REFLECTIONS

ON HEALING-CENTERED REHABILITATION PRACTICE

WORKBOOK

Healing-Centered Indigenous Regulation © Workbook for Participants

Juniper & Pine Consulting, LLC

"Our bodies are not problems to fix; they are teachers waiting to be heard."

Introduction

Welcome to *The Healing-Centered Indigenous Regulation © Workbook*

This workbook supports participants who have already experienced Juniper & Pine's Indigenous Healing-Centered framework and now wish to continue deepening their personal and collective regulation practice and deepen their relationship with the body, land, and community through gentle, self-led practice.

It is designed for self-guided, small-group, or partner work—grounded in the belief that *we are the medicine* and that healing is an ongoing relationship with body, land, community, and spirit.

The practices integrate somatic awareness, vagus-nerve engagement, land-based attunement, nature constellations, breathwork, storytelling, and rhythm as pathways to restoration.
These are not therapy interventions—they are invitations to listen, regulate, and reconnect.

This workbook trusts that you hold wisdom within you — that your body, story, and community are sacred sources of medicine. Each practice invites curiosity, compassion, and connection. These are not therapy sessions or crisis tools. They are relationship-building practices — with your nervous system, with the natural world, and with your own capacity to heal.

Principles of Healing-Centered Indigenous Regulation ©

- **Safety begins with rhythm, not words.** Regulation happens through pattern, movement, and belonging.
- **Healing is relational.** We heal in community, not isolation.
- **The body is the storyteller.** Listening to the body reveals what words cannot.
- **Culture is medicine.** Language, song, story, and ceremony reconnect us to wholeness.
- **We are the medicine.** Each of us carries the potential to heal ourselves and contribute to collective wellness.

Regulation is Remembering

Regulation is not something we acquire — it is something we return to. Our bodies have always known how to breathe, move, and reconnect. The task is to remember what safety feels like and to practice it often enough for our nervous system to believe it.

Reflection prompt:

What helps you remember your connection to safety, belonging, and land?

The Land is Our Co-Regulator

The land offers the most consistent model of regulation: it breathes, rests, renews, and never hurries. When we walk barefoot, feel the wind, or sit quietly by water, we invite our body to sync with the earth's calm rhythm. Mother Earth is not a backdrop to healing; she is the healer herself.

Practice:

Step outside. Notice the pace of the natural world around you. Match your breathing to the rhythm of what you observe — the wind, the rustling leaves, a bird's call. Ask for a return to balance or say quietly: *"I return to balance."* You can write any reflections you have below.

Relationship Heals

No one heals alone. In Cayuga and Haudenosaunee teachings, the concept of **Ganigonhi:yo** (the Good Mind) speaks to the alignment of thought, emotion, and action within community. When one person restores balance, the collective becomes stronger. In Chiricahua Apache teachings, to live in *Gozhó* is to live beautifully with others through offerings of kindness, respect, and truth.

Every interaction is an opportunity to practice regulation.
When we speak gently, listen with presence, and honor silence, we model safety to those around us.

Reflection prompts:

- What are the teachings, concepts, or words that reflect relational healing in your culture or first language?
- What does a regulated relationship feel like in your body?
- How do you know when a group or circle is in balance?

The Body Holds the Story

In moments of stress, our muscles, posture, and breath reveal the stories that still need tending. Through movement, rhythm, and conscious attention, we can help the body complete what was once interrupted.

Practice:

- Place your hand on your heart and belly.
- Ask silently: *"What story lives here?"*
- Breathe in acknowledgment, not correction.

Healing begins when we stop fighting our body's wisdom and start listening to it.

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Ceremony is Regulation

Ceremonies — whether big or small — teach the nervous system to feel predictability and safety. Lighting a candle, burning sweetgrass, offering water to the land, or speaking words of gratitude are all acts of co-regulation. When organizations include small ceremonies in daily routines — moments of silence before meetings, gratitude circles, or songs of closure — they create a collective nervous system capable of managing complexity and compassion.

Reflection prompt:

What simple daily ceremony helps you return to presence?

Regulation is Reciprocal

Balance is maintained through giving and receiving. When we help others, our nervous system gains purpose and connection. When others help us, we feel trust and belonging. Reciprocity is

both spiritual and physical — it keeps energy flowing between people and systems, preventing stagnation or burnout.

Practice:

Today, give one act of kindness without expectation. Later, allow someone to do something kind for you. Notice how both experiences feel in your body. Write your reflections below:

Regulation is Rhythmic

In every Indigenous cosmology, rhythm is medicine — the heartbeat, the drum, the cycle of seasons, the phases of the moon. Rhythm helps regulate the autonomic nervous system by providing predictability and resonance. When our lives become too fast, too digital, or too fragmented, we lose access to this ancestral rhythm.

Practice:

Sit quietly and tap your hand over your heart at a slow, steady pace.
Imagine this rhythm spreading through your body and out into the space around you.
Whisper softly: *"I am in rhythm with all that lives."*

Regulation is Communal

Healing-centered practice is not about self-help — it is about ***collective remembering.*** A regulated community practices care, humor, and accountability together. In these spaces, mistakes become opportunities for restoration instead of punishment. Laughter, storytelling, and food shared in kindness become forms of medicine.

Reflection prompt:

Who in your community helps you feel grounded and safe?
How might you bring more communal regulation practices into your programs or teams?

Regulation is Political

Colonial systems often reward disconnection, overwork, and control.
Choosing regulation — rest, joy, community, ceremony — becomes an act of resistance and reclamation. It is how we disrupt trauma cycles and reestablish Indigenous sovereignty over our minds and bodies.

Reflection prompt:

What systems or habits keep you from resting?
What would it look like to reclaim time and space for balance as a political act?

Regulation is Sacred

Every time we return to breath, gratitude, or ceremony, we participate in something ancient. Regulation is the meeting point of science and spirit — the place where neurons and prayers intersect. It is the thread of sweetgrass connecting mind, body, and community in one living system.

"When we breathe with the land, we remember who we are." — Juniper & Pine Consulting, LLC

Foundations of Healing-Centered Regulation

"Safety begins with rhythm, not words."

