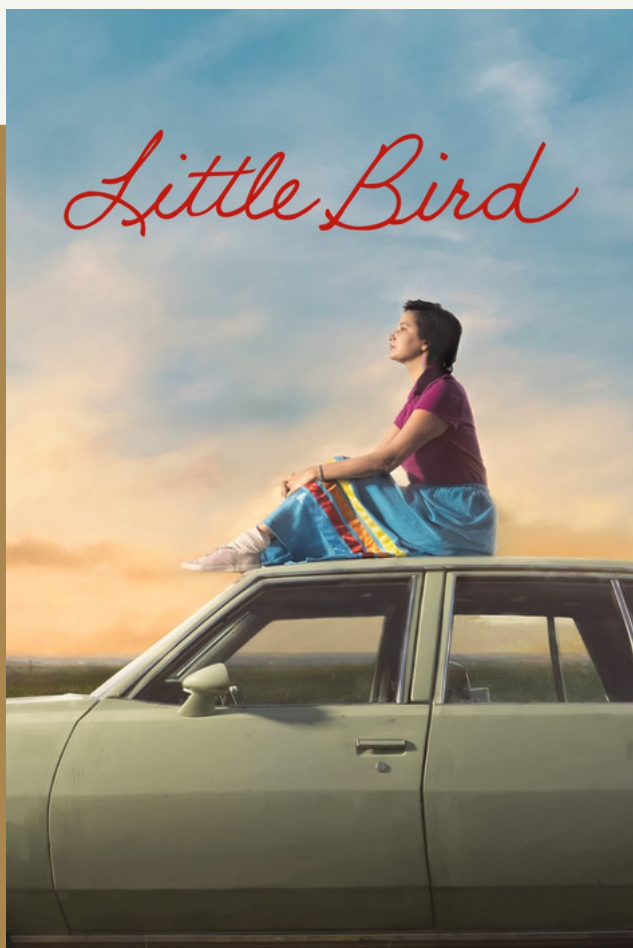


National Day for Truth & Reconciliation 2023

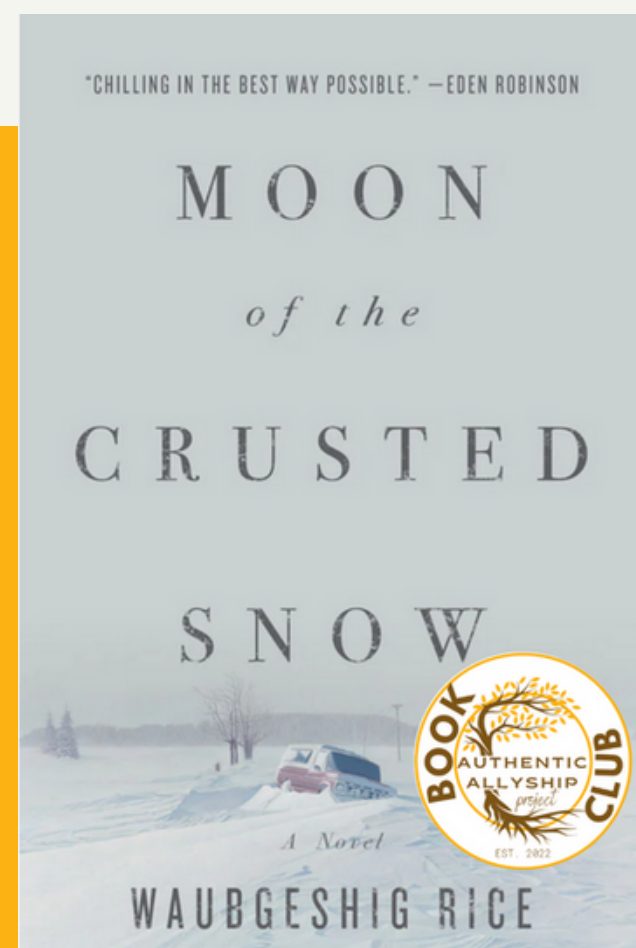
Things to do...



WATCH

LITTLE BIRD
Critically acclaimed tv mini-series

1



READ

MOON OF THE CRUSTED SNOW
Novel by Waubgeshig Rice
*the sequel comes out next month!

2



LISTEN

To music by an Indigenous artist
*if you have Spotify, DJ Marcy B (he/him) has playlists



3

4



GO OUTSIDE

Spend time with nature.

