

Philosophical beliefs on traditional ways to care for Tribal people, Alaskan Native people, and Indigenous people

By Theda New Breast, M.P.H (Makoyohsokoyi-Wolf's Trail, Milky Way, Medicine Trail)

My DNA dictates my compassion. One of my grandmothers Astanikawa (Agnes Iron Pipe) delivered all the babies on the south side of the Blackfeet reservation up until 1955 when Indian Health Service came. The last baby she delivered was Snake Comes-at-night. She gave me my first Blackfoot name Ock=stook-cama (characteristics of the black mole on the prairie).

My purpose in life is to help others find and become their authentic self-actualized person. This begins with the re-claiming of Rites-of-passage from birth to grave.

Re-connecting with medicines from the earth, attending or re-creating ritual/ceremony, and mindfulness that grow wellness and the ability to love fully including self-love. This also includes gender diversity. As many stars in the sky, is how many interpretations we have of gender. Each gender brings gifts.

Healing and Wellness practices will include tailored Tele-GONA (Gathering of Native Americans) and/or Indigenous ways to bring harmony and health to mind, body, spirit, and emotions back to balance.

I bring my own journey of Niitsitapii, Amskapipikuni (Blackfeet) values that I continually work on until my last breath. They are:

1. Aatsimmoiyihkanni (Spirituality)
2. Kimmapiiyitsinni (Kindness to others)
3. Innakotsiiysinni (Respect for others)
4. Ihipototsp (Purpose for being there)
5. Niitsitapiiysinni (To be Blackfoot)
6. Aksistoiypaitapiisinni (Being able to take on tasks independently)
7. Isspomaanitapiiysinni (Being helpful to others)
8. Aoahkannaistokawa ( Everything comes in pairs (balance))
9. Ihkanaitapstiwa (Everything that is given to a person to do what they want with (knowledge, etc.))
10. Pommotsiiysinni (To transfer something to others (knowledge, etc.))
11. Kakyosin (Be aware of your environment, be observant)

These values are an example, my intentions are to help others find their own Ancestral values, and ways that work for them, their families, and Community to bring ultimate health, healing, wellness, and growth from historical traumas past and present.