



Marcel Desjarlais -Facilitator, Oscapious, lodge helper & fire keeper

I am a Nehjiyaw Napew and was raised traditionally by my Cree/Metis parents in a northern alberta metis community. Although I lost my language due to IRS and Catholic school policy, I am working on regaining Nehiyawewin, one word at a time. I am a father of four children and now seven grandchildren. I was raised learning the Cree culture, ceremony, hunting, fishing picking medicinal plants and preparing the medicines, helping within the sweat lodge, Sundance, and other ceremonies.

I use the traditional medicines, ceremony, and intuitive energy to help people heal from their trauma so that they can heal their sickness. I believe that our bodies can heal on our own once we acknowledge and release the heavy energy, we carry due to trauma. I utilize the healing energy of pimatisowin -" Life force," medicines and prayer to help release the trauma and heal the spirit.

I travel with my colleague Amanda Wanotch from community to community wherever we are requested to attend helping with healing and ceremony. In our travels we are finding that #IRS survivors have high rates of cancer and diabetes and link these to having lost the sweetness and joys of life, while harboring deep seeded trauma/secrets of their abuse. In addition, today's youth are suffering from having empath abilities with no outlet of expression and being misdiagnosed by western medicine. Whereby these youth are getting caught up in addiction, violence, and suicide to quell the energy.

We have started a group called "Empaths in The Park" where we host a free potluck luncheon and meet at city parks to meet and discuss empathic abilities and traditional medicine with participants. We are finding the youth and adults that do attend are opening their hearts and minds, healing, trusting while learning about our ancient native healing through our hands and energy as we create these safe spaces.

These participants have either attempted or are considering suicide and we have found that in creating this safe group the participants are healing from their traumas and let go or ease thoughts of suicide. I thank for creating safe space and this opportunity to share our gifts with your community, hiy hiy.

## **Sweatlodge Teaching**

**Facilitator: Marcel Desjarlais**

**This session will take place in East Prairie Metis Settlement at the Desjarlais Family Sweatlodge.**

**Any participants coming from Slave Lake and Kinuso will take the bus to Joussard, where a transfer bus will transport them to East Prairie for the day**

**Any participants coming from HP and the west end will take the bus and join the transfer bus in Enlida and continue to East Prairie.**

**What to bring for the day:**

**Men (shorts and towels)**

**Women (long skirt or nightgown or towel to cover your legs)**

**Women will not be permitted if they are on their moon time**

**Water Bottle**

**Notebook for reflection**

**Phone for pictures, although phones are not allowed in the lodge**

**Open Heart and Mind .**