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project

www.AuthenticAllyship.ca

Introduction

The National Day for Truth and Reconciliation provides a solemn opportunity to acknowledge both the loss and survival endured by Indigenous individuals and communities due to historical and ongoing colonialism in Canada. Engaging in actions that align with the Truth and Reconciliation Commission's 94 Calls to Action is not merely an obligation but a responsibility for everyone residing on the land currently known as Canada.

This is a 'gift' package for you. It includes a song list, a TV series, and actionable tips that incorporate the Medicine Wheel –a framework of being, doing, feeling, and knowing that is applicable across many Indigenous cultures.



Andrea Menard
Métis legal scholar

Practical Tips:

The Medicine Wheel– A Pragmatic Guide

The Medicine Wheel's four quadrants

– *Physical, Emotional, Mental, and Sacred* –
serve as a comprehensive framework for wholistic engagement.

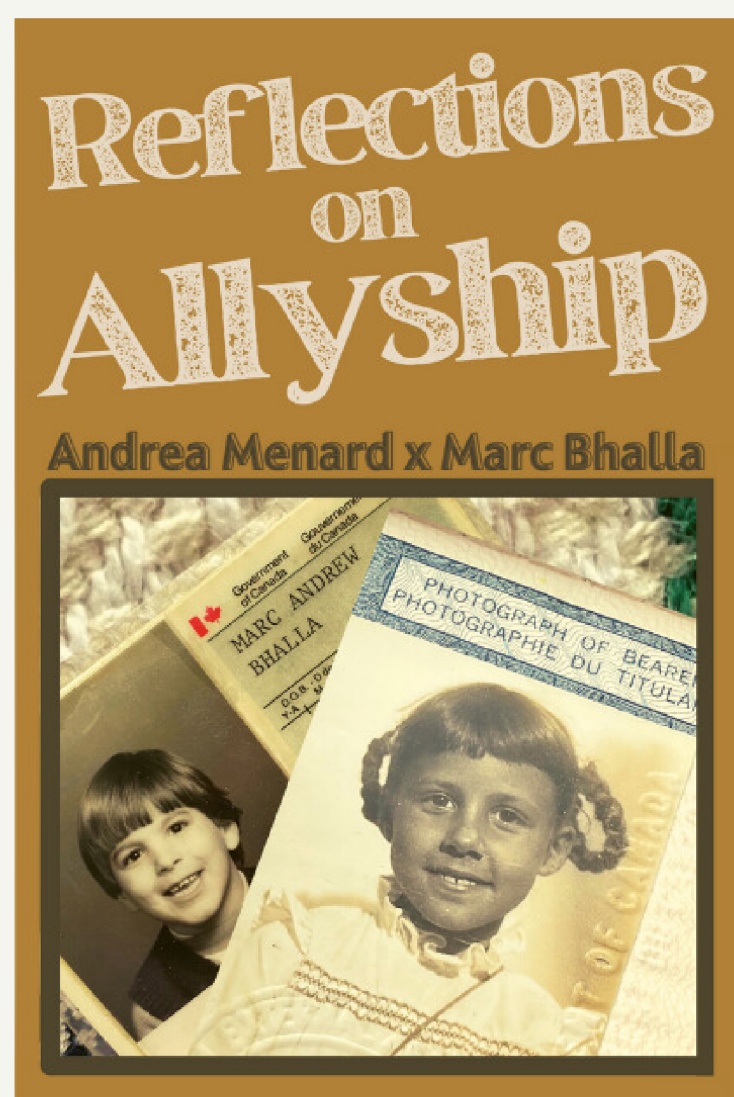
1. **Physical (East):** Ground yourself physically by going outside and feeling your connection to the Earth, acknowledging its role in sustaining life.
2. **Emotional (South):** Emotional intelligence is highly valued in Indigenous cultures. Visit a memorial or listen to survivor testimonials, allowing these experiences to deepen your emotional understanding and serve as catalysts for actionable change.
3. **Mental (West):** Employ critical thinking to understand the systemic structures affecting Indigenous communities today. The song list and TV series are more than mere entertainment; they serve as educational tools to expand your perspective on Indigenous issues.
4. **Sacred (North):** Sacredness is not just intangible. Acknowledge the sacred aspects of your surroundings; simply recognize that the land upon which you stand has its own form of sanctity that deserves deep respect and appreciation.



Conclusion & Additional Information

This 'gift' package serves as a foundational guide for your observance of the National Day for Truth and Reconciliation in 2023. It aims to deepen your engagement with Indigenous histories, cultures, and the Calls to Action.

For further engagement, consider actively participating in local Indigenous initiatives or donating to organizations committed to Indigenous well-being and justice. Extend your commitment beyond this single day.



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