May all beings be happy.

Bonnie’s Social Location

- 1st gen college student, SFSU, Berkeley
- Product of the civil rights and women’s movement
- Grew up professionally in SF/Oakland urban Indian community clinics and Tribal communities
- CBPR methods/ADM Epidemiology / Intervention in “Indian Country”
- Buddhist– Went to Nepal in 1982--Mindfulness Retreat Teacher, Insight Meditation Society, Spirit Rock Meditation Center

Exploring these questions

- How did our minds get colonized?
- Connection between health disparities & past and current settler colonialism
- Philosophy of Indigenous Healing-- Neuroscience and Self-Directed Neuroplasticity
- How do we regain resilience, peace and wisdom?
- Indigenous Presence: Mindfulness and Lovingkindness Meditation.

Indigenous Presence: Decolonizing our Minds and Cultivating the Causes of Happiness

National Council on Urban Indian Health
June 3, 2021

Bonnie Duran Dr.PH., Professor (pronouns she/her)
University of Washington School of SocialWork, Public Health & Indigenous Wellness Research Institute http://www.iwri.org
4 Pillars of the Colonial Matrix of Power

1. Control of Economy - land appropriation, labor exploitation, control of natural resources
2. Control of Authority - government, normative social institutions, army
3. Control of Gender and Sexuality - family, education
4. Control of Subjectivity and Knowledge - epistemology, education and formation of subjectivity


A Western Modernity/Coloniality Episteme

- Philosophically, emergence of the notion of “Man” as the foundation for all knowledge & order, separate from nature and the divine – teleological action–
- Culturally, Lifeworld is subsumed by forms of expert knowledge linked to capital and state administrative apparatuses (Foucault’s disciplines)
- Sociologically, rise of nation-state institution, knowledges for material reproduction

Indigenous and Subaltern studies scholars in the America’s, India, the Atlantic, Poststructuralists, Critical theorists...
Colonial and Medical Authority

Obstetric Procedures among the Aborigines of North America.—Dr. Eliz McClellan, Assistant Surgeon U. S. A.

"Promiscuous sexual intercourse among the unmarried of the Apache Indians is common. They are polygamists. The women are unclean and debased. The Navajoes, a branch of the Apache tribe, live in the rudest huts and lead a drunken, worthless life. The women are debased and prostituted to the vilest purposes. Syphilitic diseases abound. Polygamy"


Colonizing Research

A Comparison of the Intelligence of Mexican and Mixed and Full Blood Indian Children

By Thomas R. Garth

Of many principles of genetics we must be ever mindful of the conclusions of race psychology, but in the present experimental problem we would test out: First, the principle that like begets like, so that its mental product—here intelligence—tends to be different from the product of other origins; Second, the principle that heredity itself is the mixed form of different lines brings about differences in intelligence; Third, the principle that mixture of different lines brings about differences in intelligence as measured; Fourth, the principle, which is an ethno logical one, that nomadic peoples, because of the


Concerning American Indian Womanhood—An Ethnological Study

By W. T. Turner

Of the cognizant social sciences, the Indian is the most studied. His culture is vast, varying from the Aborigines to the modern Indian. This study reveals that the average Indian is a culture-mix and that the male-female relationship is a study of cultural interaction.
Thanks to Rick Hanson for these slides http://www.rickhanson.net

Historical Trauma
cumulative vulnerability that colonization; i.e., epidemic disease, forced removal, warfare, and white cultural hegemony, have had on the physical manifestation of health among indigenous peoples.
What are some of the challenges in your life these days? (in the world, body, or mind)?

What mental resources do – or could – help you with these challenges?
As our nervous system evolved, avoiding “sticks” was more consequential than getting “carrots.”

1. So we scan for bad news,
2. Over-focus on it,
3. Over-react to it,
4. Turn it quickly into (implicit) memory,
5. Sensitize the brain to the negative, and
6. Create vicious cycles with others.