Welcome and Orientation: Remembering Your Circle

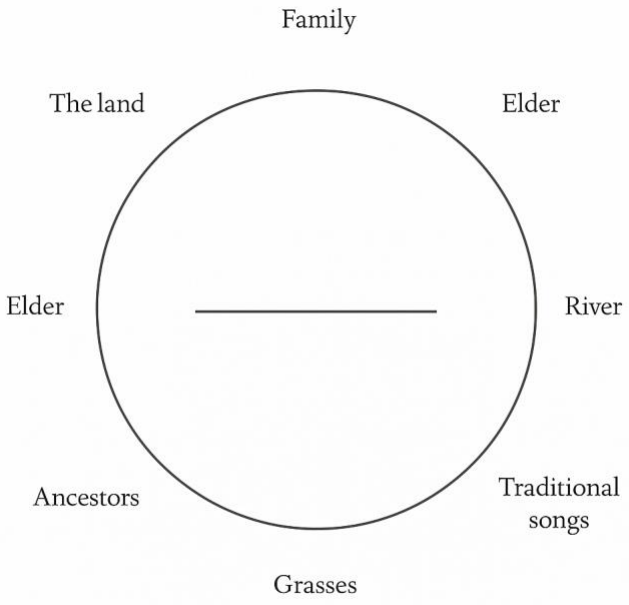
Purpose:
To root yourself in the relationships, practices, and beliefs that make you feel safe and connected.

Practice:
Draw a circle on a blank page. Inside, write your name. Around your circle, add names, places, songs, and elements that bring you balance. These could include people, plants, ancestors, songs, or places on the land.

Reflection:

- What supports me when I feel disconnected?
- Who helps me return to balance?
- What reminds me that I belong?

This circle represents your web of care — a visual reminder that you are not alone in your healing.


Family
The land
Elder
Elder
River
Ancestors
Traditional songs
Grasses

The Circle of Stress & Regulation

Purpose:
To understand your body's natural states of stress, protection, and regulation.

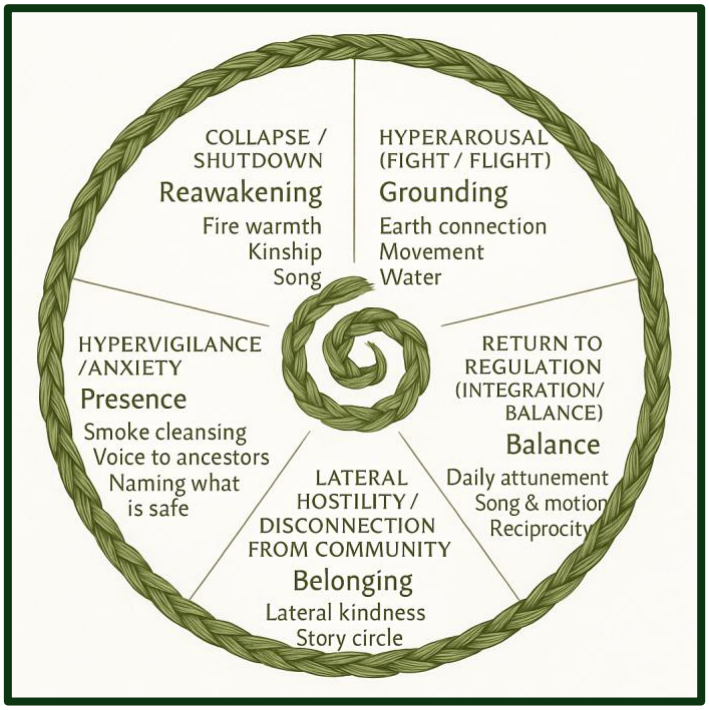
Practice:
Look at or imagine the *Stress & Regulation Wheel©*. Notice where you spend most of your time:

- **Hyperarousal (Fight/Flight):** urgency, restlessness, overactivity.
- **Collapse (Freeze):** exhaustion, numbness, withdrawal.
- **Hypervigilance:** worry, overthinking, constant scanning for threat.
- **Lateral Hostility:** tension in relationships, irritability, disconnection.
- **Regulation:** presence, humor, trust, belonging.

Mark where you feel you are in this moment.

Reflection:

- What does my body feel like when I am regulated?
- Which practices help me move back toward balance?
- What helps me notice early signs of stress or dysregulation?



Ancestral Resonance

Purpose:
To connect with ancestral support and transform inherited emotional patterns.

Steps:

1. Sit or stand in a comfortable, quiet place.
2. Place one hand on your heart and one on your lower belly.
3. Close your eyes and imagine a long line of your ancestors standing behind you — as far back as time remembers.
4. Whisper: "I am your future. You are my foundation. I carry your strength, not your suffering."
5. Feel into your spine as a sacred thread connecting you to this lineage.
6. If you sense heaviness, breathe down the spine into the ground and release it into the earth.
7. If you sense warmth or lightness, draw it up from the earth and into your heart.

Integration:
End by bowing slightly to the line behind you and saying: *"We remember together."*

Reflection:

What sensations arose when you connected to your ancestors?
What strengths have you inherited that you can consciously embody?

Listening to the Body as Teacher

Purpose:
To build trust with your body's messages.

Practice:
Take a few slow breaths. Scan your body gently — from crown to soles of your feet.
As you notice sensations, label them with curiosity: warm, tight, fluttering, heavy, open, flowing.
If there's tension, place your hand over that area and breathe slowly into it. Imagine that part of your body is speaking. What is it trying to tell you?

Reflection:

- What words or images arise when I listen without judgment?
- How does my body tell me "yes"? How does it say "no"?

Note: You don't have to fix or change sensations — just listen.

Safety Begins with Rhythm

Purpose:
To re-establish safety through predictable movement and breath.

Practice:
Sit or stand comfortably. Begin to gently sway from side to side — like tall grass in a breeze. Feel the rhythm of your own movement. Breathe in through your nose for a count of four, exhale through your mouth for a count of six. If it feels right, add a hum or soft sound to the exhale.

Reflection:

- How does rhythm shift my sense of safety?
- Where do I feel the most calm (or even a little calm) in my body?
- What natural rhythms (waves, heartbeats, wind) remind me of safety?

Integration and Rest

Integration Practice:

- Lie down with a blanket.
- Place one hand over your heart, one over your belly.
- Feel your breath as a wave.
- Say softly: *"I rest in balance. My body knows the way home."*

"The body is the drum of the spirit. When it is attuned, the song of life plays through us again."
— Juniper & Pine Consulting, LLC

Reflection prompts:

1. What part of your body feels more alive after these practices?
2. What is one daily action you can take to deepen your relationship with your body as a teacher?
3. How does your body's rhythm mirror the rhythm of your community or the land?

Creating Your Circle of Safety

Purpose:
To build a tangible collection of practices that help regulate body and spirit.

