aware that her children will need to listen to her; she in turn is able to do the same.
9. Provides a light to follow so they don’t get lost in life. She shines as bright as the sun and her love is as warm.
10. Has an abundance of life to give to her children; like a flower she will provide her children with seeds to grow.
11. Provides steps for her children to follow.
12. There is joy within her.
13. Settles arguments in the home.
14. Makes sure that her household members are clean.
15. Provides comfort for her children.
16. Has faith and aspirations.
17. Respects her children.
18. Provides a route for her children to follow.
19. Because of her maternal strength, she provides an unshakable foundation.
20. Prepares her children for what is be expected of them the following day.
Married Couple/A Couple (Boy/Girlfriends):

1. Worrying and caring about each other in a healthy way.
2. Viewing each other through their culture ways.
3. Merciful to one another.
4. Living/caring for each other.
5. Providing for each other.
6. Forgiving each other.
7. Raising their children together.
8. Comfortable.
9. Approving and liking each other.
10. Spending evenings and nights peacefully.
11. Caring for each other’s feelings.
12. Respecting each other.
13. Financially.
15. With a caring heart, emotionally.
16. Taking care of each other.
Throw out (dump) all of what is weighing you down from the load you’re carrying with you and start feeling better – start your healing.

A bag laden with what you are carrying with you

Unload
Fill the Bag with Lighter Things

• Healthy mind
• Patience
• Belief in yourself
• Welcoming
• Good to others
• Joy

• Love
• Merciful and kind
• Happy about healthy things
• Gather all good things to fill the bag

Your bag: You will be filling it with the healthy things you’ll need during your life.

Gather healthy things into the bag
A Man’s Assets

1. Head of household.
2. Strength.
3. Provides foundation.
4. Attachment to his family.
5. Defender.
6. Emotional/mental support.
7. Lightens the load.
8. Will not put undue load.
9. Will not cause shame.
10. Will not cause mental anguish.
11. Will go and get gifts.
12. Stops quarrels and disagreements.
13. Unconditional love.
15. Discreet.
16. Offers advice occasionally.
17. Apologizes.
18. Welcoming.
A Woman’s Assets

1. Is home.
2. Makes sure there are supplies.
4. Performs her role as mother.
5. Listening ear for the family.
6. Provides a clear view of issues, is clear minded.
7. Unconditional love for family and community members.
8. Patience.
9. Stands with her husband.
10. Merciful.
11. Lightens the load.
12. Discreet.
14. Open to her husband and children and keeps things to herself when needed.
15. Desirable to husband.
16. Does not disclose or gossip to others regarding her husband and children.
What is Dealt with while Helping People Heal from Issues

1. Getting rid of shame (ashamed).
2. Healing from past hurts and things that a person is not able to do in a healthy way.
3. Getting free from what you are tied to.
4. Learning to like ones self and actions.
5. Others like being around you.
6. You are now a good wife or husband, and a good person to manage the household.
7. Broadening your environment and meeting with people.
8. Ability to love again
   On a scale, added on by
   
   1. 25/ 
   2. 55/ 
   3. 100/ 
9. Knowing where you stand and where you are headed.
10. You’ve now found your Lord.
11. Your spirit is now clean and your breathing has become clean.
12. You can now do time management planning.
13. You are no longer drifting.
14. You are able to get deep sleep.
15. No longer have suspicions of what may be connected to you.
16. No longer gives up easily.
17. No longer envious of things that could ruin you.
18. You can now make your own plans.
19. You care how you treat others so you do not cause them pain.
20. You have now gained wisdom because you are able to look at past mistakes.
21. You now have a desire to try things you were not able to do.
22. Your standards or expectations are higher.
23. Walking on a lit path.
24. You now view others with a clearer mind.
25. Careful of where you are headed.
26. Ability to keep things confidential.
27. Ability to take care of yourself.
28. Even if things seem bright or dark, you have the ability to stay afloat on the inside.
29. Or you are now going through an ordeal inside.
30. Are now able to do some healing with others and be a role model.
31. You are now recognized as a grown up (because of your actions).
32. You no longer abuse the natural gifts you have. You are now able to let go.
33. You are now able to share the good things you have discovered that are helping you.
34. You now care about your welfare and the welfare of others.
35. You are no longer selfish. You are considerate.
Through Healthy Lifestyle, What Can Be Gained in the Home?

Writing Down Contents of Meanings

1. Joy and happiness
2. Patience
3. Agreeable
4. Merciful and kind
5. Cooperation
6. Love for others
7. Training
8. Brainstorming
9. Respect
10. Ability to understand
11. Searching for healthy alternatives
12. Prayer
13. Growing good seeds
14. Happy with others
15. Good financial management
Visible Healing

It means letting out all our hurts. We then are clean inside because we’ve gotten rid of what’s been weighing us down; we get rid of what we don’t like, whether small or large.

People tend to turn away from what has caused them pain (what they have been hurt by) instead of dealing with them. It seems that their pain has now been transferred, which could also cause a person to become unhealthy, or the pain to be passed on to household members.

There is a way to go through healing visibly.

People need to heal in a visible way, not just talking about issues but physically; using their hands, sewing.

In these tools:
- Mind
- Heart
- Spirit
- Hands
- Eyes

The desire to make or grow something for someone in a healthy way. What comes out of it is peace, relaxation and comfort.

Women who sew at home are not going through a healing process, because they are sewing what needs to be done. Her sewing skill and her ability to create grows as she learns to try new ways to sew and she can then teach others.

The desire to make something will be reborn in her when she uses her mind, heart, spirit and hands in combination with love and creativity.

The Visible Healing Tools:
- Outdoors
- Snow
- Land
- Plants
- Rocks
- Rivers
- Sound of wind
- Sound of children’s voices
- Home
- Listening to happy singing/birds singing
- Sewing or making something
For Reading During Healing Session

People with Deep hurts

I don’t know what to do, I don’t even know where to begin. I cannot seem to find where it ends or where it began? Yes, I’ve often heard that I can begin anywhere - even from the latest part of my pain. I can even begin from the middle if I choose. I want to go ahead - I want to go ahead - I want to go ahead. I’m so tired - so tired. I may scare others. I’m afraid, I’m different from everyone - perhaps I’m not the only one who has been hurt this way, but it feels that I’m the only one carrying this pain among the other women here. It feels like there is something wrong with me somewhere and I feel very ashamed, which usually overwhelms me. I have to find myself so I can get the comfort I need. So I need to search for the comfort. I want to break all of my anger, my self-pity, my hurts, my enviousness, my domineering ways, my desire to be on top and, if it is possible, to change them to use my energy a different way. Yes, I have heard and I know that I’m on the way to make changes. That I can take charge, instead of all my hurts taking control of my life.

