



# SuperHuman Summit

## 2020 Spirituality and Science Series Activate Potential with Indigenous Wisdom

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# Welcome!

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Thank you for participating in the webinar "How Indigenous Wisdom Activates Human Potential".

According to Tyson Yunkaporta indigenous is defined as "member of a community retaining memories of the life lived sustainably on a land base, as part of that land base." Which expands our stereotypical view of indigenous as brown or black skinned people. In fact, indigenous can be traced in all parts of the world, including Nordic areas where individuals were pale skinned.

We start by acknowledging that we are living in systems from two worldview:

- Dominant - which intensifies and reflects the assumptions supporting colonization
- Indigenous - original that is nature based

This workbook invites you to explore the tension between these two worldview...to activate your human potential.



## Indigenous Worldview - Human Potential

"We have the power to change our own perspective by embracing what is within ourselves and knowing we can face challenges with love, light, faith, and positivity - you have the power and you have the knowledge."

-Grandmother Flordemayo

# Living in the Tension

Many of us are embedded in the dominant worldview of "Valuing Me". Many of our systems and institutions continue to privilege and create ways of 'being' that reinforce this worldview. Yet, many of us are drawn to bring forward more of the indigenous worldview of "Valuing We". Reflecting on these tensions can help us find place to honor and advance both.

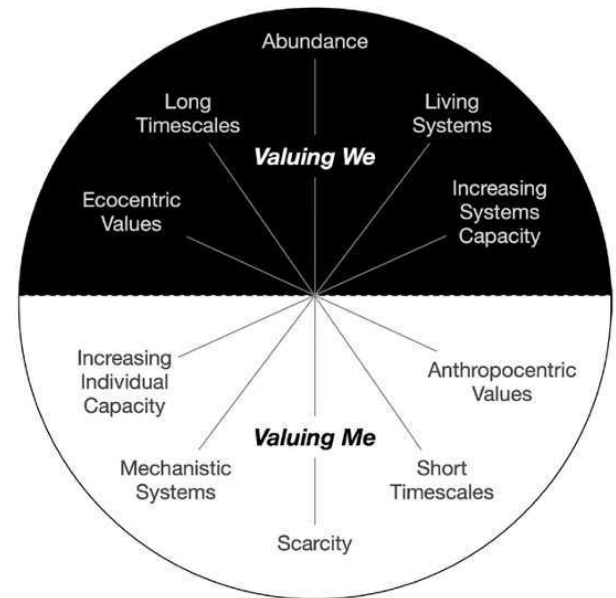


Image by Rain Satterwhite

"A fight is going on inside me," the Grandfather said to the boy.

"It is a terrible fight and it is between two wolves. One is evil – he is anger, envy, sorrow, regret, greed, arrogance, self-pity, guilt, resentment, inferiority, lies, false pride, superiority, and ego." He continued, "The other is good – he is joy, peace, love, hope, serenity, humility, kindness, benevolence, empathy, generosity, truth, compassion, and faith. The same fight is going on inside of you – and inside every other person, too." □The grandson thought about it for a minute and then asked his grandfather, "Which wolf will win?"

The old Cherokee simply replied, "The one you feed."

Ancient Iroquois philosophy:  
In our every deliberation, we must consider the impact of our decisions on the next seven generations.

## Reflection Questions

What worldview has informed how you view tensions?

How have you navigated tensions in the past (avoided, controlled, etc.)?

How might you navigate the tensions in the future?

What new insights are emerging for you in this moment?

# Being Connected

01

## Collective - 7 Sacred Virtues of Lakota



1. Wóčhekiya - Prayer
2. Wičákha - Honesty
3. Wahwala - Humility
4. Waúnšila - Compassion
5. Waóhola - Respect
6. Wawokiye - Generosity
7. Wóksape - Wisdom

02

## Relationship - Sweetgrass



Story shared in Braiding Sweetgrass by Robin Kimmerer

Two years harvested sweetgrass to study effects of harvesting on population and thriving. Results - the plot that was not touched, was becoming dead. The two plots that were harvested 50% were thriving. Acknowledged and let the sweetgrass tell the story.