Practice:
In a journal or on paper, draw a medicine wheel. Label each quadrant:

- **East (Spirit):** What gives me purpose and hope?
- **South (Emotion):** What helps me express or release emotion?
- **West (Body):** What helps my body feel grounded and cared for?
- **North (Mind):** What helps me focus or gain perspective?

Write one or two small actions you can do in each area when you feel dysregulated.

Reflection:

- Which direction feels strongest for me right now?
- Which direction might need more attention or nurturing?

Example: East – song and prayer; South – crying and movement; West – stretching or drumming; North – writing or breath counting.

The Breath of the Ancestors

Purpose:
To connect with ancestral memory and calm the nervous system through breath and gratitude.

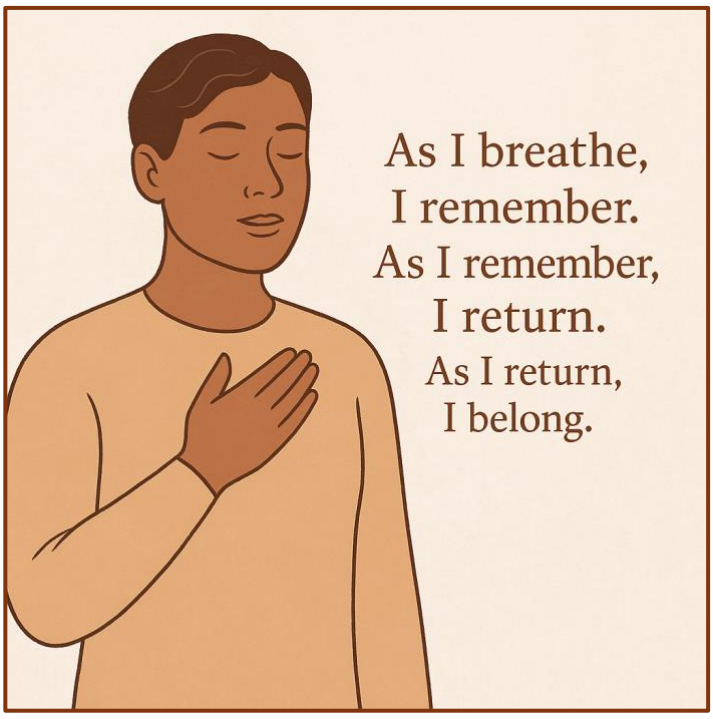
Practice:
Find a quiet space. Take three deep breaths, slowly. As you inhale, imagine you are breathing in the wisdom of those who came before you. As you exhale, imagine sending strength forward to the next generation. Feel the continuity of breath — how it connects you across time.

Repeat the words silently or aloud:

"As I breathe, I remember. As I remember, I return. As I return, I belong."

Reflection:

- Who are my breath ancestors — the ones whose lives allow me to breathe today?
- What am I ready to release through breath?
- How does it feel to breathe as if the land is breathing with me?


As I breathe,
I remember.
As I remember,
I return.
As I return,
I belong.

Somatic and Vagus Nerve Practices

Each of the following activities blends somatic science, Indigenous knowledge, and gentle nervous-system engagement. All are designed for self- or small-group practice. They are restorative, accessible, and culturally grounded.

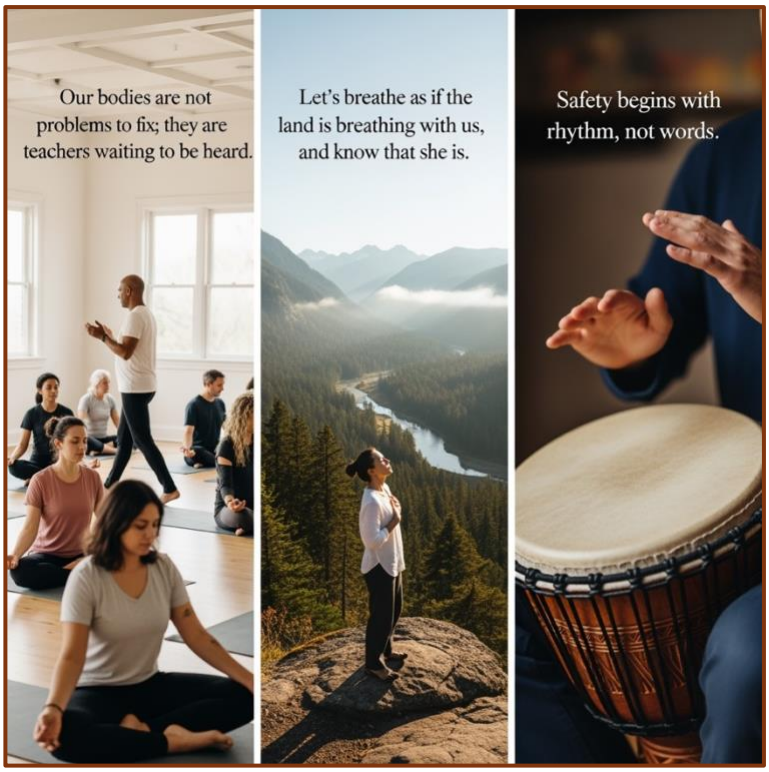
Hand-Over-Heart Grounding

Purpose:
To create instant safety and reconnection with the body's wisdom.

Practice:
Place one hand over your heart and the other on your belly. Notice the rise and fall beneath your palms. Let the warmth of your hands remind you: *I am here. I am alive.* Inhale through the nose for 4 counts · Exhale through the mouth 6 counts. Repeat 5 times.

Reflection:

- What happens to my breath when my hand meets my heartbeat?
- What does "enough" feel like in this moment?



The Soothing Exhale

Purpose:
To lengthen the out-breath and activate the parasympathetic (rest-and-digest) response.

Practice:
Breathe in gently through your nose. Whisper “ahhhh” as you exhale, like fogging a mirror. Let shoulders drop. Repeat for two minutes. Option — hum softly on the exhale to vibrate the vagus nerve.

Reflection:

- Do I feel a shift in temperature, heartbeat, or mood?
- What word describes this sensation: release, softening, return?

The Hummingbird Breath

Purpose:
To invite vibration, lightness, and joy into the body.

Practice:
Take a deep inhale. Exhale with a low hum, letting lips gently vibrate. Imagine wings of energy fluttering at your chest. Repeat 3–4 times and smile into the sound.

Reflection:

- How does sound move through my body?
- Which animal or element feels connected to this vibration?

Shoulder and Jaw Release

Purpose:
To free stored tension where unspoken words often live.

