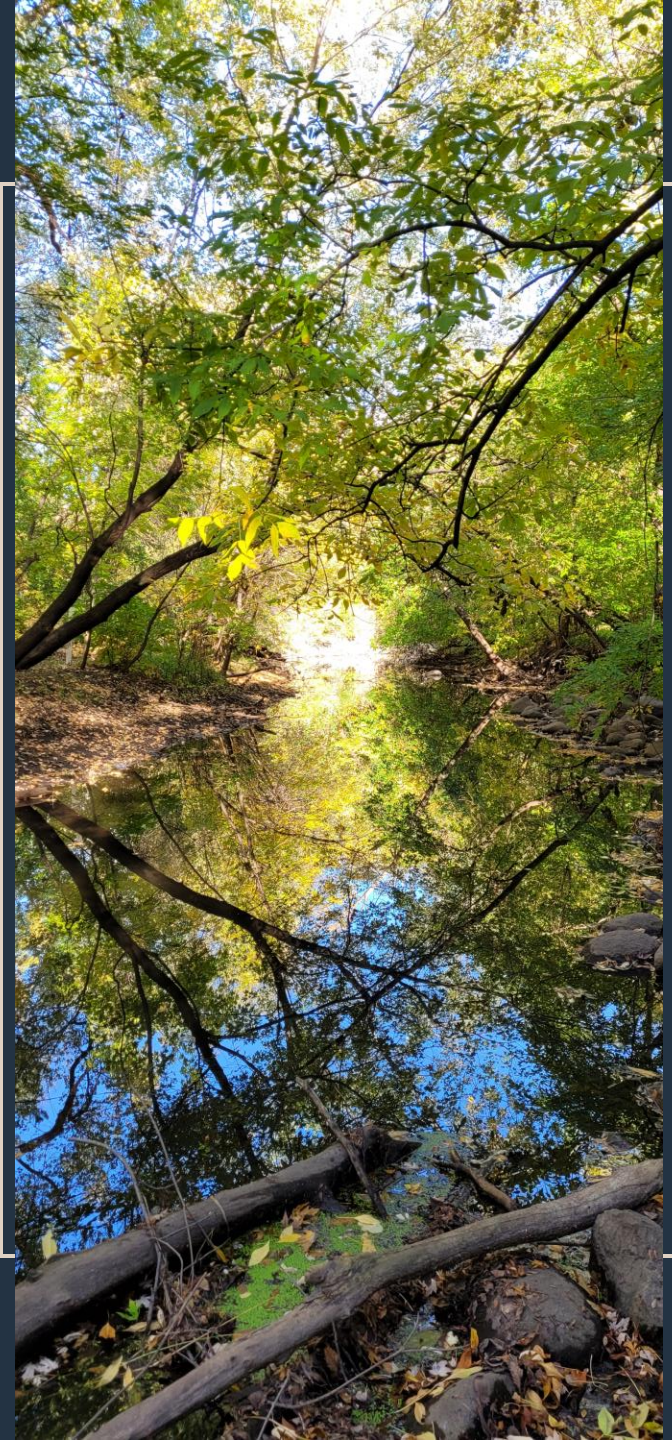


# Knowledge Roots and Land Acknowledgement





# Introduction

**Diné** Matrilineal Teaching

# Mindfulness: Through an Indigenous Cultural Lens

Erin D. Dixon

Diné/Navajo

Mind-Body Medicine Practitioner





Mindfulness: the practice of  
maintaining a heightened  
awareness of one's thoughts,  
emotions, experience or  
sensations moment-to-moment

