



Achieving Balance of the Spiritual, Mental, Emotional and Physical Beings

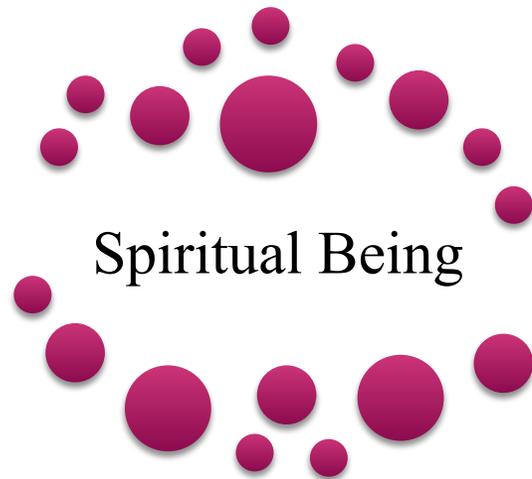
2024 EMERGENCY MEDICINE RURAL INDIGENOUS COMMUNITY GATHERING

SALT LAKE CITY, UTAH

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What is Indigenous Mentality?

- ▶ One's SPIRITUAL being is of utmost importance
- ▶ What is SPIRITUAL BEING?



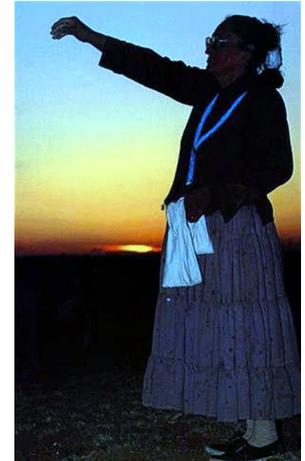
- Prayers
- Songs
- Humility
- Meditation



- Recognition of life
- Evaluates reason to live
- Develops Strength
- Enhances Resiliency
- Comprehension of the SOUL

Indigenous Mentality

- ▶ **In Indigenous mentality, one's spiritual being is of utmost importance.**
 - Prayers and songs heal the mental being
 - Upon healing, the emotional being gets healed
 - Which informs the physical being that all is well.

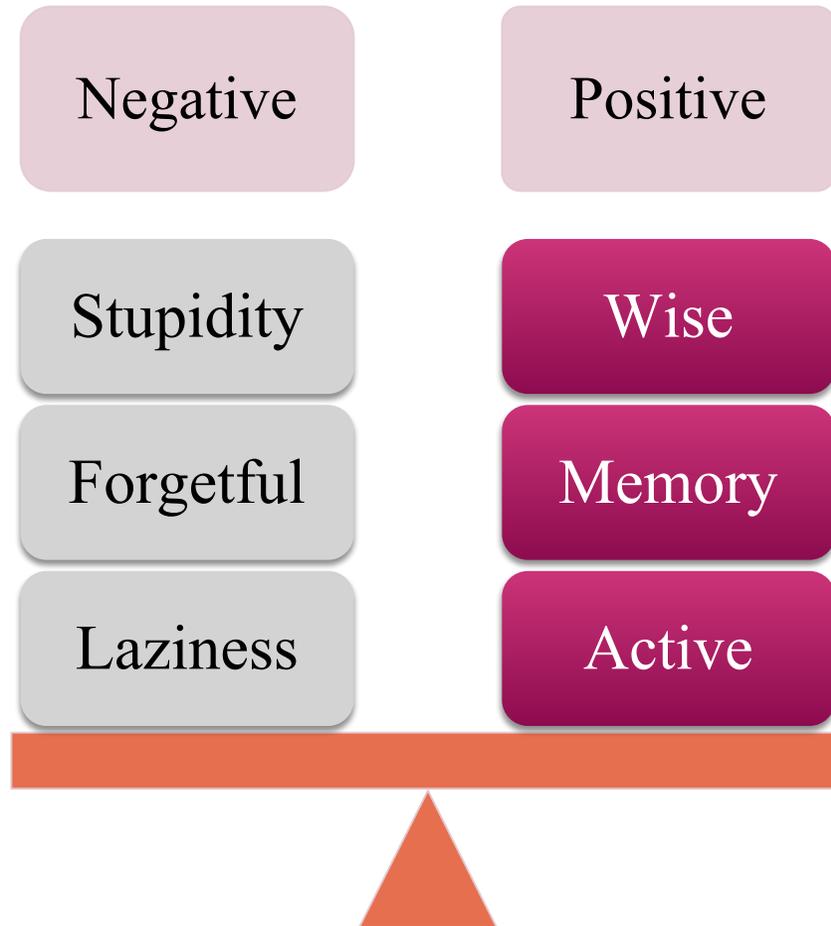


Indigenous Mentality (cont'd)