Practice:
Gently shrug shoulders up toward ears, hold for a breath, and exhale with a sigh. Roll your shoulders backward five times. Open your mouth wide, then let the jaw hang loose. Hum or yawn.

Reflection:

- What emotions was I holding in my shoulders or jaw?
- How does permission to release feel in my body?

Orienting to Safety

Purpose:
To remind the nervous system that safety exists in the present moment.

Practice:
Turn your head slowly left to right. Notice 5 things you see, 4 things you can touch, 3 things you hear, 2 things you smell, and 1 thing you taste. Let your eyes rest on something beautiful or familiar. Take one full breath of gratitude.

Reflection:

- What does safety *look like* right now?
- What helps me recognize I am in the present?

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Three-Point Grounding (Head – Heart – Belly)

Purpose:
To synchronize mental, emotional, and physical centers.

Practice:
Touch your forehead, chest, and abdomen in rhythm with slow breathing. Say quietly: *I see. I feel. I know.* Let these three points align as one current of energy.

Reflection:

- Which center feels strongest today?
- Which center asks for attention or gentleness?

Sway Practice

Purpose:
To regulate through gentle rhythmic movement that mimics wind, water, and kinesthetic comfort.

Practice:
Stand or sit upright. Let your body sway forward-back, side-side, or in slow circles. Match movement to breath. No right or wrong — only rhythm. Continue 2–3 minutes.

Reflection:

- How does my nervous system respond to repetition?
- What rhythm feels most like home?

Vagus Nerve Toning through Sound

Purpose:
To calm the body through vocal vibration.

Practice:
Choose a single tone ("mmm," "oh," or "ah"). Sit tall, inhale, and let the sound vibrate through your throat and chest. Repeat 6–8 breaths. Notice the resonance.

Reflection:

- Where do I feel the vibration most clearly?
- How does sound connect me to my inner rhythm?

Rocking and Cradle Motion

Purpose:
To comfort the body using self-soothing movement drawn from ancestral caregiving patterns.

Practice:
Sit or stand. Wrap arms loosely around yourself. Rock gently side to side, as if cradling your own heart. Whisper words of kindness.

Reflection:

- What memories or sensations arise with this motion?
- What happens when I offer myself the care I once offered others?

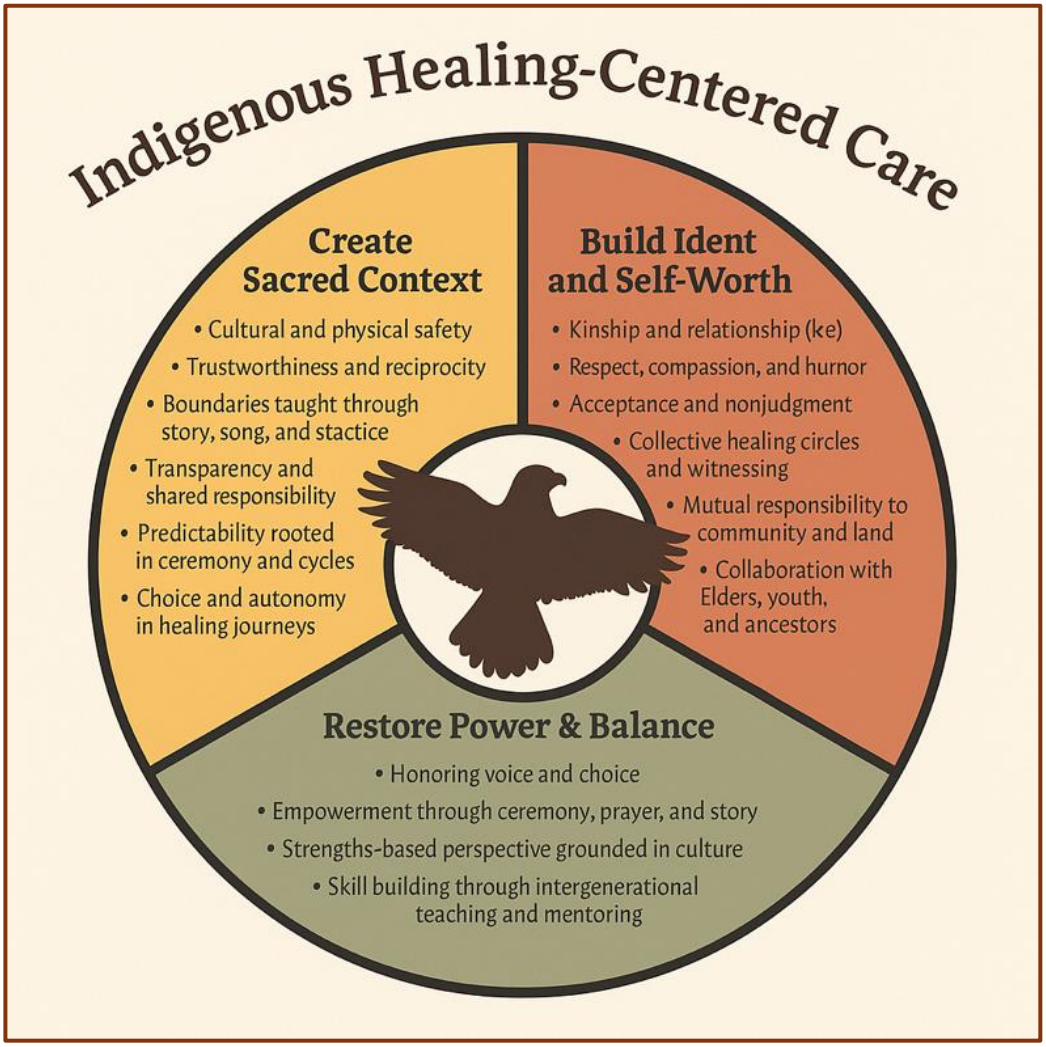
The Heartbeat Drum

Purpose:
To reconnect to communal and earth rhythms.

Practice:
Place one hand over your heart. With the other, tap your chest or thigh to match your heartbeat. Listen — then slow the beat by two counts. Stay until the pulse feels steady.

Reflection:

- What emotions surface as I follow my own rhythm?
- How might this practice link me to community or ancestors?



"Yes / No" Body Compass

Purpose:
To strengthen trust in the body's intuitive guidance.

Practice:
Stand tall and say aloud, "This is YES." Notice how your body responds — leaning forward, opening, warming. Then say, "This is NO." Notice the difference. Use this awareness to guide daily choices.