Dreams, visions  
and our  
Grandmother  
Moon

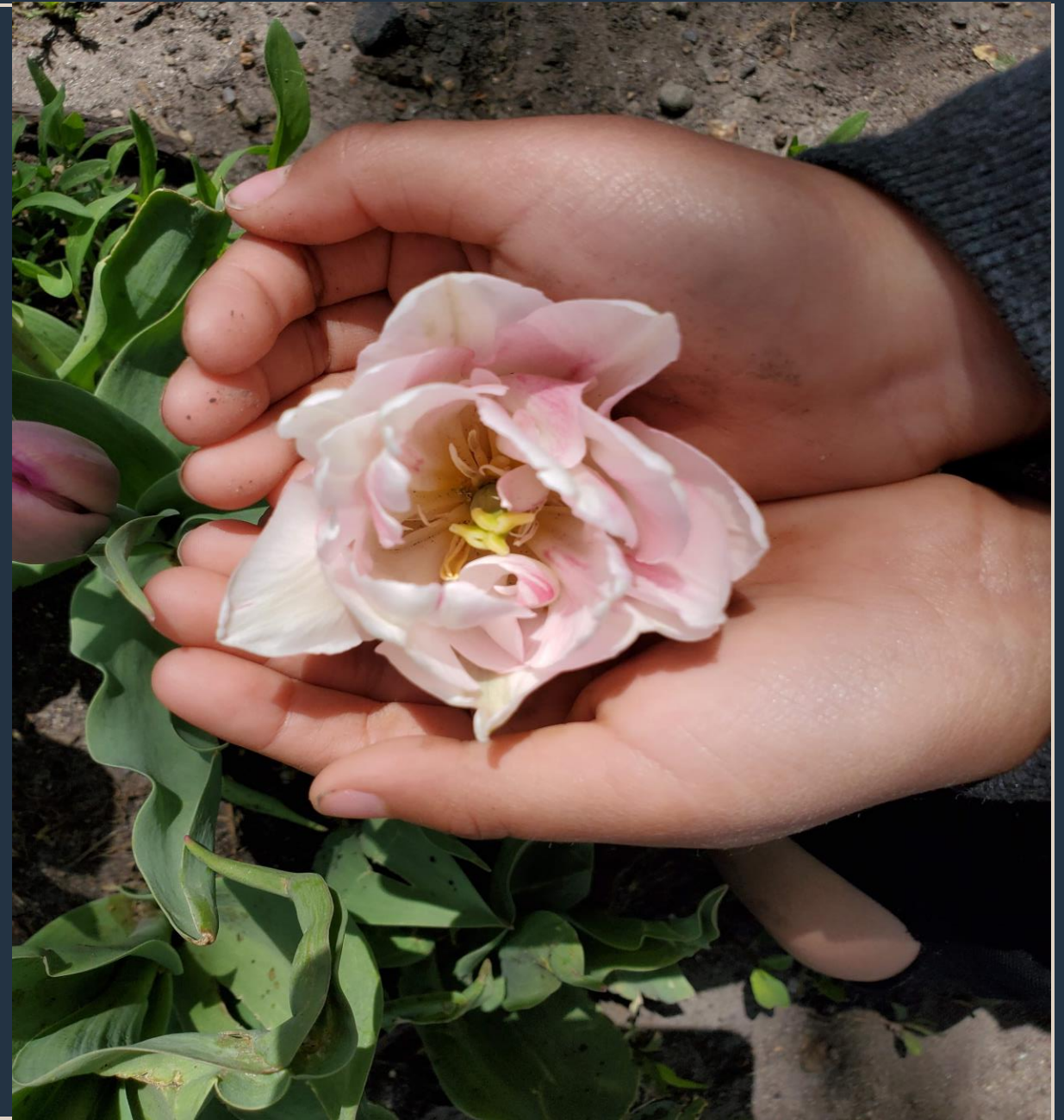


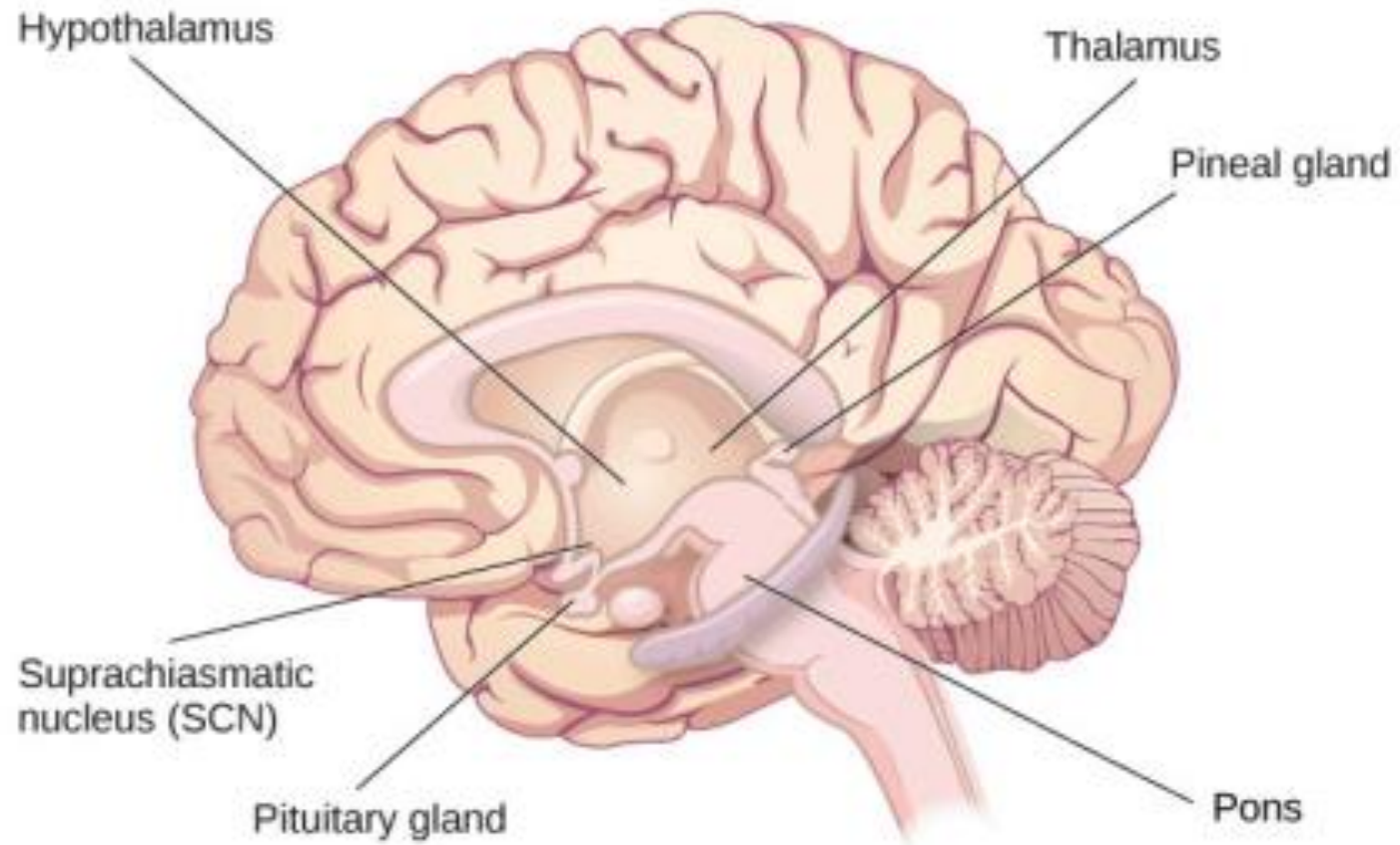
"Great Creator, thank you for my life.  
Grand Mother Moon, please guide me  
along the way. I am a sacred vessel."

Full Moon Ceremony Prayer-Waubanewquay

# Circadian Rhythm

"a biological rhythm that takes place over a period of about 24 hours. Our sleep-wake cycle, which is linked to our environment's natural light-dark cycle, is perhaps the most obvious example of a circadian rhythm, but we also have daily fluctuations in heart rate, blood pressure, blood sugar, and body temperature. Some circadian rhythms play a role in changes in our state of consciousness" (Jenkins. p111).





