

Welcome



Healing Colonial Legacies: Developing Empathy for Self, Land, and People of the Land

with Deana Dartt, Heron Brae, and Nancy Morris-Judd

G24100202

Oct 6-11, 2024

Dear Participants,

Welcome to Healing Colonial Legacies: Developing Empathy for Self, Land, and People of the Land. We are delighted to have you join us from October 7-10 for this transformative four-day workshop at Ghost Ranch. Our dedicated facilitators—Deana Dartt, Heron Brae, Nancy Morris-Judd, Moises Gonzalez, and Johnny Valdez—look forward to guiding you through this immersive experience.

This workshop is designed to deepen your connection to the land, yourself, and your sense of community. Together, we will embark on a decolonial journey, exploring empathy for ourselves, the land, and the people who have lived here for generations. Our foundational approach is rooted in hands-on, heartfelt practices, including creating an “empathy journal,” engaging our senses in connecting to place, and fostering community dialogue through intimate sharing and discussions. We thank you for your participation in advance, as we greatly look forward to sharing this time with you.

We hope you are ready to show up and make new connections, with this community who has chosen to join together temporarily, as well as with the land, and your own self and history. We have intentionally crafted a schedule which is light and yet immersive, to allow for plenty of time for you to relax, enjoy the land on your own time, and follow your own inspirations. We will meet for 3-4 hours each morning, and you will have the rest of the day open.

We will begin on day one by establishing a supportive environment and learning community, sharing our introductions and intentions, creating the container for emotional safety and the groundwork for our foundational practices of journaling, embodied presence with the land, and community dialogue. We are very gratified to welcome Moises Gonzales (Genizaro) and Johnny Valdez (Southern Ute) on our second day, who will share stories of their deep connection to the land, as well as discuss the impacts of human and environmental disruptions.

On day three, once we are grounded in place and community, we will then map our own histories, exploring how ancestral knowledge, trauma, and belonging have traveled through time to shape who we are today. This journey will prompt us to consider how we can find our way back home to ourselves and our communities.

Our time together will culminate in integrating these experiences to contemplate right action and allyship. We will ask how we can authentically engage with ourselves, Native communities, and the earth. You will leave with practical tools and frameworks for personal and community healing and a renewed connection to the land and its original and continued stewards.

We look forward to sharing this journey with you.

Warm regards,

The Facilitation Team

Deana Dartt, Heron Brae, and Nancy Morris-Judd

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Supply List

:

- Any personal items that you need to be comfortable for outdoor activities of light walking or sitting on the ground (good shoes, something to sit on if desired, sun protection, etc.)
- (Optional) family history materials: copies of photos, stories, images, genealogy trees, maps, etc. We will be looking at our own stories in this healing context, and if you want any materials to use for your creative process as we develop a journal, please take a moment to think ahead about this. Of course, just working with your creativity in the moment and not bringing these things is completely fine. Not everyone has these materials, and also for some people, you may find them distracting. We trust that you will use what is useful to you.
- (Optional) Your favorite art supplies. We will provide materials for making a journal, collaging, and drawing. However, if you have tools you love to work with, you may bring your own. Also, there will be time for journaling outside of class, and your personal tools may be of value to you then.
- An object that represents your connection to the land you feel you belong to.
- An object that represents your connection to your ancestral lands (if different from where you feel you belong to). This is very open to your interpretation.