Reflection:

- How does my body express truth?
- What situations cause my compass to go quiet?

Bow to the Body

Purpose:
To complete somatic work with gratitude and grounding.

Practice:
Place hands together over the heart or touch earth. Whisper:

"Thank you, body, for carrying me. Thank you, breath, for returning me."
Take one slow breath for each part of the body you wish to honor.

Reflection:

- What am I grateful for in this moment of stillness?
- What message did my body share today?

Mindfulness, Meditation & Reflection Practices

Each activity is short, gentle, and meant to be experienced, not "completed."

Colonization did not only occupy land — it colonized ***attention***. It reshaped how we breathe, speak, think, and relate. It taught urgency where there was once rhythm, self-criticism where there was once prayer, and scarcity where there was once abundance.

Neurodecolonization is the process of remembering our ***original mind*** — a mind that is calm, connected, and responsive rather than reactive. Dr. Michael Yellow Bird defines it as the use of ***mindfulness, Indigenous contemplative practices, and neuroplasticity*** to heal from colonization's imprint and restore the natural patterns of the Indigenous brain.

Our ancestors practiced mindfulness long before the term existed. They watched the movement of clouds, listened for animal calls, and attuned to the rhythms of wind, fire, and heartbeat. To return to those ways of awareness is to re-enter the medicine of presence — to decolonize both thought and physiology.

The human brain is adaptable. Through **neuroplasticity**, it constantly forms new pathways based on experience and focus. When trauma or colonization teaches vigilance, the brain's alarm systems strengthen. When ceremony, stillness, or kindness are practiced, the brain rewires for safety and connection.

Every breath, prayer, or song sends a message to the nervous system: "You are home."

Indigenous mindfulness helps the brain remember **attunement** — awareness that is relational, not self-centered. We do not meditate to escape; we meditate to return.

Morning Grounding Meditation

Purpose:
To begin each day with steadiness and clarity.

Practice:
Before reaching for a phone or task list, place both feet on the floor. Inhale slowly through the nose for 4 counts, exhale through the mouth for 6. Whisper: *I arrive.* Notice one sound, one color, and one small item of beauty around you.

Reflection:

- What feeling or image would I like to carry through the day?
- How does my body respond when I start from stillness instead of urgency?

Evening Gratitude Meditation

Purpose:
To release the day and invite rest.

Practice:
Sit or lie comfortably. Name three things—large or small—that brought life today. Let gratitude settle in your chest like a warm light. As you exhale, imagine the day dissolving into the Earth for composting.

Reflection:

- What am I grateful to set down?
- What wants to be remembered from today?

Neurodecolonizing Breath

Purpose:
To restore rhythm, calm the vagus nerve, and reclaim awareness as ceremony.

Steps:

1. Sit with your spine tall, feet grounded.
2. Inhale through the nose for 4 counts.
3. Hold gently for 2 counts.
4. Exhale through the mouth for 6 counts.
5. With each exhale, say silently: “I release colonial fear.”
6. With each inhale, say: “I remember my original mind.”
7. Continue for 5–10 minutes.
8. When finished, place a hand on your heart and whisper: “I am a good relative to my mind.”

Reflection:

How does your body respond when breath becomes intentional? What thoughts or sensations arise when you name the release of fear?

Guided Self-Witness Meditation

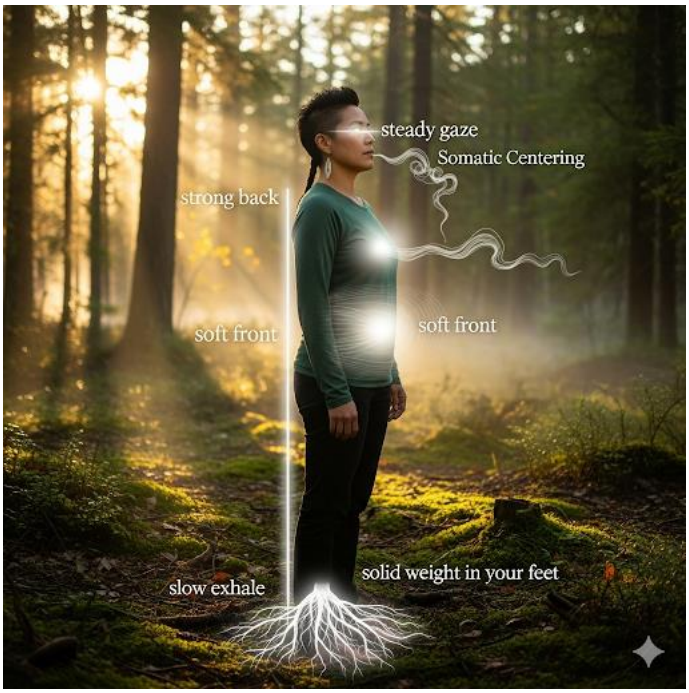
Purpose:
To observe bodily sensations and emotions with compassion and curiosity.

Steps:

1. Sit quietly and close your eyes.
2. Imagine you are sitting across from yourself.
3. See your body exactly as it is — tired, strong, human, sacred.
4. Ask: *"What do you need me to see?"*
5. Listen with your full attention. Do not respond — only witness.
6. When complete, say: "I see you. You are safe with me."
7. Breathe deeply and imagine golden light filling your body.

Reflection:

How does it feel to witness yourself with compassion? What shifted when you stopped trying to fix and began to listen?



Five-Minute Compassion Reset

Purpose:
To re-center after emotional overload or self-criticism.

Practice:
Place a hand on your heart and say softly:
This is a moment of being human.
Breathe three slow breaths into the warmth of your palm.
Imagine compassion spreading through your bloodstream.

Reflection:

- Where in my body does compassion live?
- What words soothe me when I am tired or self-doubting?