**FIGURE 4.6** The pineal and pituitary glands secrete a number of hormones during sleep.

# THE STAGES OF SLEEP & REM

Non-REM: non-rapid eye movement sleep. Occurs in stages 1-3 of sleep

REM Sleep is often referred to as the paradoxal sleep because in this stage of sleep the brain emits signal waves that are similar to when someone is fully awake.

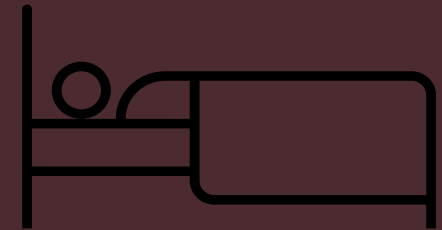


**Stage 1**  
Transitional phase that occurs between wakefulness and sleep

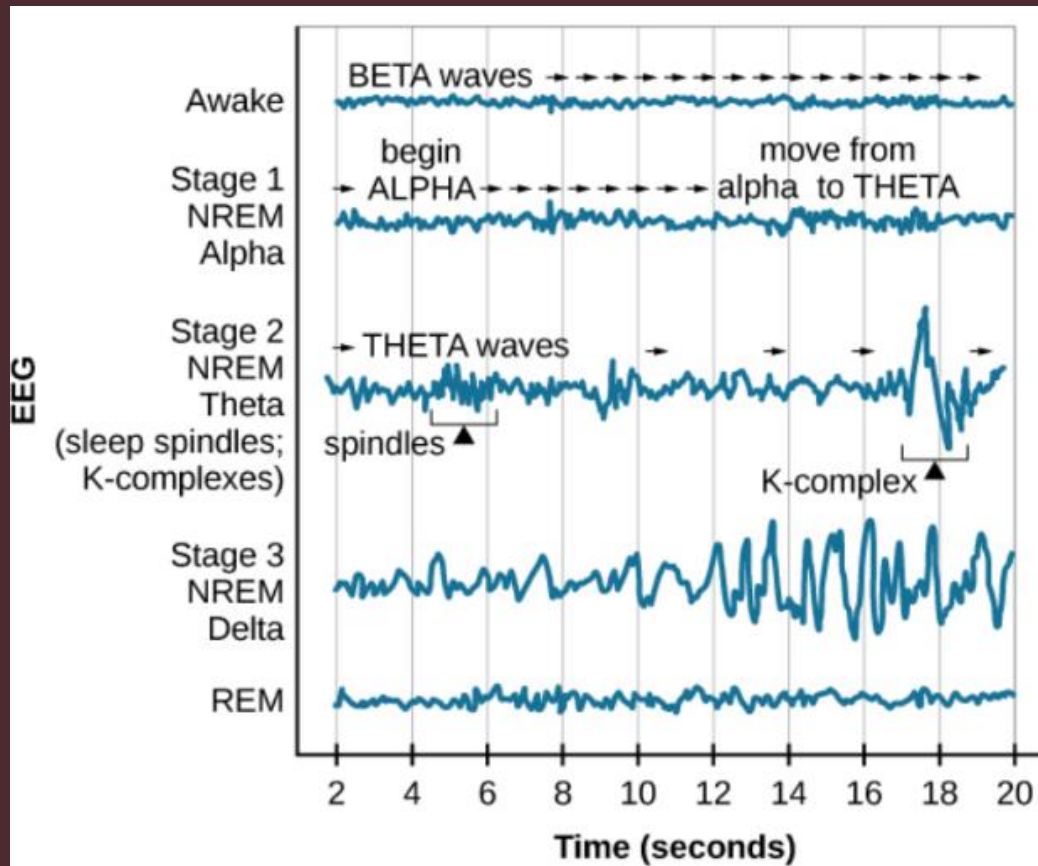


