

Daily Meditation 04/07/22

The Soul Wound & Historical Trauma among Indigenous Peoples

Good morning.

Today I share with you some important teachings from Donna Schindler, the author of the book, *Flying Horse: Stories of Healing the Soul Wound*. These teachings are about soul wounding and historical trauma among indigenous peoples.

She wrote me recently and said she just returned to the Navajo nation where she lived for 25 years previously, and she gave an overall talk on historical trauma and the soul wound in the clinic there at the Navajo Nation. And she gave me permission to share that with you: the summary that I offer in the essay, but also her entire talk.

And I'm delighted that she did so, because I think it's very important information, whether you be a Native or non-Native, and I repeat that: whether you be a Native or non-Native. How many of us non-Natives are suffering the grief, the grief, of historical trauma of indigenous peoples?

And of course, this very much relates to the Black story too, the historical trauma of Black people, of slaves, ex-slaves. How much is the whole culture suffering from that?

So these sufferings of the indigenous people, and of black people, is all of ours to undergo: differently, perhaps, of course, but no one's in this alone, we're in this together. And I think our whole culture suffers from post-traumatic stress disorder.

And probably a lot of the bullying that's going on in politics today -- as she points out in this teaching, today, that bullying itself is born of unresolved soul wounds and historical trauma. That's one of our mechanisms for responding to such suffering.

And, again, it's not just the tribes who underwent this, but all of us are affected by it. Or as I used to say, the slave master was a victim in a way of slavery as well. Obviously not materialistic victims; the slave master made money on slaves, lots of money, and with money came power.

But how much soul was lost? Let me say that again: how much soul was lost among the slave masters? And it's harder to detect the suffering of the soul, of those who are on top, of those who are bullying others, it's harder to detect it than it is to see it among the truly wounded, classes.

But again, we're in this together. And there is a relationship between the slave and the slave master. The slave master lost his soul altogether; the slaves fought to keep theirs: to make the music and the alternative religious expressions and deeper community bonding in order to survive. And survive many did.

The same is true with the indigenous peoples of the world.

Thank you. Let's see you tomorrow.

And please, do make an effort to listen to Donna Schindler's audio presentation to her talk on the Navajo people and their clinic. It's quite new, but it carries the wisdom that she's learned over the years in working with these wounds, these soul wounds.

Thank you. We'll see you tomorrow.