Meeting Our Three Fundamental Needs

<table>
<thead>
<tr>
<th>Safety</th>
<th>Satisfaction</th>
<th>Connection</th>
</tr>
</thead>
<tbody>
<tr>
<td>Avoiding harms (threat response)</td>
<td>Approaching rewards (goal pursuit)</td>
<td>Attaching to others (social engagement)</td>
</tr>
</tbody>
</table>

Resources for Safety

- Bring to mind someone you are for. Find a sense of caring, support, being loyal, standing with someone as an ally.
- Apply this stance, this feeling, toward yourself.
- Recognizing your difficulties and burdens. Recognizing injustice applied to you. Recognizing the impacts on you.
- Finding determination that you not be mistreated, that you cope with challenges, that you be truly happy, having a good life as best you can.
- Ethical Conduct is very attractive.
Conpassion is the wish that beings not suffer, with warm-hearted concern. Conpassion is sincere even if we can't make things better.

Self-conpassion simply applies this to oneself.

To encourage self-compassion:

1. Get the sense of being cared about.
2. Bring to mind beings you care about. Find compassion for them.
3. Shift the compassion to yourself.

When working with others who are suffering, focus on your own wish for there wellbeing, and happiness.

Don't need to focus on their state-of-mind.

Focus on your wishes for their happiness and safety.

It is natural and important to feel that you have worth as a person - which does not mean arrogance or ego.

You develop this sense of worth through:
- Others including, appreciating, liking, and loving you
- You respecting yourself

Take in experiences of being:
- Capable, skillful, talented, helpful
- Included, wanted, sought out
- Appreciated, acknowledged, respected
- Liked, befriended, supported
- Loved, cherished, special
Taking Care of Self and Others

- Story telling
- Sweat Lodge
- Talking circle
- Vision quest
- Wiping of tears
- Drumming
- Smudging
- Traditional Healers
- Herbal remedies
- Traditional activities

Access to Cultural Practices

Resources for Connection

Indigenous Presence: Decolonize and Cultivate
### Indigenous Presence: Mindfulness

- Epistemology of the Global South
- Intuitive Knowledge System vs. Conceptual Mind
- Where we get in many ceremonies

### Mindfulness

<table>
<thead>
<tr>
<th>Obsession</th>
<th>Denial</th>
</tr>
</thead>
<tbody>
<tr>
<td>Indulgence</td>
<td>Mindfulness</td>
</tr>
<tr>
<td>Repression</td>
<td>Intolerance</td>
</tr>
</tbody>
</table>

### The Four Focuses of Mindfulness

<table>
<thead>
<tr>
<th>BODY CONTEMPLATION</th>
<th>FEELING CONTEMPLATION</th>
<th>MIND CONTEMPLATION</th>
<th>MENTAL QUALITIES CONTEMPLATION</th>
</tr>
</thead>
<tbody>
<tr>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
</tbody>
</table>

#### Mindfulness

- **Concentration**: The ability to focus and stabilize one's attention.
- **Sensory Clarity**: The ability to keep track of the components of sensory experience as they arise in various combinations, moment-by-moment.
- **Equanimity**: The ability to 'be with' experience with an attitude of gentle matter-of-factness.
Developing and Increasing Wholesome States

- Strengthen habits that lead to more wellbeing and aliveness and change habits that no longer serve us
- Intentionally noticing and cultivating ways of being: generosity, kindness, patience, forgiveness, tranquility, joy

Cultivation and Purification

- Strengthen habits that lead to more wellbeing and aliveness and change habits that no longer serve us
- Intentionally noticing and cultivating ways of being: generosity, kindness, patience, forgiveness, tranquility, joy

Let's Practice: 4 Elements Meditation

Four Elements Meditation

Download all of the 7 Spokes of Satipatthana (aka Mindfulness) guided meditations here
Principles of Indigenous Presence

- Interconnectedness
  - Good conduct & Good company
  - Speech
  - Actions
  - Livelihood, etc

- Training our Hearts/Minds
  - Traditional Ceremony
  - Mindfulness
  - Daily practice

Principles of Indigenous Presence

- Wisdom
  - Opening to Wellness internally
    - Impermanence
    - Interconnectedness
  - Cause and Effect

Introduction to Loving Kindness and Compassion

- Love yourself first. There is no other person that deserves your love more than you.
- Others love themselves too, fiercely. Therefore respect others and refrain from harming all living beings.
- Voice your love to yourself and others as often as possible. Contemplate this everyday and spread your positive thoughts to all living beings.
- Extinguish any guilty feelings. Forgive yourself and then others. You don’t need to carry the baggage of the past. Guilty feelings weigh your mind down. Thus it is best to let them go.