**Stage 2**  
The body goes into a state of deep relaxation

**Stage 3**  
Referred to as deep sleep and is most difficult to wake someone from this stage



# BRAIN WAVE ACTIVITY



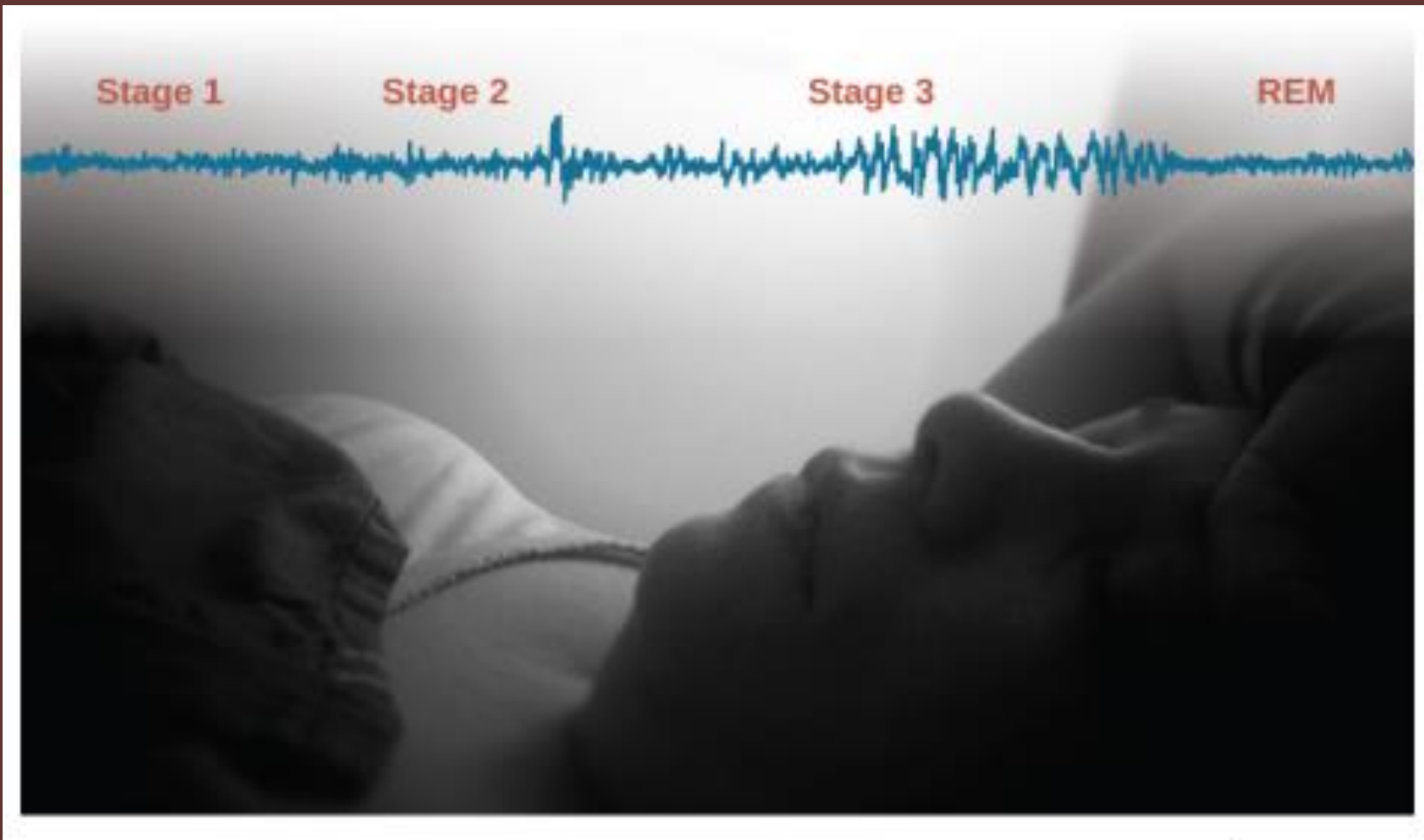
(EEG)Electroencephlogram- measures brain wave activity through the scalp

BETA-The active mind in the wake state

ALPHA-Relaxed physically but still awake

THETA-present in the state between wakefulness and sleep also in deep meditation or daydreaming

DELTA-Deep sleep state, much harder to wake from this stage.