What things can I replace those with, put in place of my hurts, my anger? My hurts can be replaced by relaxation, my anger can be replaced by love, my grieving can be replaced by joy and laughter, my self-pity and doubts to self respect, my fears replaced by relaxation, my apprehensiveness to openness and welcoming, and what I dislike replaced by acceptance. Perhaps that is the way. I now leave behind today, the fear of what may happen in the future, what I had always known to be too difficult to handle, what I thought would give me no rest. Even my whole being that I find unbearable, that I can no longer get any sleep. I start to feel that it would be better only if I were alone, but then I think that if I am hurting inside and I don’t run from it but own it, it will always follow where ever I go. So what I’ve chosen now is to start getting better because if others can heal from their hurts, I, too, can start healing.

Prayer:
God, I don’t know if there are others like me, or even if I can get better. Even if it will take a lot of work to heal, please help me to be more open so what you created me to be may emerge. I’ve searched a long time for who I am. God, what is making me so unhealthy and what do I blame it on? Lord, I give You all of the things that have gone wrong in my life that need healing. I know that what I give You will be given back to me healed because You are the healer. God, I want to leave here knowing who I am. Jesus, please guide and walk with me. In Jesus’ name, Amen.
Reading for Healing Men

What are the Things I Should Learn About Myself?

Do I know myself? I would answer ‘Yes’ because I know who I am. I am a man with the ways of a man. I have the physical strength of a man, which is known to be a characteristic of a male. I have become aware that my ability to manage my life has gone wrong somewhere that others cannot stand to be near me, and I don’t like myself at all anymore. I end up just continuing, unable to stop myself from leaving the path I dislike so much. I end up thinking that maybe this is the route I was supposed to be on all along. I did not know myself because I don’t want to feel what I’m going through. I felt I had already dealt with them. I have always felt that once a person is full grown then they were done growing up. I didn’t understand that, for as long as I live, I will be learning about my life. I had often thought to ask many questions that came to my mind, but then I would get embarrassed about needing to understand.

But what has happened because of not going ahead and asking questions is that I get very tired, and tired of my own life. So now I’m looking for a better way to live my life, and I have no idea how to get there. I want peace inside of me, peace in my life, to be happy with no overwhelming worries and to live my life truthfully. I also want to live my life not according to others ways or instructions, but to be me; in control of my own life.

But how? I found out that I need to fill my life with healthy things so that I can become whole. I’ve come to understand that I was missing things that I can fill my being like I was dying of thirst.

I can use this as an example: if I hadn’t had a drink of water in ten days, my body would start crying out for water. So what I understand is this: my spirit (soul) can also be crying out for life-giving water, and sickness could invade my body because I had neglected to feed it and keep it healthy and strong. I didn’t know that I had been robbing myself of my own ability to avoid being difficult or bossy, being unapproachable or angry towards others close to me. I honestly want to get better in every aspect of my life: love, happiness/joy, patience, approachable, welcoming, belief in myself, kind. And because I have seen people who turned things around, perhaps I, too, can get there, so I can become richer inside and live my life in a healthy way.
Reading for Healing Women

I was born into the world daughter to my mother. When I was born, I brought with me all the good things I would be needing; all the gifts and talents I would need on earth. I was born with a heart, brain, soul, ability to see and environment, but these gifts were on hold until I would be able to do things on my own because I was under my parents' care. I would be breast fed, fed solid food when I got bigger, clothed, put to sleep and brought everywhere they went. Then I grew bigger and, as I grew, so did my abilities. I became physically and mentally more able. And as I recall my life by seeing, hearing my spirit/soul as my first, second, third, fourth, fifth and six years passed; I don't remember these years too well, but the year I turned seven, my memory of passage of time became more concrete. I could remember things but I still didn't understand all. As I became a teenager, I started to enjoy going to events that were cheerful and healthy. I viewed the world in a wonderful way; nothing could go wrong. It was then that I fully understood I should do things for my parents in the home and outdoors. And I knew how to sew things then. I would attend church services and understood then that I shouldn’t just be running wild but live my life in a peaceful healthy manner. I figured that was all I had to do with my life. Not too heavy.

And then when people started to treat me as a grown adult, I started to find that it wasn’t easy. It was then my freedom to do as I pleased stopped and it seemed there wasn’t anything good in it. I would get confused, unsure of what direction to go. I just started to do what I saw other people doing, wanting to be able to do what they did. As I continued living this way I would become dissatisfied, and deep down inside I started feeling that maybe there was something wrong with me and I worried whether I was any good for anything. When those doubts started to fill my mind, I wondered if I could continue living this way and if any of it were true or real. I figured it was the only way to live life and felt too tired of it to continue living on earth. In my heart I started to feel that I didn’t belong in this world. But then I realized that doing things for others has taken its toll, I hadn’t established boundaries. So then I had to make a choice of which route I wanted to take: my life dictated to how I should live, or set up boundaries. I now understand I had to remove some things that were going too far for me. I had to choose how I wanted my life to be as an individual. I had to figure things out for myself regarding life, such as: what kind of lifestyle do people lead in order to be kind people or discontented people? I had to learn wisdom by learning more. I had to renew my love for life, dealing with issues that needed to be dealt with in my life. I had to rekindle what I had once loved, change some things in my life that I couldn’t before. In order to make those changes in my life, I had to go back to the time I was born, to the time when I brought all the tools I would need in my lifetime. I had to do this so I am able to live life from the heart, with intelligence, with an ability to love myself. I will have to learn more about this love that flows to me, to others, to my relatives, to my parents, to my children, to people who are kind to me, to people who don’t treat me right. In this way I will be able to become whole.

Father God, please give me the ability to change the things I am not able to do on my own. Please help me to remember the good things that happened in my life, not just those things that have caused me pain. I am unable to live my life on my own as the number of things I cannot do on my own are numerous, please remove them from me in Jesus’ name, Amen.
For Men Dealing with Pain Inside

My mother gave birth to me as a male. As I was being born, I brought with me what a man will need in life: a man’s physical strength and a strong will. I had an understanding that I could not be weak, that I would have to do physically heavy work, be able to manage my own belongings, and have to physically hunt for food the hard way, sometimes in bitterly cold weather.

I fully understood that I would need strength, strong will and wisdom, and that I would need to make sure that no one pushes me around or takes advantage of me. That I should not easily break down and cry.

What I realized then was that I carried those things past the limit. I went overboard with those things. I went so far that I started to misuse those tools (gifts) I had brought with me. I didn’t fully understand how I was to use them. I thought I was doing the right thing by using muscle (strength). I thought I was doing what was required of a man to do in life. But then I realized that what I was doing was causing pain to myself, and because of the pain I carried, I caused pain to others. The pains that were gathered on top of one another inside of myself were controlling my actions towards others.

What do I do now? How can I stop this pain? I’m starting to understand where the pains came from. I’m so tired, so tired of the pain I feel. I now want to heal. I want those tools back that I was equipped with when I was born. Instead of adding negative things to them, I would like to add positive things to them that will help to lead a healthy life. I want to add to the good qualities so they can grow over time. I say this because God created me in his image; a good person. I want to return there, where I was first born. I want to once again be able to hear Jesus’ voice as he talks with me, saying, “I am in your heart healing you of all your pains and hurts.” I will from now on walk with the Lord to guide me and he will be my strength.