Benefits of Loving Kindness Meditation

- Helps us to handle negative emotions towards others.
- Maintains a state of mind that is calm, stable and peaceful.
- Positive effect on people around you and yourself.
Divine Abodes / Brahma Vihara Phrases

Metta Lovingkindness Phrases
May I be safe and protected, from inner and outer danger.  
May I be happy and peaceful.  
May I be healthy and strong.  
May I live with ease... May I take care of myself easily. 

Others
May I be filled with lovingkindness.  
May I be happy and free.  
May my heart be open.

Compassion Karuna Phrases
I care deeply for my suffering,  
May I hold my suffering with kindness and gentleness  
May I be free from pain and suffering.

Others
May I be free of pain / and sorrow.  
May I hold my pain with mercy and compassion,  
May I love myself just as I am.  
May I be kind and patient with myself / and others.  
May I be free from suffering / and the causes of suffering.

Sympathetic Joy Mudita Phrases
May your happiness increase  
May your happiness not leave you  
May your happiness never cease.  
May you always be able to enjoy good fortune and success.  
May you always be prosperous.

Equanimity Upekkha Phrases
May I accept things as they are.  
May I be undisturbed by the comings and goings of events.  
May I hold my joys and sorrows with equanimity.  
Things are just as they are.  
May I see things clearly, just as they are.

Forgiveness Phrases
I allow myself to be imperfect.  
I allow myself to make mistakes.  
I allow myself to be a learner, still learning life’s lessons.  
I forgive myself.  
If I cannot forgive myself now,  
may I forgive myself sometime in the future.

Buddhist Psychology: 52 Mental Factors

MENTAL FACTORS (CETASIKA)

ETHICALLY VARIABLE FACTORS

UNIVERSALS
1. Contact sense
2. Feeling
3. Perception
4. Attention
5. Discrimination
6. Life fully experienced
7. Attentive mindfulness

UNWHOLESALE FACTORS
14. Defilement
15. Co-attachment
16. Aversion
17. Viciousness
18. Determination
19. Commitment
20. Debility
21. Fatigue
22. Tippling
23. Death or illness

BEAUTIFUL FACTORS

UNIVERSALS
24. Faith
25. Right view
26. Right effort
27. Right speech
28. Right action
29. Right livelihood
30. Right means of support
31. Tranquillity
32. Patience
33. Kindness
34. Beneficence
35. Morality
36. Charity
37. Humility
38. Modesty
39. Abstention
40. Patience
41. Kindness
42. Beneficence
43. Morality
44. Charity
45. Humility
46. Modesty
47. Abstention
48. Patience
49. Kindness
50. Beneficence
51. Morality
52. Charity
53. Humility
54. Modesty
55. Abstention
56. Patience
57. Kindness
58. Beneficence
59. Morality
60. Charity
61. Humility
62. Modesty
63. Abstention
64. Patience
65. Kindness
66. Beneficence
67. Morality
68. Charity
69. Humility
70. Modesty
71. Abstention
72. Patience
73. Kindness
74. Beneficence
75. Morality
76. Charity
77. Humility
78. Modesty
79. Abstention
80. Patience
81. Kindness
82. Beneficence

Technique of LKM
- Extend LKM to yourself and a benefactor
- Then give some love to your family and friends
- Then a neutral person
- And then an “difficult person”
- Extend well-wishing loving kindness to all the people that you know.
- Extend this to all the people in this world

Larger Truths

All things are:
• Imperfect
• Impermanent
• Impersonal

All beings are owners of their actions, heirs of their actions, lived supported by their actions. What ever actions they shall do, of that they will be the heir.
May All Beings Be Happy