

Combining Aboriginal and Non-Aboriginal Perspectives of Wellness

by Carole Pierce

Before I get into what I do, let me tell you a bit about who I am.

Firstly, I am not a Healer. What I am is an Assistant to a person's Higher Power. I work with that Higher Power toward the well being that is in the best interest of the person I am working with. That has to do with that person and their Higher Power, It is not my place to interfere in that matter.

I do not believe that any one or us is a healer, or we we would all be omnipotent. I therefore do not use that term in regard to myself. I believe each one of us has the ability to nudge another's body so that each one's higher power can work together toward the level of health that is right for the person concerned.

Secondly, as a descendant of a Cree Medicine Woman, and one of the original Barefoot Doctors, I have been the one in my family *chosen* by the Elders and the Old Ones to carry on their work. It is not something *I* chose to do. This means that much of my training has come from the other side. It also means that, inspite of myself, the knowledge, skills and talents have been given me and the learning on-going.

Everyone is born with the natural instincts to do what is in their own best interests and well being. However, many adults are uncomfortable with the unexplained, often responding in a negative way. They deny, they laugh it off. The result of the negative responses that we get from others or give to ourselves, often from our early childhood, is to push these natural talents and skills to the back of our psyche, where we lose touch with them.

It is not to late to redevelop these attributes. Just follow your natural instincts. You can question this later. Do not expect quick answers. Listen more to learn more. If you are lucky, you may even learn the "why's", but, do not count on it!

I use whatever comes when I work with another, I cannot use my abilities on a whim. They come to me, though some are literally at my

fingertips. Not everyone I work with is open to hearing what I have to say, nor are they willing to follow suggestions. This is their choice, one that I must respect.

There are some things that are not for everyone to know. I am therefore sharing only the knowledge I have been given permission to tell. I ask, in turn that you not take what I say as the "be all – end all". What I share is what is right for me, and may not be right for you or your client. Take and use what feels right. Feel free to use a bit here and a bit there. do not be afraid to mix and match. EXPERIMENT! GO WITH YOUR INSTINCTS! And be sure to Protect yourself from taking on that which is not yours to carry. Above all, respect the needs of yourself and your client.

The following tools are shared with you so you might enhance the work you are doing.

Protection

The purpose of protecting yourself is to ensure that you do not take the woes and cares of others that do not belong to you. I use a variety of means to protect myself, depending on availability and circumstances. I may use smudge, candle, water, an/or prayer. I will use them before and after working with someone.

Vibes – Messages

What is a vibe or message to you? Do your hands sweat, burn, ache or throb when you are touching a person or object? Does an article talk to you? Everything is a living entity, and therefore capable of giving us messages on some level, if we open ourselves to receive them.

I use both vibes and messages, since I any get one or both from any given item – or, I may not get either. Let me try to explain what the difference is for me.

I am massaging your back, and in certain areas my hands start to burn. For me this is a vibe from the specific area of injury. Now, as well as getting the burning, I see a specific overall colour. This is a message.

Let us say you pass me an article to look at. My hand may throb, get wet, burn, etc. – these are vibes. Maybe I see a colour, maybe I take on your pain, or maybe I start talking about something we have never discussed. These are messages sent to you from your Old Ones and are not from me.

Colour

This is not something I can see on a whim, although I am able to use the intent at any time. I do not question this, only try to explain the colour as best I can. If it is a colour that is very difficult, I will try to find something that reflects the colour.

When I speak of colour, I am not talking of "auras", which is something I know nothing about. If a particular colour is needed by the person for their own well being, I will see it very clearly, and I share the information with the person in a way that is acceptable to them. If the person is open to this, you may want to suggest that they focus on the colour that a part of the body needs to heal itself. They may not 'see' the colour, the 'intent' is often enough. If the person is not open to this, I silently focus "throw the colour that is healing for this person". I do not focus on a specific area, as the area I am working on may not be where the extra help is needed. For the same reason, I do not focus on a specific colour. During these times, If I do not see colour, then the intent is enough. If I do see colour, it is a message that they need extra help which can be received by wearing this colour. I SUGGEST they wear the colour as close as possible to the area concerned. You may be surprised to learn that the person recently bought something in that particular colour, saying. "I don't know why I bought it in that colour, I don't normally wear it." This is their own Spiritual Guides offering help. Sometimes what is right for you is not right for your client.