Prayer:
Lord, please hear my plea. I need Your direction and Your comfort in my life. My spirit trembles inside of me. My heart is breaking. I remember days gone by. I recall and think upon all Your works. I think what Your hand has done. I raise my hands towards You. My spirit is thirsty for You. Lord, please hear my prayer in heaven so that I may hear of Your mercies towards me. When the night has passed I have many to be grateful for and long to be on the road to recovery.

Please teach me to live according to Your will because You are my God. Let Your spirit guide me on my journey, on the road that is not rough. Lord, please heal me for Your name’s sake. Help my spirit leave the place of fear, for You are merciful. Help my breath as it trembles because of my pain. Breathe on me anew with Your life-giving breath, fragrant breath that You gave me when You created my being. In Jesus’ name, Amen.
Reading for Healing for People Dealing with Deep Hurts

To Understand Self

I don’t understand what is going on inside of me, and I do not know when it all began. Did it begin when I was still a child or later in life, or did it began after I got married? There are times when I am unable to control the negative feelings and emotions I feel, and it always seems like someone will trigger me. I believe people do trigger my emotions because I feel broken again. When that happens, it is like they want me to give up. Even my family seems to always be knocking me down. I am unable to try and think clearly for five minutes. Why am I unable to communicate with anyone in order to get better? It ends up that I just want to get away from them or just remain quiet because it will eventually pass. I do believe there is really something wrong with me that needs fixing. I remember, I remember myself. I couldn’t even hope to feel the emotions others feel, when if I was okay, I would know it was something really deep. Yes, I do need to make improvements somewhere so that my weaknesses are not used as tools to get to me, then I wouldn’t be affected. I need to make myself better, not just in words and talking, but in my way of thinking and in my actions. I need to become a person who helps my household grow. I have even thought about where I could go and scream and cry, where there is no one else but me around. Maybe if I climbed up a mountain to get higher so I don’t feel like I’m way down in a ditch and unable to see for miles around, or unable to feel anything. I want to be able to look at life like I was up on a hilltop and able to see for miles around. In this way I can be able to sort out what I have accumulated; all my hurts and my secrets. So I can begin to deal with other peoples’ issues that I attempted to carry and sort out. Even so, I am thankful that though I seem so far away, God’s presence, His light and love can reach me. That is how God is. And though my feelings seem unclean, I am within His reach and His help. I would like to begin my healing.
Reading for Healing People Who Think There’s Something Wrong with Them

I have often thought that there is something wrong with me. My emotions go awry, like when my head starts filling and pounding with different thoughts, and then the headaches would come and the back of my head gets very sore and tired. My head starts feeling very full, there is pain in my heart and my veins are throbbing. When this happens, it feels like I will die of a heart attack because I’m full of sickness. Satan seems to come for me when I’m alone. Then I begin to feel that I’m an outcast from the community, with nothing to look forward to along with sleepless nights until I have sorted out all my worries. But once I wake up they are all still there haunting me. I’m so tired of them. There is no rest it seems. There is nothing to be happy about, just like being physically ill. So tired of it all! So tired of it all! Ahhhhhhh, what do I do? Ahhhhhhhhh!

Coming Face to Face with Tormentors
Those were all my own creations. I don’t know when they finally left me. Who was it that helped me defeat them? They were much greater than I, they were controlling me. That caused me fear. Who was it that erased them? Who was it that made me better? I thought that I would be sick all my life and felt it was a part of me. So who healed me? I know exactly who healed me, it was the Lord. He healed all of my wounds. He helped me defeat them. He healed all of my pain. It was like He started to recreate a new world inside of me. A beautiful place, filled with beautiful blue and yellow flowers. Today, I’m filled with happiness for life, I’m filled with love each new day. I now have the right spirit within me, my friend who equips me with good things so that I am not found alone. God created me to be rich in my heart through Him. When I want to say how grateful I am, words are never enough.

Prayer:
Father God, You are Almighty, merciful, full of glory, You who are God. Please change my feelings of loneliness to only being a part of the community. Through the power of Your Holy Spirit, please teach me about who You are when I feel alone. Also, please I pray help me learn about friendship for You and other people. In the Lord Christ Jesus’ name, Amen.
Reading for People Ready to Face the Things They Had Done Wrong

I’m beginning to understand where I stand in life, and that I’m not always last at everything. I understand now that if I will look at the way I lead my life, I can make choices that are healthy. These good things that I had given up because I felt that it is too late now, they come back to mind that there has to be a way. I’m beginning to understand that I have to take these things seriously. I feel negative feelings deep inside of me. And when these negative feelings surface, I feel that I don’t want others to know about them. Everyday I make plans to deal with them, but I don’t follow through with them because I’m beginning to understand. I want to know more, need to know more, about me, about me, about me... Where am I? Where am I? Where am I?

I see my reflection in the mirror. I see the front of me when I look in the mirror, but never have seen my back. When I see my front, I start to worry if I look alright in the back; what others can see. I get an embarrassed feeling that maybe there’s something wrong about my back side. Because of the way I look at my reflection, because I have things inside of me to deal with, I’m reminded by looking in the mirror that I’m not able to see. Other people have told me to look at myself so that I may be able to deal with the things I need to face about myself. I see now, am beginning to see that there are things about myself that I’m unable to understand, that I need to face and deal with that pertain to me personally and my dealings with others.

I have often spoken to God to please take away the wrong things I have done and believe that God forgives. Then I find out that I tend to close up instead. I also find out that I to need to look at and deal with the issues in my own life. For example: put them on the palm of my hand, examine them from the front and from the back and totally understand what is going on. God created me beautifully inside and out, so He can help me and work with me because He knows who I am and what I need to deal with. I understand now that I have not been able to love my God with my whole being. All my hurts have gotten in the way. I didn’t know that God wanted to be close to me. God will give me the strength to deal with my painful issues. I will be happy with the new day that I have been given.
Reading for Healing from Hurts Inside

I’m now able to be happy with myself. Before, “being me” meant to be divided. Half of me wanted to be happy while the other half always seemed to want to continue being angry, which would then just confuse me. I felt that if I caused someone pain it was to my benefit, and I started thinking about who else I could cause pain. But now I’m beginning to understand that the people who had caused me pain in the past weren’t the only ones to blame. I, too, have been to blame for all the pain I caused others. I would purposely hurt others. I didn’t care to see how much hurt I was doing. But today I’m getting happier with my life as I am now able to see and understand what I had been blamed for is true. And now I can deal with my issues instead of feeling like no one will understand where I’m coming from; I realized I was blind to them. I was so blind to my own faults, that I would get angry at how others dealt with issues. I used to think that they were teaming up with people who were abusive.