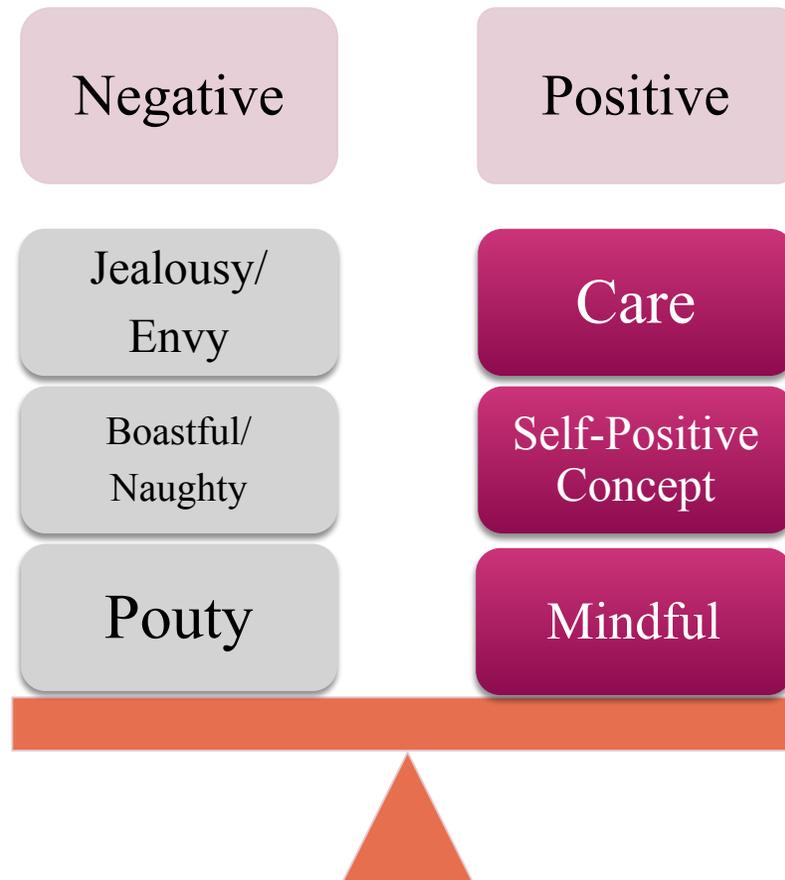
- ▶ According to natural laws, we co-exist with all other living beings.
- ▶ When these laws are violated, it creates **imbalance**.
 - leads to ailments and sickness.
- ▶ Intrinsic sense of moral obligations of right or wrong that governs our reasoning and behavior on human nature, not on culture or customs.
- ▶ One of the four factors that consist of the spirituality, physicality, mentality, & emotional intelligence becomes burdened which ends up affecting one of the four concepts in life.