Sacred Pause: Returning to Presence

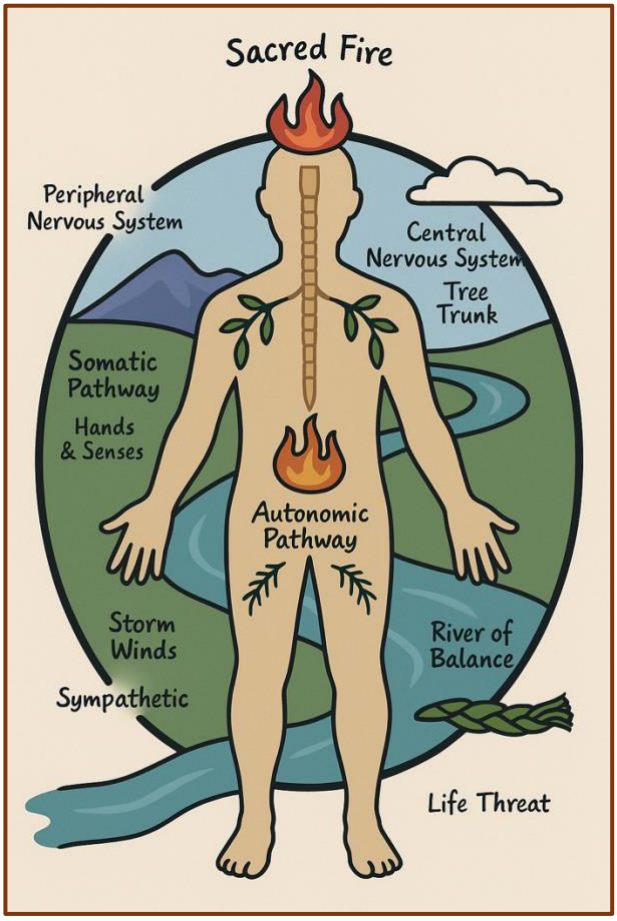
Purpose:
To interrupt automatic reactions and restore awareness.

Practice:
Whenever you feel pulled by stress, whisper: *Pause.*
Notice one breath.
Feel your feet or the seat beneath you.
Ask, “What is actually happening right now?”
No fixing—just noticing.

Reflection:

- How often do I remember to pause before reacting?
- What truth becomes visible inside the pause?

Thought Repatterning Ceremony



Purpose:
To identify and transform internalized colonial thinking through awareness and gratitude.

Steps:

1. On a sheet of paper, write down recurring thoughts that feel harsh or untrue.
   Examples: *"I'm not doing enough," "I should be stronger," "I don't belong."*
2. Look at each one and say: "This is not my ancestral voice."
3. Underneath, write a replacement statement that reflects your truth: "I am doing sacred work at the pace of the land."
4. Read your new statements aloud slowly.
5. Fold the paper and hold it over your heart, saying: "I choose to think in balance and beauty."
6. Place the paper near a plant or under a stone to symbolize grounding the new thought.

Integration:
Repeat this practice whenever colonial thoughts arise. Over time, your neural patterns — and your sense of self — will shift toward kindness and clarity.

Memory and Belonging Reflection

Purpose:
To invite gentle ancestral connection and continuity.

Practice:
Close your eyes and picture someone—past or present—whose life allows yours.
What qualities of theirs move through you?
Write or speak their name with gratitude.

Reflection:

- How do I carry this person's strength or song within me?
- What parts of my belonging feel ready to be reclaimed?

Colonization often trained bodies to sit still, obey, and suppress instinct. Indigenous practice teaches that movement — walking, dancing, drumming, sweeping, grinding corn, riding horses — regulates emotion and integrates memory. When we move with rhythm and awareness, we engage the ***sensorimotor system*** that reconnects body, brain, and spirit.

Movement also helps metabolize adrenaline and cortisol — the stress hormones that often remain elevated in those experiencing chronic vigilance or intergenerational trauma.

Walking Meditation — Returning Footprints

Purpose:
To restore ancestral rhythm through mindful walking.

Steps:

1. Find a natural path — dirt, grass, sand, or forest floor.
2. Walk slowly and silently, matching breath to step.
3. With each step, imagine your ancestors walking beside you.
4. Whisper softly: “I walk in your footprints.”
5. Feel your feet connect with the land’s heartbeat.
6. If your mind wanders, return to the sound of your steps.
7. End by standing still, offering a silent “thank you” to the land and those who came before.

Reflection: How does your pace shift when you walk in ceremony instead of transportation? What sensations or emotions arise when you imagine ancestral presence?

Coloring Page

Loving-Kindness for the Body

Purpose:
To rebuild trust and tenderness toward the body.

Practice:
Take three breaths. Then quietly repeat:

“May this body be safe. May this body be strong. May this body feel loved.”

If emotion arises, allow it; tears are movement, not weakness.

Reflection:

- Which phrases felt easiest or hardest to say?
- What message does my body want to return to me?

Breath of the Ancestors II — Continuing the Lineage of Calm

Purpose:
To sense continuity across generations through breath and imagination.

Practice:
Visualize a line of ancestors behind you, breathing with you.
Inhale as their breath flows into yours; exhale strength forward.
Feel supported on both sides—past and future.

Reflection:

- How does it feel to breathe as part of something larger?
- What ancestral qualities awaken as I practice this?

Story Circle Prompt: “What Is My Medicine?”

Purpose:
To name the personal gifts and practices that bring healing.

Practice:
Write or speak freely for five minutes in response to:

“The medicine I carry looks like…” Include characteristics such as humor, creativity, and honesty. If done in a small circle, each person shares without interruption or advice.

Reflection:

- What surprised me about my own medicine?
- How can I share it responsibly and humbly?

Partner Practice: Listening Without Fixing

Purpose:
To deepen co-regulation through presence and respect.

Practice:
In pairs, one person speaks for 3 minutes about anything on their heart. The listener's only task: breathe, listen, and silently repeat, "I'm here." Then switch roles.

Reflection:

- What changed when I didn't try to solve anything?
- How does being witnessed affect my nervous system?

Journal Prompt: "Where Does My Energy Go, and Where Does It Return?"

Purpose:
To track energy flow and identify practices that restore balance.

Practice:
Draw two columns: *Where My Energy Goes* and *Where It Returns.* List activities, people, and thoughts. Circle one action to adjust this week.

Reflection:

- What drains me that I can release or approach differently?
- What gives me life that I can honor more intentionally?

Mindfulness is Cultural Reclamation

When we practice Indigenous mindfulness, we reclaim time and space that colonization sought to control. Rest, reflection, and silence become acts of sovereignty. Each mindful breath, prayer, or pause is a declaration that your consciousness belongs to you and your people, not to external systems of urgency or productivity.