Now I get it that the only way to get through to people who hurt others is to give them mercy and kindness. I want to be able to embrace that kind of love for others. I used to think that it would be alright if someone could just care about me, love me for who I am, not the person who hurt me. I understand now that this kind of thinking didn’t bring me peace. I want to be able to make changes in my life. I want to face the negative things that I do and deal with them even though there seems to be something to fear when I begin to face them. But if others had been able to come out all right, I know I can do it.

Prayer:
God, please give me peace because the things that I am unable to change on my own keep overwhelming my desire to live healthy. Please give me strength, a brave spirit, to be able to make changes in my life and teach me wisdom. In Jesus’ name, Amen.
I’m glad to be alive on earth. I have survived situations that may have ended my life because there were times when it seemed impossible to go on. Today, there still are many issues that I face, that I’m unable to control. It is like I’m a slave to these issues and they are the masters that control me, even though I fight with them in my mind, negative things just continue to pile up. I end up living like I’m a prisoner to them. And because of this I get depressed in my life. When I’m experiencing this I try to tell myself that there are things to look forward to. That if there is any good in me, God will be merciful to me on Judgment Day. When I’m in that state, I wonder if God is even nearby in my life.

But today I am able to say that those things are in my past, that my desire to be free was stronger than those issues I faced. I battled to be a winner, I have walked away, or am willing to walk away, and I am now able to see my life in the future where I am in control. It’s getting easier now because the things I couldn’t face before I had God in my life, I can now face with His help.

When I seem to be going back to those issues that were too heavy, I continue with an assurance that I will be able to get through them. I’m still learning how to live a life that is healthy and peaceful. When I do reach a place that seems too hard for me, I now know my Lord will pull me through and give me rest.

I long to reach a place in my life where the worries will just slip by my eyes without coming in contact with my body and mind. I understand that, while I’m alive, I will continue to experience these kinds of things and know now that I will come out all right.

Prayer:
Father God, I’m filled with gratitude that when we face what seems impossible to deal with in our lives, You are there to protect us from harm and see us through difficult times. Please hear our prayers that we will know with our eyes and our minds that with Your love for us, we are healed. You see when someone or something has caused us pain and You care about things that we care about with Your forgiving ways. Lord, Your hands are mighty and with outstretched arms full of love, reach out for me. Even Your robes, which are beautiful, are able to give healing. Please cover us with Your presence that heals us. Please give us peaceful sleep in the night. In our Lord Jesus’ name, Amen.
Getting Better through Healing Process

In my lifetime, I have been through hurtful, painful experiences and have seen what we value in our culture. Many new things introduced should have improved our lives, but instead do harm. What I miss the most from back then is when our families lived in one home, eating the same foods together, going to bed at the same time and getting up at the same time. No sleeping in. We would all travel together. We did not witness anyone being abused, nor did we ever hear of someone going through abuse, or of anyone going through a difficult time. Once we got up, everyone had chores to do: our mothers were sewing; our fathers were hunting; young boys fetching ice and playing outside; young girls carrying babies in amouti, learning to sew and visiting each other. We’d spend our days doing those things while we waited for our fathers to come back from hunting, and once they were all home our family circle would once again be complete. When our husbands came home we would be so happy to see them because they are back as our defenders and nothing was to be feared anymore. Our husbands kept us strong in a big way, even if there was no alarm to feel fear; they still provided us with a sense of safety. Those are the things of the past I treasure.

But today, we experience people who use others for support in negative ways. We now often wonder how come, why was it that we had to move from our traditional lands? Our traditional way of life was, it seemed, being dropped and our future was uncertain.

But then we started seeing useful, new things being introduced from different cultures, and because we had to conform to these new ways of learning with discretion, we mastered them to where we have adopted new ways that once were so strange.

I’m so grateful that with these negative impacts in our lifestyle, I am gaining more hope for the future. Because things that I feared, that I’m ashamed of, that I worried about are all behind me. That healthy people rejoice with me today, that I’m seeing how I’m deeply affected with the same joy inside of me. All of the negative things that impacted me have turned around to being happy with life. Even if I don’t always show it outwardly, I have joy inside of me, and I’m noticing how things have changed for me and my family. The days of being down aren’t the only things in my life anymore because now I’m able to look at the issue I’m facing and try to figure out how to get through it. I long to become a whole person just like the others who have been able to get there. I don’t want to give up on myself. I realize now that I had given in to the things that I should have battled, to have under my control, and not allow the good things to flourish in my life. I want the intensity of things that I go through in the mornings, days, evening and nights to become all at the same level, not fearing one emotion or feeling more than the other.

My family members have become closer to me. I realized that I have been putting up blocks around myself, and now I realize that I regret having had such a hard heart. But today, I want to harden myself in a positive way, not just out of fear but out of courage to face things. I still need help sometimes because there are certain things I cannot do alone. Thank you.
Reading on Healing

I am me. I belong to me and no one else. But it still does not feel right to be all alone. I need others in my life who can work with me cooperatively, like family or spouse or boy/girlfriend, but more greatly with God.

I now know I cannot do things on my own; things work better if there is someone to help me. I have learned that it is important to share and not just be on the receiving end of things. That I need to allow others to do things on their own as well.

I have difficulty with self control and boundaries. This is where being my own person isn’t right. I have to learn to communicate these things on my own or by my own wonderful self. And once I get to know who the real me is, I will be able to understand others. For a long time, I had not been able to know myself well enough to know how to manage on my own. I didn’t know how to put an end to my grief and, because of that, I had felt like giving up for it felt like it would never end. I have to learn how to put limits on things for myself. Who understands my pains, the heavy load I carry, hurts in my life, hurts in my heart and my body? Who can take care of me and who can help me? (Write down the person who you think it is here) ________________________________ can heal me. I need to get to know that person who is the real me and understand the things I need to stop doing that have imprisoned me.

Are there other things to choose from? I need help to understand these things by getting help to get better where I don’t see and don’t know what else to do. Is it possible for me to quit if I really want to? How can I go on when I seem to be so far behind? I will learn to recognize the things that I need to deal with. Don’t give up because issues will come up when it’s time to deal with them. My dear, there is a defender because even if I were to do something to get back at someone, something else will be brought up. Put yourself ahead of those things. They will get to see you for who you are, so keep your light shining and don’t complain or talk too much, because when it’s time for you to speak up, your family will know what you need to say will bring out a need to ask for forgiveness on their part that isn’t painful to deal with.

So move onward, onward, onward with your life. Not too much in a rush, but onward. Get into your boat with oars and bring someone to propel it, someone to guide and someone to support. Bring what you will be needing. Because you are you, let us bring a lamp, so that if we get unsure or need light, we can use it. Will it not be beautiful?

