

Resistance

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MINORITY CULTURE

MAJORITY CULTURE

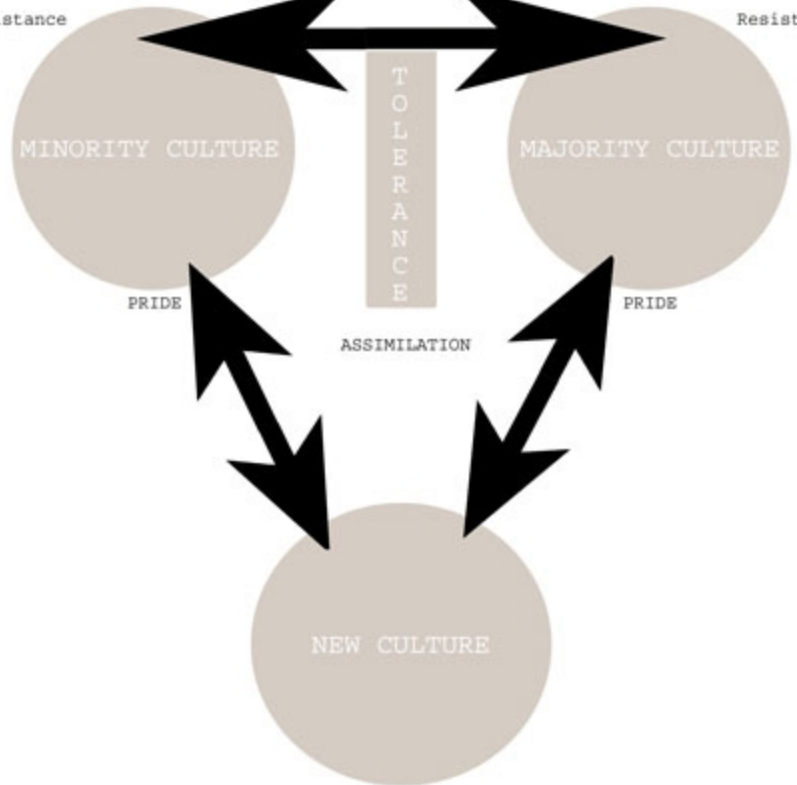
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PRIDE

ASSIMILATION

NEW CULTURE

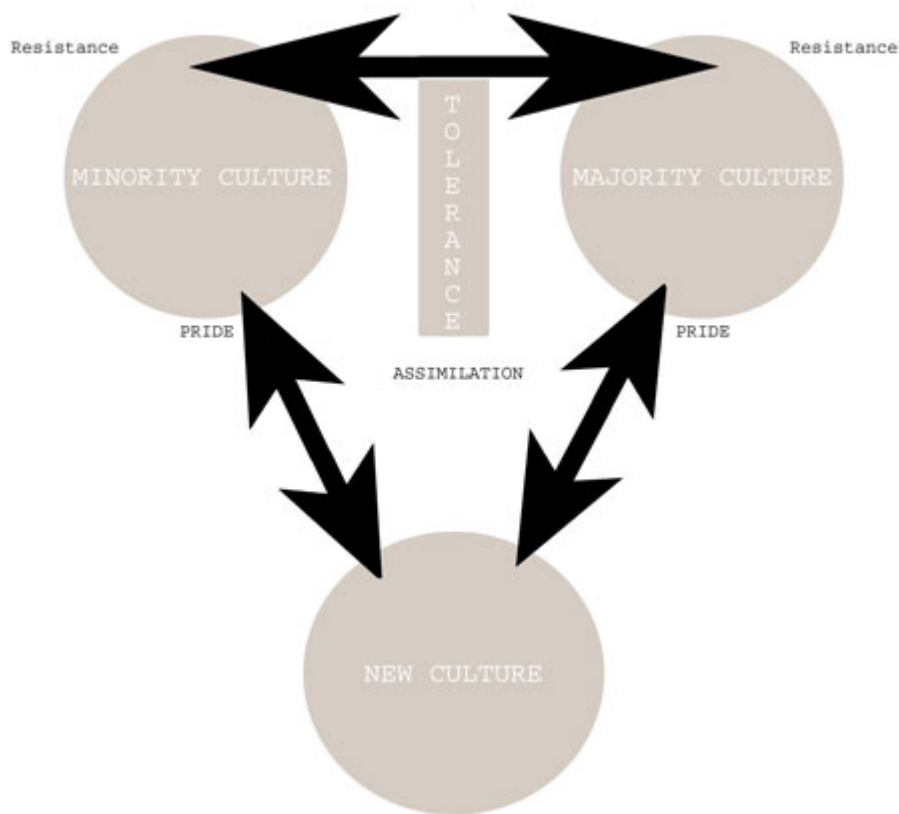


Healing Path:
The Red Road to Reconciliation
By: Bill miller

Objective: To foster integrity and dignity to broken people among all nations.
To develop and nurture our native people, socially, economically, and spiritually, as we address our health and addiction issues.

1. **Bad thing's will happen to everyone**
 - a. **Consequences (spiritual)**
 - i. **Anger/rage,**
 - ii. **Low self esteem.**
 - iii. **End results: depression the constant blaming of others.**
 - b. **Consequences (emotional)**
 - i. **Anxiety**
 - ii. **Defensiveness & a short fuse to anger**
 - iii. **Judgmental & lack of trust,**
 - iv. **End Results: loneliness & emptiness**

2. **Red Road Alternatives (You Do have a Choice)**
 - a. **Forgiveness is the first step in the journey reconciliation.**
 - i. **Forgiving others enables us to see with an eternal perspective rather than being blinded by our immediate circumstances.**
 - ii. **This outlook yields greater patience, in our lives and constantly renews our own spirit.**
 - iii. **Is crucial to find healthy interdependency in our relationships. No man is an Island**
 - iv. **Dependency = constant vulnerability and creates a propensity to be manipulated and or walked on.**
 - b. **Trust.**
 - i. **Learning to trust yourself**
 - ii. **Learning to trust others.**



3. Observation

a. Re-evaluate your life/ situation from a non-victim's point of view

1. Find Objectivity

- i. What happened?
- ii. Why?
- iii. How can I respond?
- iv. How Should I respond?

b. Find someone to help you

- i. The gift of friends and family
- ii. Places of Worship

4. Interpretation

- a. How will my response affect my future
- b. How can this experience be used to help others

5. Application

- a. You are accountable
- b. Mistakes will happen
- c. Remember this is a life long process. There is No quick fix.