

Natural Healing Express Weekly

Column Volume 114 The Good Red Road

After celebrating Thanksgiving it comes to mind what that first Thanksgiving may have been like. Bear in mind I am not normally a romantic when it comes to history. To me, the facts are the facts and I wasn't there, so if I want to learn from the past, depending on an accurate source is critical. However, with that said, it is fun to think about how much of a celebration that first Thanksgiving must have been considering all the characters involved and what paths they took to arrive at the juncture.

I can't even imagine all the obstacles that were overcome just to be able to make it to that day. With amazement, I am forever grateful to my ancestors for their determination in getting us here to God's country. If it would have been up to me, we would still be living in New York somewhere. Why? Because if I would have seen a crap bucket Conestoga wagon, brazen with a sack of flour, sixteen relatives and a south bound view of a north bound horse, I would have been screaming, "where's the Marriot?"

How did they make it through? How did we progress from that first Thanksgiving? Well, my point in all of this is not to figure out who brought the cranberry sauce or the cholera, but to shed a light on what the Native Americans may have shared with the "white man" regarding survival.

Firstly, Native Americans understand life to be a sacred and special path. For many tribes, it is called the "Good Red Road". The Good Red Road is woven with Nature and Spirits. Everything is interrelated and circular. All things are a part of each other and every other "thing". There is no "aleness" or disconnection, even in death.

When you look at the Good Red Road (life) from this perspective, it doesn't take long to realize we are all dependent on each other and what hurts one, hurts all. We survive because we are interdependent on each other and all things. There is sacredness and a divine within us and our connection to the universe.

According to this belief, most traditional Native American Healing is anchored with the holistic perspective. This means survival counts on being able to heal on all levels. Native Americans carry this practice forward constantly teaching their youth and always thinking ahead seven generations.

This traditional holistic belief is gaining even more credibility today as the awareness arises regarding certain limitations of conventional or Western Medicine. Quite simply, integrative and natural medicine is becoming more mainstream. To Native Americans, it is a return to the sacred.

In my practice, we utilize Bio-Individuality which encompasses a similar holistic approach and considers the following aspects: Behavioral, Physical, Intellectual, Emotional and Spiritual. Native Americans place even greater weight on the Spiritual aspect. Harmony is believed to be what creates or demolishes health and wellness.

The Great Red Road is perceived to be a balance. Illness or disharmony believed to be an upset of balance. This can occur a result of sadness, grief, wrong doing, etc., and is "treated" first and foremost

with a healing ritual, always involving the spiritual and many times, natural herbs. Balance must be restored in the individual. Full and thorough healing usually involves the family, group and tribe. Sometimes even the very physical location is involved.

Why all this? Because each person is part of the whole and if one cog is weak, the entire wheel is weak. Can you wrap your head around this for a second? One weak = all weak. Heal another = heal yourself.

At that first Thanksgiving, the Native Americans really put it out there and helped to strengthen the pioneers because they believed in and honored the sacredness of all. Often times what the pioneers were taught provided for their very survival as they moved through the land.

Just think this through, if we could all choose to take a look at each other's vulnerability as our own and help to strengthen it, how much further ahead would our entire world be?

On the Good Red Road, this seems like a pretty sound Philosophy. Now pass me the leftover turkey and turn on some football. And, speaking of football, how about our Le-Win Panthers? State Champs! Another perfect example of all for one, one for all. Proud of everyone involved!

To me one of the great memories was seeing jackets from other schools in our region there to support the Panthers. I thought this showed a lot of class and once again reinforced what I love about living in God's Country. Home Town and Regional Pride!

Enjoy! Hope to see you soon and as always, please contact us via one of the following methods. Natural Healing Express: Phone 815 990 8732, email: skscham@aol.com 204 W Main St, Lena, IL 61048.

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