Prayer:
God, You are the only one who knows who I am. Please help me to understand who You want me to be. I give my life over to You so that You can work with me. I come to You because when I encounter issues in my life, I know You can help me. There are so many things that I cannot do alone. I know that all the fears in my life can be dispelled through You so that the real me can emerge. Please light my path, for the route I am travelling, many will get lost. God, please guide the boat we are travelling in and provide a route for us. From the beginning of time to the end of time, You do not change. Amen.
Reading for Healing

I can now tone down on things happening to and around me where I couldn’t before. Anything that came in contact with me, either emotionally or physically, I couldn’t control very well.

But today I’m learning self-control even when I notice things not being done right. Also, I can now keep quiet about things until I have thought them through, or I’ll just keep quiet now without needing to share my views. The way I used to be was that if someone didn’t do what I thought should be done, I wouldn’t say anything, but I would let it stew inside of me and fume. But I’m learning a different way so I’m happier and I don’t need to scold people anymore. I used to be so disapproving, but I’ve learned that there was no need to get so angry or worry so much. I’m learning how to improve my behavior so I’m learning to stand on a firm foundation. I’ve learned now that I can dismiss what others are doing. I used to have many suspicions about others, but then realized that I, too, did things in a negative manner and thinking I was the only one feeling that way. I learned that these things would grow inside of me.

“But where am I at today? Where am I headed?” I’m learning that I, too, can create negative things and then right the wrongs I have done. And if I was unable to make things right, I can now look for someone to help me. It makes me feel like laughing at myself when I recall the way I used to be. I used to put limits on my knowledge, but have realized I had answers inside of me all along.

Prayer:
Our Father in heaven, please help us with what we cannot do on our own, for they are too heavy for us to deal with. Your knowledge of all things is unbeatable and there is no one with your knowledge. Please teach me knowledge with the help of the Holy Spirit. I repent all of my wrong doing because only You can deal with them in Your wisdom. We praise Your holy name and we are in wonderment of Your greatness. In our Lord Jesus Christ, Amen.
Reading for Healing People with Negative Attitude

Goodness! I get amazed that my world is no longer spinning out of control on the same track. For many years I didn’t realize that I was spinning out of control. Year after year, my life spun on the same track, full of unhappiness. There would be times that, for a moment, I would get bursts of joy, but they didn’t last. But now, today, I possess a joy that springs out of me that is endless, and if I do go through a difficult time, it will fade for a while but it never runs out. I find that after a day or a few days, this joy that I have will resurface, because I haven’t lost it. There are times that I can just jump around with thanksgiving and happiness because of the joy that I have. If someone else has done that then I can also do it, to make it known to others that I have a real joy inside of me! I also know where this joy came from. Like the sun’s warmth, the ice and snow that are vast in depth and width, the love’s warmth can melt away my anger and change it to happiness. My heart – mine! My life that had been like a boat stranded by ice has been set free. This is how I describe it now. Wow!

Though I am still me, I have become the real me, where my physical body and spirit body are becoming one. Becoming whole. I will run, I will run, I will run effortlessly, and I know where I’m running to. I will run to where there is abundance and once I reach it I’ll be given a trophy! And because I didn’t give up it will be rejoiced over! From now on I will run the race towards what I haven’t seen yet. For sure!

1. I woke up this morning rested for the Lord is with me. I am grateful.
   - Yesterday is passed, nothing resurfaced.
   - Feel regret and sorry after seeing what I’ve done to myself.

2. I travelled in the spirit to heaven and see a beautiful place where there’s redemption.

3. The setting sun turns red revealing beauty and the sea is like glass.

4. Jesus has brought me peace and has healed me of my pains through his death on the cross.
Reading for Use at Healing Place

Where does rest reside? It’s over at (fill in the place of where you think it’s at) __________________, but what are we doing that is not there or why aren’t we at peace? How? How can we get there? When can we make inquiries to the people who have achieved the peace they sought. What does it mean to be at peace? Can we achieve that for ourselves as well? I have had thoughts like that. If I myself would ever achieve peace in my life, in my heart with no worries and no concerns, I could be able to manage my life even if I had no great abilities.

But even now, we’re getting to where we find rest, find peace. I’ve even started to notice while I’m working, while sewing, that I’m starting to relax more. I used to do some sewing in order to relax a little. Because when I was stitching, my concerns and worries would diminish a little. But today I sew because I enjoy sewing something, giving my creation my full attention. I don’t always, because I understand that sewing isn’t the only way to find peace.

I have found that it’s wonderful to be with family and give them more attention. I don’t relentlessly sew or make things like I used to... it’s still great to make things, but there are other things that I can focus on in order to lead a healthy lifestyle. I’ve learned there are many other tools such as putting aside a craft you are doing and just talking about issues and healthy solutions. I’m so much happier now. What I’m learning is not just staying inside of me anymore, they are now becoming apparent on my body that I’m relaxing and finding that there is peace inside of me. I hadn’t realized that I was creating the peace, like growing it from soil. I have also started noticing that my family is becoming more relaxed around me. Wow! Wow! Wow! Wow! Wow! I’m not just testing it out anymore to see if it will work for me as well. I used to think that they were all going it alone, but now I’m there also. I have become more united with family members without even noticing it happening. I used to allow my negative feelings to control me into thinking that I was different, but that has changed to wanting to be a part of the family. I am so grateful that peace has become a part of me. I couldn’t have done it on my own. I could have lost it all but I didn’t. Thank you! Thank you so very much!
Prayer Reading for Healing

I’m grateful for this day I’m blessed with as it brings with it helpful tools for me, but more grateful to God in heaven who gives to me His helping hand.

God, who is most high, knows me the best. He is my help when I’m at my weakest.

He is always near to those who are at their weakest points and is a savior to those who have lost hope.

Each time I have felt laden down with worry and depression, You, oh Lord, brought me peace and happiness.

You who are heavy laden, bring your burdens to the Lord for He will defend you. He will always be the defender for those who strive to live upright.

The Almighty Lord will cast away death to everlasting fire. He will wipe away every tear of all humans. And from His people He will cast away sin from them; the Lord himself proclaimed these words.

The Lord is close by to those who love Him, to all who cry out to Him.

From your affliction even I was brought joy and peace because you said that I should have life.

I am unable to clearly say what kind of day I had, but with the Lord speaking to me I can recall clearly how it had been.
Reading to Be Used at Healing Circle: Seeing the Light

When others spoke about seeing the light, I used to wonder how it could be interpreted and where it could be. Perhaps if I use this example: at night when it’s pitch black, dark outdoors, I cannot see very far, can’t even see close by. And whatever it is I can see, I cannot make out exactly what it is. In this way I can understand “darkness”, it can be like that inside of a person’s being. Or I can say that I have in part been there, darkness inside of me, not knowing exactly what to do with my life. I was unable to see nor understand what people were talking about. But then I understood because I was in the dark and there was no way I could possibly understand.

Today I can say I have come out of darkness into the light. And what I hadn’t understood then I can now see that there were other ways to put the negative things to work for me, to bring a new life to my being.