03

## Daily - Prayer



A beautiful simple ceremony to do today and each day is Earthing.

Take your shoes off and connect with Mother Earth.

This will help you to remain grounded, centered, peaceful, strong, and calm while connecting your energy and Mother Earth.

- Grandmother Flordemayo

## Reflection Questions

What worldview has informed how you view connections?

How might the meaning of 'connection' expand for you today?

How might you navigate the tensions in connection(s)?

What new insights are emerging for you in this moment?

# Deep Work



Today we do a lot of 'surface' level learning. Whether it is interacting with social media or watching a 5 minute YouTube video. This shallow work keeps us stuck, we aren't growing into our full potential. To become more of who we are meant to be in the world, requires deep work. Deep thinking, knowing, and gratitude.

## 5 Ways of Thinking



kinship mind



story mind



dreaming mind



ancestor mind



pattern mind

## 5 Ways of Knowing

1. Learning through close observation and demonstration (men'-aathan)
2. Passing on knowledge with a helping hand, assisting somebody, then gradually stepping back (ma'-aathan)
3. Passing on knowledge verbally in activities like yarning (that'-aathan)
4. Memorizing through deep listening (konangam pi'-pi'an)
5. Thinking, reflecting, and understanding (ngantam ngeeyan)

Adapted from **Sand Talk by Tyson Yunkaporta**

### Reflection Questions

What worldview has informed your relationship to deep work?

How might the meaning of deep work expand for you today?

How have you navigated the tensions of deep work with short-term thinking?

What new insights are emerging for you in this moment?

### Deep Gratitude

Looking behind I am filled with gratitude.

Looking forward I am filled with vision.

Looking upwards I am filled with strength.

Looking within I discover peace.

-Quero Apache Prayer

# Ritual

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Rituals have 3 elements:

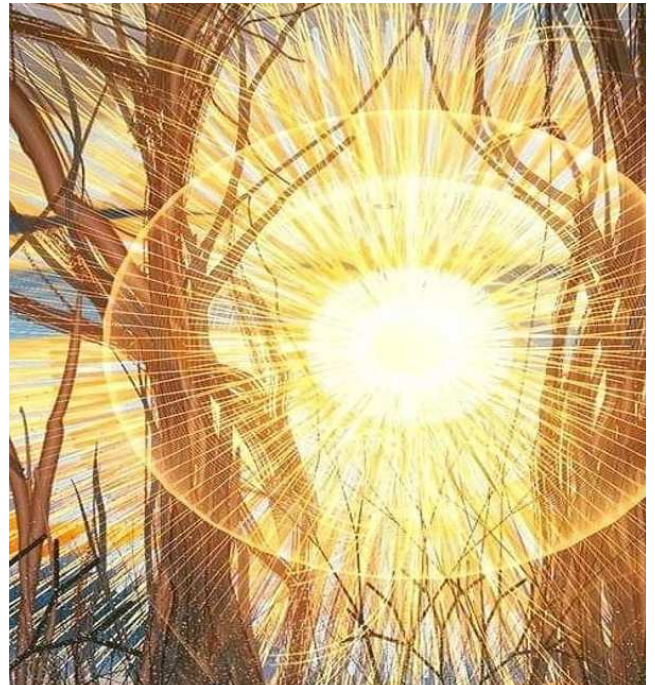
1. Intention
2. Attention
3. Repetition

Rituals can be:

- Annual
- Seasonal
- Daily

Adapted from **The Power of Ritual**

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## Reflection Questions



What worldview has informed your understanding of rituals?

How might the meaning of ritual have expanded for you today?



How have you navigated tensions through ritual?

What new insights are emerging for you in this moment?





We cannot go back and change the past,  
but we can start today and change  
tomorrow for the future generations.

-Grandmother Flordemayo

January - May 2021

Becoming Intentional

To find out more and register

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