

THE CIRCLE OF STRENGTH "FOSTERING COMPASSION AND RESILIENCY" WEBINAR JULY 27, 2023

COMPASSION- "TO SUFFER TOGETHER" THE FEELING THAT ARISES WHEN YOU ARE CONFRONTED WITH ANOTHER'S SUFFERING & FEEL MOTIVATED TO RELIEVE THAT SUFFERING. -GREATER GOOD MAGAZINE

- Care
- Concern
- Understanding
- Mercy
- Kindness
- Humanity
- Love

TO LIFT SOMEONE UP IN A TIME OF NEED OR CONCERN



COMPASSION

IS THE WISH TO SEE OTHERS
FREE FROM SUFFERING.

CONNECT WITH EACH OTHER & CONNECT WITH THE COMMUNITY
REACH OUT TO THE PEOPLE WITH COMPASSION AND
ENCOURAGEMENT, TAKE TIME FOR YOURSELF, IT'S OKAY
TO ASK FOR HELP WHEN YOU NEED IT. WE HELP EACH
OTHER.



- Resilience or “Rezilience”- The Capacity to recover quickly from difficulties; toughness. (Oxford language dictionary)
- Where have you seen Resiliency?
- What is your Greatest strength or Values?
- Your Biggest struggle can be your greatest Strength.
- Self-reflection, Self-inventory & Self-discovery.

RESILIENCY

OUR PEOPLE HAVE ALWAYS BEEN RESILIENT FOR
GENERATIONS AND WE'LL CONTINUE TO BE. WE HELP
EACH OTHER. #SPIRITUALWARRIORS



“We’ve ascended to the highest levels of Adversity & Resiliency. Immerse yourself in the culture and you will find identity, healing, peace and Good Medicine. That’s the core of Traditional Knowledge.”

–BRIAN FREJO, PAWNEE/SEMINOLE NATION OF OKLAHOMA



As old
systems fell
the healers
came into
their power

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