I now look forward to tomorrow and use everything that I have within me to work in the lighted path. Using my eyes, body, lifestyle, mind, spirit, heart and actions. Making sure that these parts of me are not in the dark, and in this way I will get to learn how things are supposed to work together. And the one who lights the way is not of the earth. He is mighty and will live inside of me to light my path. For example, when we light a candle it lights up the space around us, so it is that way inside of my being.

This light must be able to be seen shining beautifully to the community and in our homes. What I mean is that His light should attract others, like it were placed up high where everyone can see, so that my path can be lit, and wherever I pass there should be vibrant colours showing me how I should use them, or when to use them, but also knowing when I shouldn’t do anything. There will be many times when I will be uncertain what to do, but the light will always shine as far as I can see.

And because of this, God has given me this light to keep inside of me, by giving His only son to be a light for me.

Prayer:
God, You had so long ago said: “let there be light,” and there was light. And You had said that You will send someone who will be light to mankind, the one You sent was Your only begotten son to be a light to those living in darkness. Then when I met him, recognized him, I understood that my life should be in the light.

The things in this world that try and lure us to live in darkness and to confuse me, please I pray, reveal them to me in Your light so that we may come out victors from temptations and difficult situations. In Christ Jesus’ name, Amen.
Self-Assessment Questionnaire for those Who’ve Gone through Healing

To Understand what Steps You’ve Taken

1. Taking care of self.
2. Friend to self.
4. Like self.
5. Belief in living truthfully.
7. Value self.
8. Visible to others.
11. Caution.
12. Care for self.
13. Aware of days.
14. Ability to work.
15. On a right path.
17. Looking forward.
19. Aware of months passing.
20. Aware of years passing.
21. Healthy environment.
22. Strength.
23. Aware of weaknesses.
25. Awareness of self.
26. Allowing self to grow.
27. Belief in self.
Reading for Use at Healing Centre for those Who’ve Overcome Obstacles

I get so amazed when I remember how far I have come. Is this truly me? When I feel the peacefulness inside of me, I no longer fear the future and no longer dread what comes with traumatic experiences, nothing to fear, no more shame. I really do believe that I have to let go of my past. I know I have changed, and now lead a healthy lifestyle and use words and actions differently. I get so filled with joy and truly filled with gratitude, and I am very grateful to God. Apparently I only looked to God and not toward others because then I used to think that only God could work on me, but now I’ve seen that He works through people as well. Now I understand that my view was not very good, in sight, soul and spirit. Now that I see clearly I can joke around and say of myself: “too much!” or “it’s wonderful!”

Prayer:
Lord, help me to show my gratitude to You, for my words are not enough, to be thankful for the changes in my life and my attitude through You. You have given me hope and You have healed me, please help me in my weakness and fill me with thanksgiving. Fill me with Your goodness. I pray this in Jesus’ name, Amen.
Reading for Use at Healing Place

I have to say that I now have wonderful things to share with others, not in a negative manner, but in a happy way. I have found out that it doesn’t matter if there are new or old stories, where those things used to matter, I’ve learned about me. I remember and recall the times when our family would share laughter. I had thought that those times were gone forever but I have learned that it was there all along. I would be so happy if we could have laughter again as a family because it brings out the beauty of family life, it energizes everyone after sharing laughter together, and drives away worries. Can anyone share with the rest of us? So we can share laughter and forget for just a little while our worries because we’re learning to be happy. Setting aside the worries, putting on ease and adding laughter.

Reading for those Attending Healing Place

During my life there have been times when I felt like giving up, before this time. Why had I almost given up? Because I had so many reasons to give up on myself: great shame, fears and apprehension and dreaded feelings and emotion. I was carrying all of these inside of me. While I was living that way, I didn’t see anything wrong with my life. But once they started surfacing, I started seeing for what they truly were – dreadful things that almost drove me to totally give up because it seemed there was no more hope. There didn’t seem to be anyone who could see my predicament and offer help, it was like I was being judged inside of myself wherever I went, at church and even at home. I felt so unworthy, the most despicable worst criminal person... But then, there is a “but” today. I have now overcome those things. They are now just stories to talk about. None of those things are stuck to me anymore, or I can say I am free of them. Today I am now anchored to a healthy lifestyle, to clean things and to love. I can now make sense of my life. I am healed because Jesus died on the cross so that I may have forgiveness.

Prayer:
Lord, I give you praise, help me to live my life according to Your will. Help me to be near You and so that I may enter into Your Holy Place.
Reading for Use at Healing Place

My goodness! All I can say now is: “My goodness!” When I think of who I’ve become since the old me, my soul rejoices because the Lord has made it well. My environment is growing in width and length. To my knowledge, what used to be my small environment has grown bigger in width and in length. Sometimes because of this, I am at a loss as to what to do. For me, it is so amazing that I have reached this place. We have laughter now; not just on the surface or visibly, but laughter combining the outer and inner being. It feels like I can be so very happy that I will make noise to indicate just how happy I am.

By shouting and singing praises to my Lord, who healed me of all my sickness inside and in my body. Bring out the trumpets and play them to the world with love leading us along, and with our lamps in hand shining our light and preparing people, so people living with the dark in their lives have a light to follow. People whose hope is gone are able to stand up, people who are stuck be set free and healed. Let us shout that the Lord is great, that our Lord makes us able. Come on, come on, come, on let’s go!

Prayer:
Lord, I humble myself at Your feet to thank You with my heart and soul, I lay down in Your sight as I have seen that You are God and You are Almighty. Lord, please be my defender. Help me to follow You, in Your bloodstained footsteps that lead me on. When my way has become unclear and my future is unsure and I am falling, Your footsteps lead me onward. Jesus, thank You very much. In Jesus’ name I pray, Amen.
Healing for People Sleep Deprived or Experiencing Sleep Problems

People, women, and anyone experiencing sleeping problems because their lives have been touched by very serious issues, who have been so deeply hurt by death of a family member, who have lost a loved one. These hurts may have started to affect them at any time in their lives; from childhood or in their adult years. These people start to believe that they will be afflicted with sleep problems for the rest of their lives and get stuck, and do not know how to be free of sleepless nights. So they remain.

It is possible to get sleeping aids through health centres but they do not cure sleeplessness. When I meet with people who are experiencing sleep problems, I know they need healing from issues in their lives. Since they are still able to have some sleep but are afflicted with worries, and are sapped of their strength and have become too weak to fight. When they lay down they are hunted by ever present fears and worries that rob them of sleep. By going through a healing session, they will find their ability to sleep. By defeating their worries and fears, by rising above and being able to fight for themselves.
Reading for the Helper

When I first went to a Healing Place I recalled this: I want someone who will care for me, hug me, who will speak with me truthfully, truly care and have gone through what I have gone through in my life.

When I had thought that no one else has ever experienced what I went through in my life.