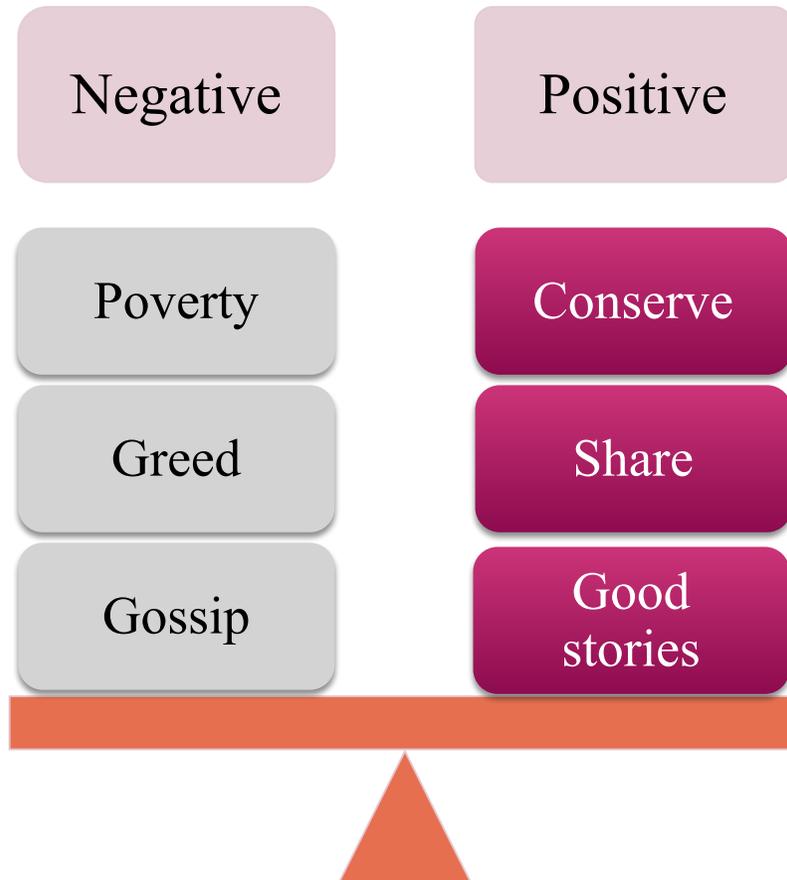
MENTALITY – Works on the MIND



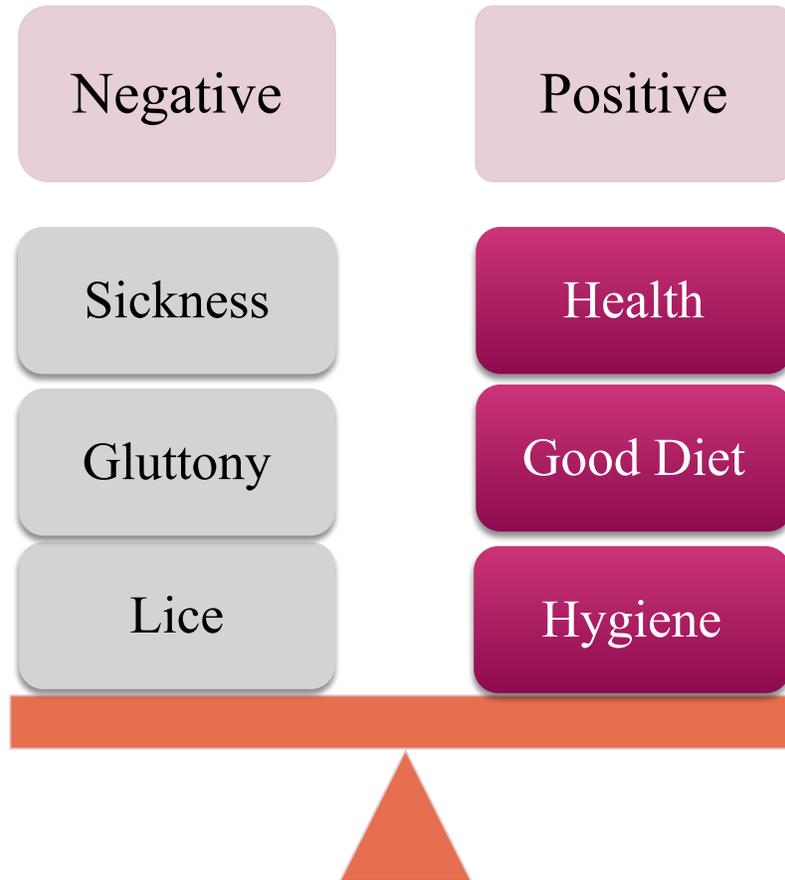
Works on your PERSONALITY



Works on your SOCIAL LIFE



Works on your PHYSICAL BEING



**Four concepts of
teachings in life:**

**Siihasin
Early
Childhood**

**Iina
Elders**

**Nitsahakees
Adolescent**

**Nahat'a
Adult**

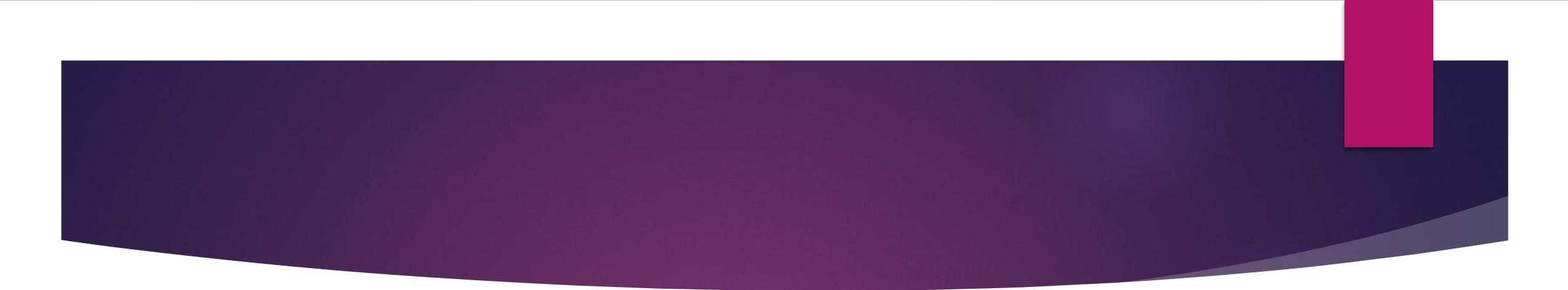
**These are all conducive and
compliment one another.**



Understanding Your Well Being

- ▶ **When one balances all aspects of life: physical, mental, emotional, spiritual**
- ▶ **Spiritual being heals the mental being**
- ▶ **Mental being soothes the emotional being**
- ▶ **Emotional being sends the message throughout the Physical being that ALL IS WELL**





Questions/Comments/Discussion

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