Stones – Crystals – Material

The clear crystal seems to be a 'magic' item for many people and in some cases is used as the 'be all - end all'. Crystals come in many colours and are used for many purposes, but they are not for everyone. I work with crystals and other stones, both in various colours and in polished and natural states. Again, you need to learn which is right for you as do the clients with which you work. In this manner. I have added 'material' because the colours are readily available and it is

easy for a person to obtain and wear. I suggest that you use a natural cloth which is easier for the Spirits to work through.

One way that I let person find their own balancing colour and stone is to have a selection of stones, semi-precious gems, crystals, etc. in a variety of colours for them to choose from. First I spread the selection out, then have the person pick up each one that appeals to them and set it beside them.

Next I have them look at the colour/s they have chosen. Does one colour seem to predominate? Is there only one colour but various shades of it? Next, I have them hold each one. What does it tell them? How does it feel? Does it pulse? Is their hand wet? Does it burn? Is it cold? Does it feel light? Heavy? How does it make them feel? Once you find your Balance colour, experiment with it. Which shade brings your spirit up when you are feeling down? Which shade brings you down when you are flying around?

Although your BALANCING colour will often be your own Healing colour, you may sometimes need the temporary help of another colour. NO ONE COLOUR IS THE BE ALL, END ALL. In the event that you need another colour's healing to help you on your path of wellness, focus on the area that needs healing, and use the same format to find the colour you need. With practise you will soon find that you will either 'see' or 'know' what colour is needed.

Touch

When you lay your hands on a person, what does that touch tell you? What does it tell the person you touched? What does it feel like? Does the person want to be touched? Does the person hate to be touched? What touch is okay and what touch is not okay?

As a general rule, I myself do not like to be touched. Once, a person working with me, lifted their hands toward my head. I, receiving a negative reaction, quickly put my hands up and requested I not be touched. Ignoring this, this person placed their hands on my head. Even when I tossed their hands off, letting it be known that I'd asked them to stop, they ignored my request. This person had no idea what was happening and had no respect for me, the person they were working with. KNOW WHAT YOUR TOUCH MEANS TO THE PERSON YOU ARE WORKING WITH. RESPECT THE AREAS OF LIMITATION.

Another area of touch that I use, is not on the body but on articles. This is not something I do on a whim.

A friend of mine, who is very nervous about being touched, gave me an article to look at. Holding the article in my hands, focusing on the various aspects of the article, I let its vibes relate to me. I took on a temporary transfer of pain in an area corresponding to the area of her body that needed healing. I received a specific colour which she needed for her healing. As this person had voluntarily given me the article, I related what was happening. The information I gave her was information her Old Ones had given me to pass on. In cases like this, let your mouth do the talking and do not question it.

Medicine Pouches

I wear a medicine pouch and believe that many of you also wear a pouch but do not call it that. In my case, my pouch stays on me 24 hours a day, whereas you may set yours aside. If you wrap an article, perhaps a stone, and wear it or carry it with you, or perhaps you always wear a certain

piece of jewelry, then you are wearing a medicine pouch.

Summary

In closing, my intent was to share with you some of what I do, to give you an overview of combining Aboriginal and Non-Aboriginal aspects of protection, vibes, messages, colour, stones, crystals, material, touch and medicine pouches for assistance in your work.

I reiterate the hope that what I have shared enhances the work you do, encourages you to take what feels right and works for you and leave the rest behind.

Should you have any questions about something I did not get to, or just want to talk, or ask for more information, please write to me.

REMEMBER: WHAT IS RIGHT FOR YOU MAY NOT BE RIGHT FOR YOUR CLIENT.

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