



## "BIMAADZIWIN" (Good Life Teachings)

Bimaadziwin is an all-encompassing Ojibwe term that refers to Living a Good Life in connection with one another and with "All of our Relations". It is a word that guides our behavior as we walk softly on Mother Earth. The summer camp visitation programs offered here are a reflection of this concept. Hands-on and reflective, each presentation reinforces the teachings of First Nations People by encouraging communication, connection and community.

Presentations (approx. 60 to 90 minutes in length) are interactive and include traditional teachings, drum and song. Extensions to the presentations can be added and include; Unity Chain Making, Talking Stick Making, Pine Cone Bird Feeders Cedar Tea Cones, Musical Shaker Making, Beadwork/Porcupine Quill Jewellery, Medicine Bag Making and more. All presentations and activities can be tailored to suit special needs.

Aligned with many camp values such as nurturing self esteem, promoting unity and empowerment, I employ a unique learning style that encompasses Mind, Body, and Spirit, which provide insight, inspiration and understanding to youth of all ages. In addition, pre-camp training workshops for staff offer personal enlightenment through experiential learning. Workshops are hands on and are a refreshing way to build community and balance within your camp family.



## About Raven

As a proud Anishinabe (First Nations) woman, Raven wholeheartedly shares her experiences and the wisdom of her Ancestors by way of The Medicine Wheel that bridge us to the ancient understandings of interconnectedness and re-establishes our earth-connection.

*"When we surrender to the peace and tranquility of what Nature holds for us, we are gifted with the ability to Hear More, Feel More and Be More. It is through this personal experience with Nature that we gain Clarity, Confidence and Conviction to treasure ourselves and All of Our Relations in a way that ultimately leads us to a peaceful, playful and passionate life."*

Through a wide variety of workshops, day retreats, school & camp visitations and guest appearances Raven's ability to accelerate awareness and enthusiasm in others coupled with her passion for life and is undoubtedly contagious.

As a Dynamic Speaker, Visionary, Author, Musician and Teacher, Raven continues to assist, inspire and encourage others in a Natural world of Beauty, Grace and Possibility.

# Raven Speaks



## Summer Camp Visitation

Bringing First Nations Culture and experience directly to you.



## Introduction to The Medicine Wheel

Modified to suit all age levels.

Sharing the wisdom of the Elders through storytelling is what this interactive gathering offers. Here, we explore The Medicine Wheel, a traditional symbol that teaches and illustrates the continuity of life and interconnectedness through the various 'Mighty 4's'; the 4 Directions, the 4 Unity Colors, the 4 Seasons, and the 4 Elements. As an extension, participants can also contribute their personal Unity Chain creation to the Circle as we celebrate 'All of Our Relations' through music (drum), traditional song, and dance.

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## The Medicine Wheel – Level 2

Appropriate for ages 8 and up.



As an extension to the Medicine Wheel Introduction, we go deeper into the wisdom of the Wheel where the 4 ways of Knowing; (Awareness,

Understanding, Knowledge and Wisdom) and the 4 ways of Being (Spirit, Heart, Body & Mind) are introduced. Intuitive skills and self awareness are strongly cultivated by way of a Traditional Sharing Circle modeling the importance of open and honest communication. Inviting participants to express their experience and creativity by making their own Talking Stick makes a perfect extension to this workshop.

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**Pre-camp workshops offer inspirational team building for you and your staff and are ideal for getting a head start on your camp season.**



## Teachings From The Animal World

Modified to suit all ages.

In this workshop participants explore the animal world through the lens of First Nations people. Gently guided to the time of Creation where the '4 Leggeds' walked in unity and balance, we learn the importance of offering our respect and gratitude. An opportunity to make physical contact with each animal skin reinforces the teachings of Respect & Responsibility for 'All of Our Relations'. Exploring the link with First Nations Clan systems, participants discover how their personal traits and characteristics align with specific clans offering insight into their own strengths, abilities and purpose. Celebration through drum, shakers and song conclude this inspirational experience. (Adding a Pine Cone Bird Feeder activity makes a perfect extension to this workshop)

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## The Four Elements and You

Appropriate for ages 13 and up.

Nature has a powerful way of mirroring our individual characteristics and provides direct insight into who we are and why we do the things we do. This entertaining and insightful workshop reveals the parallels between you and the four elements. Who you are, how you behave and how you interact with others is reflected in your individual elemental personality.

Throughout our time together participants will:

- Learn the traits, needs, and challenges of each elemental personality;
  - Create a heightened awareness of who they are and how they can effectively relate to others.
  - Develop an ability to create and sustain positive, rewarding relationships.
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## Teachings From The Plant World

Modified to suit all ages.

Since the beginning, First Nations People have held a close relationship with the land. Recognizing that Indigenous plants have been used as Nature's method of curing and preventing illness, we draw parallels from the store bought medicines to their original state and aid in understanding that when we walk in balance with Mother Earth there is much to yield and celebrate. Taken on a "Medicine Walk" participants learn to identify various plants, trees and shrubs and their uses. Gathering fresh Cedar, making and enjoying cedar tea emphasizes the abundance of remedies at our finger tips. The Four Traditional Plant Medicines are introduced and the ritual of Smudging is celebrated in a sharing circle. (The option of Creating a Cedar Tea Cone makes an excellent extension to this workshop.)

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## Extensions to Workshops

Modified to suit all ages.

Adding activities to your selected workshop is a great way to enhance participant experience and offer creative expression.

- Unity Chain Making
  - Talking Stick Making
  - Pine Cone Bird Feeders
  - Cedar Tea Cones
  - Musical Shaker Making
  - Beadwork/Porcupine Quill Jewellery
  - Medicine Bag Making
- and more.....
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