“To be mindful as an Indigenous person is to decolonize the nervous system.” — Dr. Michael Yellow Bird

Relational & Community Practices

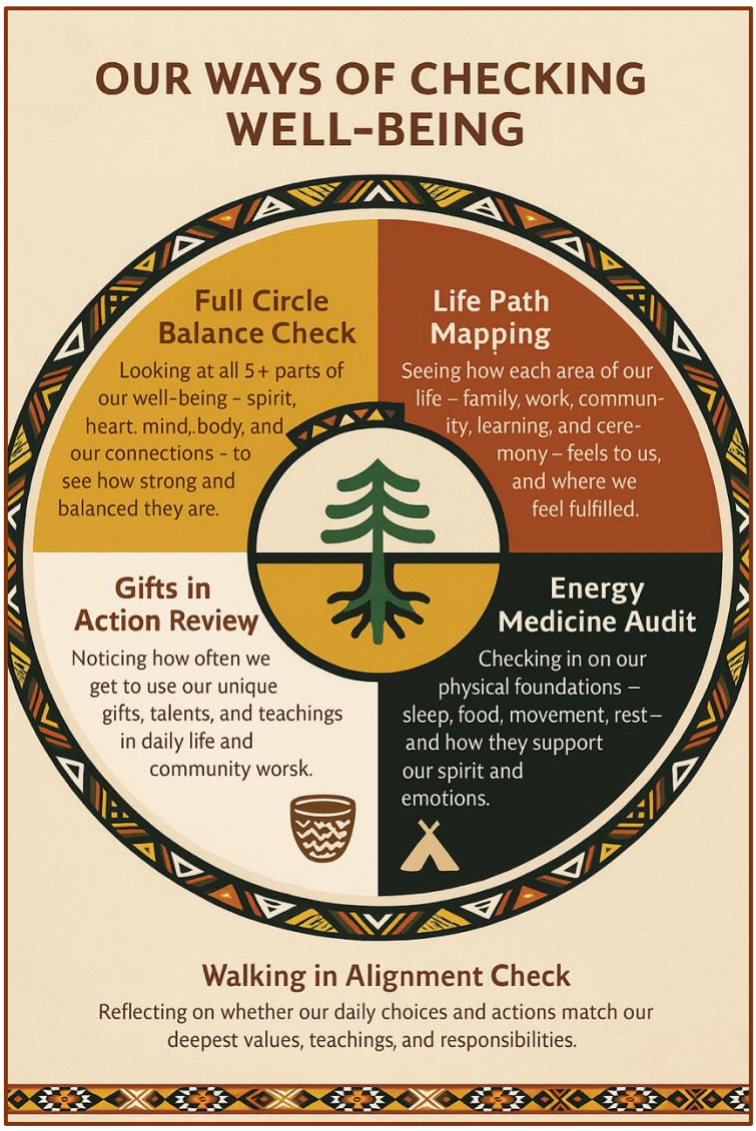
This section honors connection — the truth that regulation and healing deepen when we are witnessed, when kindness moves laterally, and when we remember that “we heal in circle, not in isolation.”

The Mind and Land Co-Regulate Each Other

The Indigenous nervous system evolved in relationship with land — open spaces, running water, wind, and stars. When disconnected from these environments, the brain can enter a state of chronic stress. Returning to natural rhythms and sensory experiences rebalances our neurochemistry.

Neuroscience meets Ceremony:
Natural light resets circadian rhythms. Smelling soil (geosmin) reduces cortisol. Hearing birdsong activates the parasympathetic nervous system response. In other words, ***land is medicine for the brain***.

Land Constellation Ceremony



Purpose:
To restore relationship with the land, acknowledge its story, and invite co-regulation.

Steps:

1. Go to a place that feels significant — a river, hill, or tree.
2. Walk with your hands parallel to the ground, noticing energy and receiving information through your hands until you reach a place that feels right to stop.
3. Bring an offering (tobacco, cornmeal, song, or water).
4. Sit or stand quietly, introducing yourself: "I am [name]. I live on this land and wish to know you better."
5. Listen for sensations — warmth, breeze, emotion, or stillness.
6. Speak gratitude for what the land has endured and what it continues to give.
7. Say aloud: "You belong to me, and I belong to you. May we heal together."
8. Leave your offering and walk away slowly, noticing your breath and steps.

Integration:
Journal or draw afterward — capture colors, sensations, or images that came through.

Water Cleanses More Than the Body

In many Indigenous cultures, water is considered a living relative — sacred, powerful, and gentle. Water reminds us that we can navigate obstacles, that flow is stronger than force, and that cleansing can occur without judgment. The Haudenosaunee practice cleansing the body before a significant event or meeting a new person. They start by washing the neck and mouth so their words come from a good place, their eyes to ensure clarity, and their ears so they can hear positive messages.

Healing Waters Visualization

Purpose:
To release emotional residue and return to clarity and flow.

Steps:

1. Sit comfortably and close your eyes.
2. Visualize yourself immersed in warm, flowing water — a river, lake, or rain shower.
3. Feel the water washing over your body, taking away heaviness, fear, or exhaustion.
4. Whisper softly: “Water, carry what I no longer need.”
5. After a few minutes, imagine the water turning to light — clear, calm, and pure.
6. Place a hand on your heart and say: “I am cleansed. I am whole.”

Integration:
Drink a glass of water afterward with gratitude. Offer a small amount back to the Earth in thanks.

Circle Check-In

Purpose:
To open group or small-circle spaces with rhythm, respect, and connection.

Practice:
Sit in a circle. Begin with three collective breaths. One person opens with a grounding word or song. Each participant shares briefly:

- A word for how they're arriving.
- Something they are holding or releasing.
- One hope for the circle.

Close the round with a unifying sound (drum beat, clap, hum).

Reflection:

- How does beginning with rhythm change the energy of the group?
- What did I learn about the power of shared presence?

The Kindness Relay

Purpose:
To intentionally circulate warmth and care within a community.

Practice:
Each day, offer one act of kindness — a message, small gift, gesture, or acknowledgment. The person who receives it "passes it on" in their own way. Keep the relay going for a week or longer.

Reflection:

- How did giving and receiving kindness affect my nervous system?
- What did I learn about generosity and flow?

Gratitude Chain

Purpose:
To strengthen community bonds through collective gratitude.

Practice:
Sit together or share virtually. One person begins by saying, "I am grateful for…" The next person repeats that phrase and adds their own. Continue until everyone has shared.

Reflection:

- How does hearing others' gratitude influence my own sense of well-being?
- What shared themes of gratitude emerged?

Co-Regulation Through Rhythm

Purpose:
To synchronize nervous systems through movement, sound, or shared breath.

Practice:
Choose a collective rhythm — drumming, clapping, breathing, or gentle foot tapping. Stay together for 2–3 minutes, letting rhythm become a shared language. Notice when everyone naturally settles into the same tempo.

Reflection:

- How does shared rhythm create trust and calm?
- What emotions or images arose during this exercise?

