



First Nations Health Authority  
Health through wellness

# Sober(er) for October



## Elder Rosie White Elk



*With respect, this is my teaching.*

*The individual is the baby eagle feather, as they move through transitions the feather grows.*

*Wrapped in our traditional cloth from one of the Four Directions for comfort and stay safe in what it knows.*

*Through that lived experience of substance abuse, the emotions are raw, through the three aspects: The mental, emotional, physical and spiritual.*

*There are so many emotions to deal with or work through, the addiction(s) are the blanket (cloth) that protects, nurtures and keeps safe the individual who is experiencing an overload of emotional, mental and physical pain, etc.*

*The emotions fuel the mental stresses that increase the struggles, traumatic memories, then creates an overload in the thinking. The blanket is a soother, to comfort the individual through the pain, struggles, memories of abuse that was experienced.*

*This is why an individual can heal through each emotion one step at a time, instead of dealing with all the emotions, then it repeats as a PTSD.*

*When ready, the blanket/cloth can be lifted off the individual slowly, as each person heals differently.*

*Through recovery it is intensely difficult to manage, due to the blanket(s) being removed too quickly.*

*It depends on the individual and their lived experiences.*

*Sometimes exposing the individual to all emotions attached to the traumas all at once can lead to traumatic behaviours on the part of the individual healing... without that person obtaining the skills to manage or cope positively.*

*It must be repetitive in healing and building skills and changing a cause to a different effect as each person moves forward. That is why the blanket/cloth is crucial in the understanding of the 'teaching' aspect and treated with respect.*

*Each individual goes back to the cause, through the reaction of pain outcomes... when the blanket(s) are lifted slowly and individually for each trauma.*

*Then miracles happen, to feel safe and work through trauma, the blanket/cloth remains until most of the traumas are released through many forms of healing modalities and resources.*

*Keep in mind, there are many blankets to soothe and comfort each individual.*

- Rosie White Elk Medicine Woman