But then I listened as someone started to share about the issues – had been orphaned, had been abused and had no one who truly cared – my heart was touched. Then another spoke who had such anger that he no longer cared for himself where his body was affected – muscles and voice. I was so relieved to hear their stories because they were talking about my own life it seemed; emotional, deep hurts. I went through those very same things in my life.

As I continued attending it started to feel like I was now on a narrow path, holding onto a rope to get across. I could either drop down to where there is peace or where I’d lose my mind. I was like that for a long time in my life. But because I had people to talk to, my life is now happier, I lead a healthy lifestyle, and I have been embraced as a member of the community now. Thank you and I am happy I could write this.
What I Find Important

Each day I have a job to take care of myself physically and make sure that I don’t go where it’s risky for me. I do not want negative things happening to me in my lifestyle, in appearance or in my inward being.

I put God first when it’s regarding things that are important to me because through my belief I am together with Him. Through Him I found out who I was; only with God’s help and protection I have learned and understood who I am. I get this understanding free, where it could have cost a whole lot. I have learned how to take care of myself and a desire to speak of His goodness. These things I find important in my life.

Next I find my spouse is also very important in my life. Because with him I can handle the things that I wouldn’t have been able to do nor would I have even thought to do. I have a partner who is able to work with me and I enjoy having his input. He fills the void in my life and helps me to live a healthy lifestyle.

I also find that my dear children are important. They have showered me with their love and have learned more about loving others from them. I used to think that there was only one form of love, but once I had my children, I learned that there are different ways to love. Love is so wonderful that a person can divide it for many different uses. The love of my children makes things complete and that is why I find them important.

I find my community members are important to have in my life because then I have good healthy people to live with in the community, people who have a lot to give in a useful way.

I also find my job as instructor important in my life, which I really enjoy and find rewarding.

What I also find important in my life is the ability to create things, to sew and knit beautiful things at home and the land where we go camping.
Reading for Use at Healing Place

Finding Happiness
I wasn’t aware of any other ways to be happy other than going to a dance, playing games, going camping and other things people do to enjoy themselves. To find happiness in their lives, marrying who they want as a wife/husband, finding a partner they are looking for and having children.
I wasn’t aware of any other ways to find happiness in life. I thought that true happiness is to be attained when one goes to heaven; no one can have it on earth. But I found that it is possible to find true happiness while still on earth. People have said you can have joy inside of you and you can draw from it wherever you are. If I’m among a group of people or when I am alone, I can have it. Your happiness has the ability to shape us, as well. It’s that wonderful that you can have the peace you desire at any time. And once you understand that happiness is not found only on earth, that it’s given. I have also heard someone say, “Rejoice in the Lord always; Again I say rejoice!” The Lord plants a seed of happiness and makes it grow even at times when things are difficult. I will always have this joy – it will never vanish forever. This joy will make things alright. I do believe this to be true now that I can feel it inside of me, or I can say that because I hear others speak of it I often now expect it.

And it is not because I’m an elder now that it’s at work within me. I need to have it even if I were young; age is of no consequence. One day I would like to just be able to say: “I’m so happy, so very happy, it is so good!”

Prayer:
Lord, please teach us the true meaning of happiness so that we can be able to take it for our own. Through waiting on You we can find happiness within our hearts and souls. God, please prepare me on the inside so that I have room in every area of my life for happiness.
In Christ Jesus’ name, Amen.
Prayer for People Dealing with Pain in Life

Lord God, most high we come to You in prayer. You are where we find comfort. I love You with my whole heart. Lord, You are my provider, my rock, my avenger and savior. My God is where I can hide myself. He is my defender and supporter. He is the source of my salvation and protector. I desire to give praise to the Lord and worship Him, and in this way he will save me from people who hate me. I want to talk to the Lord about my fears and cry to my God. Here He will hear my voice from His fragrant place. My cries are placed in front of Him where I can lay my head down with no fears to haunt me and sleep in peace, where Your angels from heaven will put me to sleep. Please put Your armour on me so that I am able to fight evil, and heal my sicknesses and forgive me of my sins. I pray to fill me with Your Holy Spirit and Your love.

I thank the Lord with my whole heart and will praise the Lord Jesus Christ, Amen.
Where Am I Now?

People can be at any certain point on their healing journey. There is no middle point or end to healing. There will be times when you will feel you’re only at the beginning when others may feel they’re coming to the end. As you begin your healing journey, it’s a good idea to write down notes for yourself so you get to understand where you are at.

1. I am just starting to remember having been raped or having been molested.
2. I do not exactly remember and have wondered if I had been molested, but I do know something was done to me.
3. I do know I was molested but by whom I do not know.
4. I don’t know if what had been done to me can be defined in those terms and do not know if the picture means what had been done to me.
5. I’m ready now to deal with those issues but I don’t know where to begin.
6. I’m having doubts and feel there is no other way. I feel that the picture will help me very much. I don’t know what else to do, so I’ll begin with that.
7. It was so long ago that it happened to me so I don’t think it affects my life to day. I don’t think I need to work on them.
8. I’m working on those issues now and will use these to see how far I’ve come.
9. I feel that I’ve dealt with a lot of these issues so I need help with some only.
10. I would like to use the guidelines used for healing journeys so I can understand where I’m at.
11. These papers were given to me because they thought I’d like to have them.
12. They don’t pertain to me, I just wanted them for my partner.
13. Psychologist spoke to me regarding these/my spouse thought I should work on them.
14. Now that I’ve joined the group, I will follow these guidelines to keep track of where I’m at.
15. I’m a psychologist/a therapist, I feel these could be used to work with clients.
16. I would like to introduce these (I would like to be a member with those) to self-help groups who’ll use these as a basis for our work with clients.
17. My daughter/son/brother/sister/partner aren’t willing to get help and I want to further understand what he/she is going through.
18. My spouse had this kind of experience and feel this could help.
19. I’m afraid and don’t want anyone to know I have these papers.

If you agreed to at least one of these statements, the contents of these will help you. And if it’s the first time you’ve seen them, they will be full of new information you didn’t know about. If you have been on your healing journey for a while now you will be able to go in deeper still, and they will reveal to you just what issues you’ve worked through or are working through.

a) Some have mental illness.
b) Some have done things they’re ashamed of.
c) Some have been abandoned by their spouse or boy/girlfriend.
d) Some are awaiting trial.
e) Some get hyper and angry, which trigger them to get out of control.
f) Some have stolen or broken the law to not embarrass others.

These are some of the things that people bring up, but there could be more reasons.

In the community of Pangnirtung, the church is open on some days of the week, where anyone can come for someone to pray with them or for them. When prayer time is open, some have come in who are on the verge of committing suicide or are making preparations to end their lives, or have played with the idea. They usually voice their reasoning. Once they understand fully what it is they’re doing, they ask for help. They pray for the suicidal thoughts to leave them and they do go away and people regret such thoughts.