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Lateral Kindness Reflection

Purpose:
To bring awareness to how we extend compassion sideways — across, not down or up.

Practice:
Reflect in writing or small group conversation:

- When have I experienced kindness from a peer, colleague, or friend?
- How did it feel to receive it?
- When have I offered kindness that shifted a relationship?

Reflection:

- How can I cultivate daily practices of lateral kindness?
- What changes when kindness is reciprocal instead of hierarchical?

“Strong at the Broken Places” Journaling

Purpose:
To recognize resilience as beauty — not the absence of wounds, but wisdom grown from them.

Practice:
Write freely for 10 minutes about a time you healed or adapted after a challenge.
Ask: What helped me return to balance? Who or what held me? If it feels right, draw a symbol for that strength — plant, stone, color, or animal.

Reflection:

- How do I define strength differently after healing?
- What part of this story might become medicine for others?

Partner Practice: Co-Regulation Through Breath

Purpose:
To reestablish connection and trust through shared breathing.

Practice:
Sit or stand facing a trusted partner. Make soft eye contact.
Breathe together — in through the nose, out through the mouth — without forcing sync.
Notice when your rhythms begin to align naturally.

Reflection:

- What sensations do I notice when we breathe together?
- How does this practice change how I feel about closeness and trust?

The Community Altar

Purpose:
To honor shared healing journeys through collective creation.

Practice:
Gather symbolic items that represent healing, courage, or connection. Place them on a cloth or natural surface. Take turns sharing the meaning of your item. Leave the altar for a day, a week, or through a season.

Reflection:

- What themes arise when we bring our medicines together?
- How can this altar remind us of collective responsibility for healing?

Listening Circle for Repair

Purpose:
To restore connection after misunderstanding or conflict.

Practice:
Gather all parties willing to speak and listen with respect. Use a talking piece to ensure each person has uninterrupted time. Speak from "I" statements, listen without planning your response. When ready, share what you heard that touched truth.

Reflection:

- What did I learn about humility and accountability?
- How does truth-telling shift the energy in my body?

Circle Closing Practice: Gratitude and Humor

Purpose:
To complete group time with lightness and appreciation.

Practice:
After group reflection, invite one positive or funny story from the week. Laughter releases endorphins and strengthens relational bonds. Close with three slow breaths together, hands over hearts.

Reflection:

- How did laughter or shared gratitude change the circle's energy?
- What will I carry from this gathering into daily life?

Integration & Closing Reflections

This section guides the participant into integration — the "return" phase of the healing circle — helping them notice transformation, commit to ongoing regulation practices, and close with gratitude and intention.

Self-Assessment Map: Where Am I in My Healing Circle?

Purpose:
To help you notice where you are within your personal cycle of stress and regulation — not as judgment, but as awareness.

Practice:
Draw or visualize a circle divided into five segments representing the *Stress & Regulation Wheel©*:

Hyperarousal · Collapse · Hypervigilance · Lateral Hostility · Regulation.
Mark where you find yourself today. Use a different color to show where you often move next.

Reflection:

- What patterns do I notice in my movement through this circle?
- What practices help me return to Regulation more quickly?
- How can I show compassion for the parts of me that are still learning?

Remember: the goal is not to stay regulated all the time, but to return there with kindness and awareness.

My Daily Regulation Practice Planner

Purpose:
To create a realistic rhythm of self- and community-care practices that support your nervous system every day.

Practice:
On paper or in your journal, draw a 7-day column. Under each day, write:

- One **Morning Grounding** practice (e.g., breath, walk, prayer).
- One **Midday Reset** (stretch, song, laughter).
- One **Evening Restoration** (gratitude list, journaling, soft hum).

At the end of the week, reflect on which practices sustained you most.

Reflection:

- What rhythms or rituals do I want to keep?
- How can I make space for pause and regulation in busy seasons?
- Who can help remind me when I forget to care for myself?

Reflection: "What Has Changed in My Body and Relationships?"

Purpose:
To bring awareness to the transformation that may have unfolded through this process.

Practice:
Set aside 15–20 minutes for writing or drawing.
Ask yourself:

- How does my body feel different than when I began this workbook?
- What relationships (with self, others, or land) have shifted?
- What feels more possible now?

Optional: write a short letter of gratitude to yourself — the part of you who chose healing, who showed up, who stayed curious.

Reflection:

- What do I now understand about healing as a lifelong relationship?
- What part of me feels ready to lead from gentleness instead of defense?

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Closing Blessing & Intentions Page

Purpose:
To end this phase of the journey with gratitude, humility, and hope.

Practice:
Light a candle or step outside. Place one hand on your heart and one on the ground (or near a living plant). Say or whisper:

"I give thanks for the medicine that moves through me — the breath, the body, the ancestors, and the land that holds me. May this healing continue in good ways, for the benefit of all my relations."

Spend a few minutes in silence, sensing the circle of connection around you.

Reflection:

- What is one commitment I wish to carry forward?
- How will I honor and share my medicine in right relationship?

Optional: write your intention below and return to it after each season.

Final Notes

Healing is not a destination but a way of living in rhythm. You have returned — again and again — to your body, to the breath, and to the land that holds you. Carry what you've learned gently. Share it generously. Let each act of regulation become a prayer for the next generation.

"When we tend to our nervous systems, we tend to our Nations." — *Juniper & Pine Consulting, LLC*

Two-Row Medicine Scorecard

Combining Western trauma/resillience metrics with Indigenous protective factor scales

Western Perspective

I handle stress well and have skills for coping with difficulties

0 1 2 3 4 5 6 7 8 10

I actively pursue activities that support my physical and emotional health

0 1 2 3 4 5 6 7 8 10

I manage strong feelings in ways that are safe and effective

0 1 2 3 4 5 6 7 8 10

When adversity happens, I know I have a support system in place

0 1 2 3 4 5 6 7 8 10

I feel hopeful for the future

0 1 2 3 4 5 6 7 8 10

Indigenous Perspective

I feel grounded and connected to the Land and Water

0 1 2 3 4 5 6 7 8 10

I nurture my Spirit through ceremony, praver, or other practices

0 1 2 3 4 5 6 7 8 10

I know the teachings and medicines to walk with emotions

0 1 2 3 4 5 6 7 8 10

When hardships arise, I know I walk with many kin and ancestors

0 1 2 3 4 5 6 7 8 10

I feel responsibility toward future generations and all relations

0 1 2 3 4 5 6 7 8 10

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