



Measures that determine the extent to which I am in my indigenous mind, are derived from the following sources:

1. Being conscious in the present, able to see my thoughts as I think them or speak them, enhanced intuition and lucid dreaming.

2. Regaining identity as cultural person – able to recite genealogy, knowledge, ability and cultural sanction to practice traditional ceremonial ways, speaking indigenous language, ability to tell stories within the parameters of traditional indigenous storytelling.

3. Balance in my psychological and spiritual life – healing of physical body and deep psychological issues with prayer as foundation.

4. Balance with my western and indigenous minds – strong psychological foundation with ability to walk between the two paradigms and awareness of when I move from one to another.

5. Sobriety – abstaining from drug, alcohol and tobacco (cigarette) use.

6. The Great Peace of being in relationship with my relations (Ancestors)— knowing who they are and how to communicate.

I have included the following methods of research that are qualitative and contextualized in indigenous science:

1. Group Work

Indigenous ritual, ceremony and prayer

Group therapy

2. Field Work

Travel to ancestral land

Residencies and community experience

3. Personal Work

Notes—including photos, art, stream of consciousness writing

Dream journal

Genealogy research

4. Literature review

Indigenous history, traditional stories

Indigenous language teacher

Decolonization research/literature review