The levels of the numbers of people who think about committing suicide vary from year to year. The ages of people who think about suicide are different, from the ages of eight to sixty. The number of people between those ages have differing reasons for thoughts of suicide, but the numbers are greater between the ages of 13 to 25.

It could be a very difficult subject to confront for some, and people are afraid to even mention talking about their suicidal feelings. And it used to be said that only people with mental health problems had suicidal thoughts.

Others have revealed that their reasons for wanting to commit suicide is because their deceased family members are beckoning them to cross over or want them to follow in their footsteps. They start to believe that they will end up being with their dead relatives sooner, so they start thinking about it.

While others say that it’s due to their lack of education, their future has gotten so bleak because they haven’t learned to read or write, nor can they return to traditional Inuit ways, which causes them to start thinking about suicide. They have lost their culture, stuck between the Inuit and qallunaat ways. Their hope for the future is gone and they feel worthless. They start to feel and believe things will never get better because of not enough education and not being trained for a trade. Quite a number of people feel that and believe that full-blooded Inuit can fall back on our traditional ways of doing things to survive. The Inuit ways like going out hunting are for skilled people, just like people who hold well paying jobs. Ability to make things that Inuit use, like women traditionally being able to sew traditional clothing. These traditional ways are the ways that Inuit still possess, they aren’t for life in a southern climate, they are a way of life for Inuit. Some people seem to become ashamed of these abilities. These things have become a basis for so many things because we need foundation in order to live at peace. The true foundation of our culture has been lost because of the fact that there is now a qallunaat culture mixed in part only. The traditional way in which we relied on is now different, so people get confused.
We now have to become accustomed to these numerous new ways, which will take time. Even the young people now are affected by the changing culture and they need help. They’re now acting like they’ve lost their identity or even where they fit in our society. They now have to make that effort to make the adjustment, we as a people need to make necessary adjustments.

We want to see a time when Inuit have successfully made the adjustment because then we, as a people, have grown in our abilities. In our lives today, our culture is strong if you understand where it’s at.

In a lot of different ways, the new things have made life a whole lot easier, and tools to lead healthy lifestyles are available. Perhaps people will start overcoming their obstacles when they see they do have abilities, because some feel that they have just become puppets to qallunaat and that brings them down further. The qallunaat themselves did not only do some ill management, but there were also very good useful things they introduced to make life easier.

I feel that in some ways some people’s lives have been turned upside down because of some rules forced on children who were not allowed in different situations. These things can deeply affect children. When adults go to work, children babysit. If someone dies, children do not enter. If there is a burial, children aren’t included. If adults attend church, children don’t participate because they’re put in a different room to hold their own service. If adults are eating together, children aren’t present; they are set aside food to eat, and for some there’s different food for children. Children are fetching things for adults: water and ice, softening skins. Boys help men when they arrive back home. No one was left behind because traditional ways were intact, and if some one got left behind, they’d go hungry. They hunted wildlife for their livelihood back then, so no one ever thought to stay behind.
Trying to Make Adjustment to New Lifestyle

Today there are so many adjustments we must make in our lives, to a lifestyle that is not our own culture, not our traditional ways, that has been enforced on us as a people. We have to try and make that transition because, without even being aware it was happening, we had added the different lifestyle to our own, which some seem to have started excluding, which just makes things even harder. People began doing this when they realized that some things are ruining their own lifestyles. They hadn’t been warned that some could wreck their lives because it wasn’t known to cause damage. It’s just recently, only after it did affect our lives, that we are being informed. The different lifestyle, which we were told was preferable, is hard to adapt to.

People are now trying to remove those things from their lives on their own after realizing that they were not aware what they had taken on.

For example, here are some things that people are saying are to blame:

- Cigarette smoking
- Alcohol
- Drugs
- Gas sniffing
- Gambling
- Bingo

There are other things that have also caused our traditional ways to be lost. Today, people with overwhelming problems, such as the inability to deal with their anger and worries, are new to our Inuit society. For me, these were not overt in our lives, but perhaps it has something to do with laws being enforced on our lives. These have increased the number of people not having the ability to cope. Some issues we can deal with on our own; even so, it seems that we are being treated like we are incapable of helping each other and ourselves.

Because of some of these things, there are quite a number of people now who still need to make adjustments in their lifestyle even within their own being, uncertain just where they fit in to society or who they are. People need to acknowledge themselves because we need to fit in with the rest of the world. What I would like to see is for Inuit to make the transition and conform to today’s society, and in this way they will become more able to manage their own lives. Inuit are healthy and can lead healthy lifestyles if they would take the time to reassess themselves. Perhaps some will work things out once they understand that they do have ability to change.
My Feelings/Emotions

1. I don’t take my feelings seriously.
2. I don’t know exactly how I feel.
3. I don’t know the differences between any feelings/emotions.
4. I have a difficult time to describe how I feel.
5. I have difficulty to cry as much as I want or I am afraid to.
6. I cry often or feel like crying often.
7. I have anger or am afraid to get angry.
8. I get nightmares that are scary.
9. If I experience being happy, I get uncomfortable.
10. I get unhappy very quickly.
Meeka Arnakaq’s Biography

Meeka Arnakaq is an Inuk Healer and Elder from Pangnirtung, Nunavut. She has been involved in her local church for over 30 years as the organist and lay reader. Meeka writes her own music and has recorded a CD; she is currently working on other songs for another CD. She taught life skills and Inuktitut at Nunavut Arctic College and retired in the summer of 2007 after 30 years of service. Meeka has one biological child and four adopted children, 10 grandchildren and three great-grandchildren.

Meeka has been recognized for her efforts in helping people deal with social issues and she is well known as a leader of healing circles. Meeka provides individual and group sessions, working on her own and with other healers, including her husband, Abraham. She travels to many communities in Nunavut and other regions in the North. She also travels to southern Canada, where she delivers group and individual healing sessions, and trains counsellors and healers, some of whom provide healing to the prison inmates within the Tupiq program, a federal correctional program for Inuit inmates. Meeka has been working with Tungasuvvingat Inuit and the Ottawa Inuit community since the 1990s. She works particularly closely with the Mamisarvik Healing Centre, which provides a unique Inuit trauma and addiction treatment program based on Inuit traditions and culture, serving Inuit clients from around Canada.

Meeka received a Wise Woman award in 1994 by the Status of Women of NWT and on Canada Day 2009, Meeka received an honorary degree in justice from Dalhousie University. Meeka participates as an Inuit Elder on the Elders Advisory Council for the Canadian Centre on Substance Abuse (CCSA). In November 2008, CCSA and Tungasuvvingat Inuit/Mamisarvik Healing Centre signed a three-year memorandum of agreement to partner and collaborate on a project that will help record the teachings of the traditional Inuit society of yesterday and today. Meeka’s teaching manuals, written exclusively in Inuktitut syllabics, will be published for Inuit Nunnaat and all Canadians to learn more about Inuit culture and traditional knowledge and healing.

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