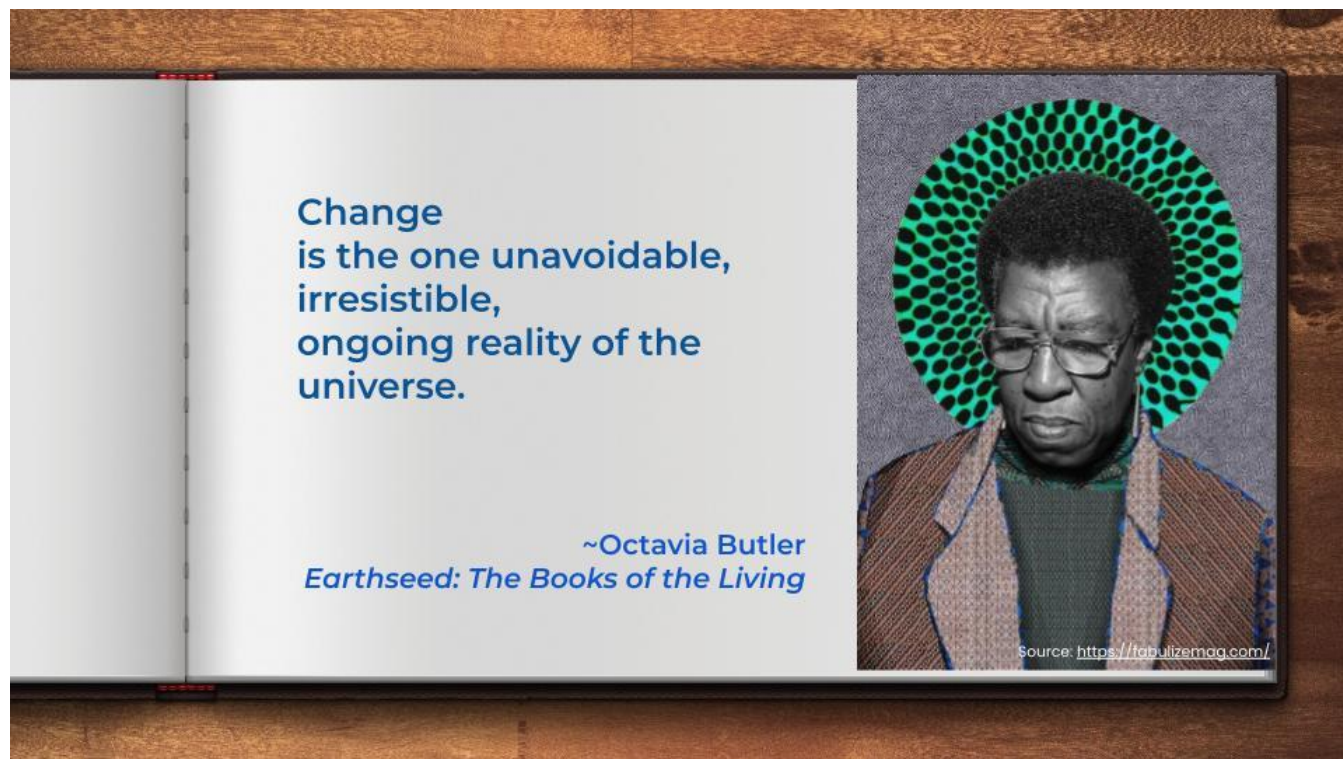


a people's hxstory + ancestral medicine

w/ Ayo Ngozi

Wild Ginger Herbal Center 2022



**How is your
compass
oriented? What
lenses are you
using?**

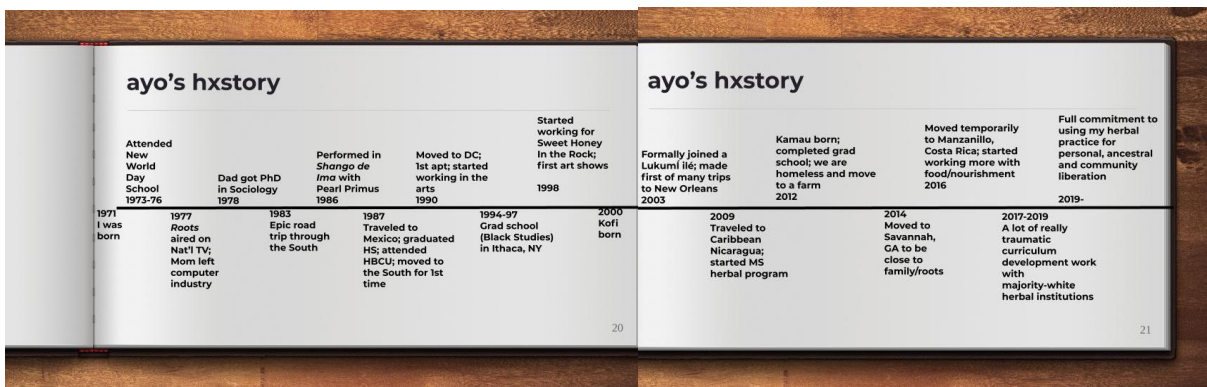
I am the seed
carried by a bird
asking a sacrifice
For each mile I travel in its beak.
I go without a guarantee
Where I land will be a welcoming place.
I prepare to root myself
Bury the most important
Bits of me, wait until I can grow
Into melancholy
Foreign dirt
Where I become
The distance I have travelled."

Sami Miranda
We Is

Journaling Exercise #1:

Take a moment to reflect on the different lenses you bring to your understanding of your world. Often, we can find these in the ways that we identify in society—for example, our age, gender, immigration status, color, religion, socioeconomic class, etc.

What's on YOUR timeline? We are all shaping hxstory and change.



Journaling Exercise #2:

Write a timeline of the important events of/impacting your life. Include events or people that are relevant to your personal experience of herbs and healing foodways, ancestral traditions or family history, geography your cultural or social identity, etc.

Journaling Exercise #3 (for white folks and their decedents):

SOME QUESTIONS FOR WHITE FOLKS

From herbalists Kara Wood and Erin Caitlin Sweeney

- When did your ancestors become white?
- What agreements were made to uphold white supremacy?
- What was lost along the way?
- What was forgotten, and how do you remember?

Source: www.ancestralapothecary.com

Journaling Exercise #4:

Call in the energy and protection of any of your honored dead if you choose, and spend some mindful time contemplating and journaling (or drawing) in response to the prompts below.

naming our healing legacies

Where do we need lineage healing?

Where do I need healing?
Where does my healing story overlap with genetic inheritances, health conditions, habits, family curses?

Where do we find healing and wholeness?

What practices have brought healing to our families/ancestors, traditionally and/or in the recent past? How can we introduce more of that to our lives?

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how do we practice lineage healing?

HOLDING SPACE & ENERGY

- Interdependent relationships
- Rhythm and consistency
- Ancestral altars

WORD & SOUND

- Prayer
- Chanting and singing
- Meditation (Listening)
- Journaling

EARTH MEDICINE

- Herbal remedies
- Herbal baths
- Incense

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Video Resources (mentioned in class)

Outlander, Wool Waulking Song: <https://youtu.be/MxV3qn9vgVA>

Phyllis Jeffers-Coly in Diasporic Soul's

Stopping the Clock, Opening Up to Spirit: Creating an Ancestral Altar: <https://youtu.be/U3dRjrYzfUY>

Day Of The Dead Celebrations Are Becoming More Popular (Today Show):

<https://youtu.be/2XjFEyeX7wl>

Resmaa Menakem on Intergenerational Trauma: https://youtu.be/dk4PnbWlq_Q

The Historical Construction of Whiteness with Kat Blaque: <https://youtu.be/bmHct5IHxrA>

Emma Dupree, *Little Medicine Thing*: <https://digital.lib.ecu.edu/58575>

We Is, written and performed by Sami Miranda: <https://youtu.be/xW2UeDTB-BU>

