Sessions 13 & 14: Indigenous Presence: Decolonizing our Minds and Cultivating the Causes of Happiness

Course Description:

This presentation will provide a conceptual framework and practice guidelines for Mindful “Indigenous Presence” meditation—a way of coming into harmony with the present moment and our world—and provides space for acceptance, and the cultivation of clarity, confidence, resilience and strength. This practice maps the fundamental wellness-optimizing characteristics of Indigenous Ceremony onto the methods and outcomes of another ancient traditional expression of sacred presence, that of mindfulness and lovingkindness meditation.

Learning Objectives:

1. Establish connection between mental health disparities & past and current settler colonialism.

2. Explore practices of Indigenous Healing: Neuroscience and Self-Directed Neuroplasticity retraining.