



SACRED *Colours*

Painting as a Spiritual Practice **H.E.A.L. Project**

Self-Reflection Questions

Session 1 - Introductions

Who am I? What makes me, me? If I were in circle with Cynthia right now, what would I share with her about who I am?

How do I position myself?

What are the factors that might influence how someone experiences life? (E.g. ethnicity, culture, age, gender identity, sexuality, birth order, religious affiliation, educational background, professional occupation, neurotype, life experiences).

What are the factors that make an Indigenous person's experience different from my own life experience?

Are these things really "because they are Indigenous?" or is it systemic racism showing up in different ways? What ways can I notice how this is showing up?

Session 2 - The Circle

In what ways can I make my healthcare practice more wholistic? E.g. If my profession focuses on the physical parts of my patients or clients, how can I include more awareness of the other elements of their being?

How can I keep in mind the different realities and experiences of my patients or clients while providing them with the best care possible?

Session 3 - Interconnectedness (Anti-Racism from an Anishnaabe Perspective)

How do I personally benefit from the ongoing colonization, oppression and genocides against Indigenous Peoples in Canada? How am I professionally benefitting from it?

Whose land do I live on? Who was / is being displaced? Native-Land.ca

We know that systemic problems are held up by individuals, by repeating the same patterns over and over again. Through my day-to-day actions, how am I upholding these systems? How can I use my healthcare practice to prevent further injustices from happening to my patients while providing them with the best care possible? How about my daily life?

Session 4 - Identities

How do I feel about my gender? Do I feel that I closely identify with my gender? Have I noticed any kind of fluidity in it?

Have I noticed any parts of that identity coming out in my painting so far?

Name 5 people I know and think about what I know about their genders. What pronouns do they use?

In the way I think and speak, how can I personally use more inclusive language? What words and phrases do I commonly say that are racist and ableist? What words or phrases can I replace them with? Brainstorm some now to start working the new words into my vocabulary.

Session 5 - Healthcare

As a healthcare professional, my first goal must be to cause no harm. In my healthcare practice, how am I (hopefully unintentionally) causing harm to my patients or clients? How can I adjust my own behaviour to eliminate this harm?

In my healthcare practice, how am I supporting the Free, Prior and Informed Consent of Indigenous Peoples? Am I supporting their informed consent in their health journey? How am I supporting Indigenous individuals' bodily autonomy? How can I do better?

We know that SARS-CoV-2 is an airborne, harmful virus. Am I doing everything in my power to prevent forward transmission? Am I doing everything I can to ensure my patients understand the consequences of repeated infections and how to protect themselves and their families, and communities?

Session 6 - Reconciliation & You

Truth must come before reconciliation. In what ways am I embodying truth in my daily life? How am I encouraging my people to hear and embody truth?

How can I ensure my regulatory body(ies) are working on the relevant Calls to Actions?

In what ways can I carry the spirit of truth and reconciliation in my daily life?

Additional Recommended Reading

Truth & Reconciliation

[Native Land Digital](#)

[Truth and Reconciliation Commission of Canada Reports and Findings](#)

[Truth and Reconciliation Commission of Canada 94 Calls to Action](#)

[Calls to Action Accountability: A 2023 Status Update on Reconciliation](#)

[How Do You Like Your Reconciliation?](#)

MMIWG2S

[Volume 1a](#)

[Volume 1b](#)

[CBC Condensed List of Calls to Action](#)

[Native Women's Association of Canada](#)

Two Spirit

Book: Making Love to the Land by Joshua Whitehead

Inclusive Language

[Ableism: Language and Microaggressions](#)

SARS-CoV-2

[An Open Letter to Healthcare Providers](#)

[Experiences of Canadians with long-term symptoms following COVID-19](#)

[LitCovid](#)

Book: The Viral Underclass by Steven W. Thrasher

Anti-Racism

Book: How To Be An Antiracist by Ibram X. Kendi

Healthcare

[In Plain Sight](#)

[Misconduct, Missing, and Murdered: The Experiences of Anti-Indigenous Racism in Reproductive Healthcare among Indigenous Women, Girls, Two-Spirit, Transgender, and GenderDiverse People, and the MMIWG2S+ Genocide](#)

[Our Health Counts](#)

Credits:

Pyramid of White Supremacy graphic built upon the original image from: Safehouse Progressive Alliance for Nonviolence (2005)
"Building a Multi-Ethnic, Inclusive & Antiracist Organization-Tools for Liberation Packet for Anti-Racist Activists, Allies, & Critical Thinkers".
Adapted by: Ellen Tuzzolo (2016)
Updated by Cynthia Nault (2023)



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