# Practice: Guided Receptive Imagery

Pause for Break

# Movement & Healing Through the Drum



# Sundance Ceremony

Sharing personal  
experience



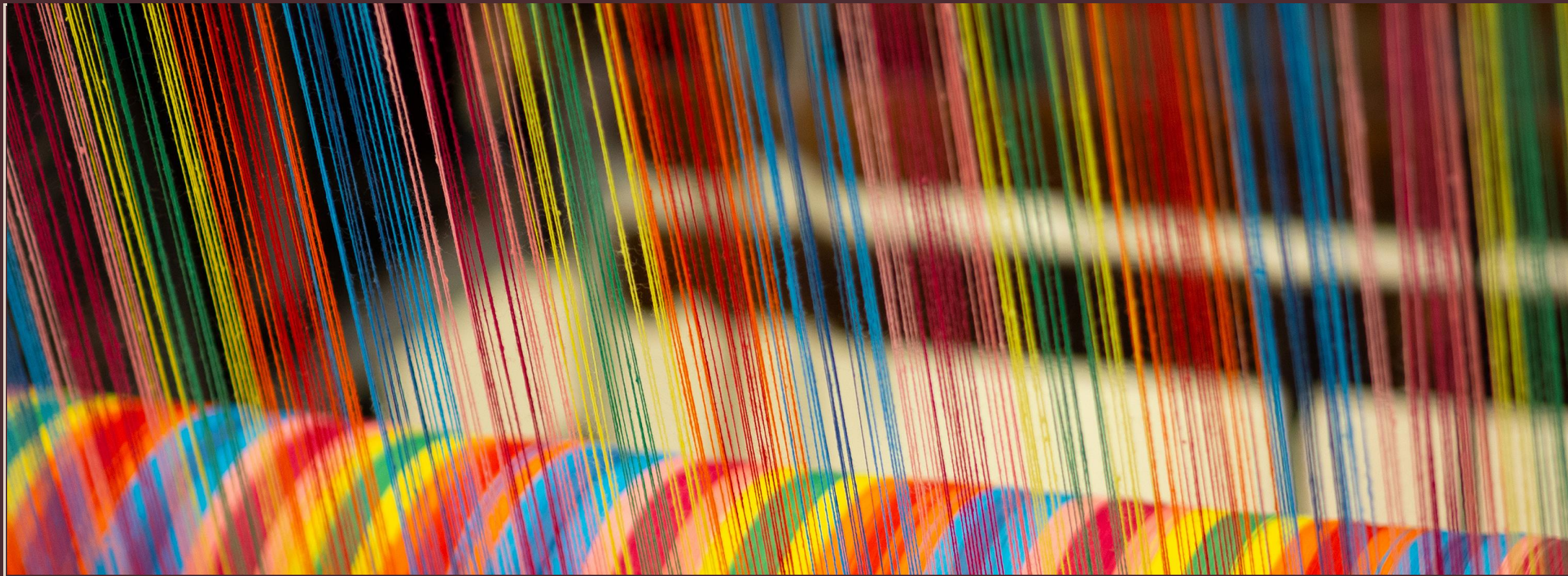
JEARICA  
Protect our Relatives.  
Heal our Relatives.  
Educate about our Relatives .  
For our Missing and Murdered Indigenous Relatives

# Movement is a Natural State

**Kinetic Theory of Matter:** all matter is in constant motion

**E=MC<sup>2</sup>:** Energy and Mass are the same physical entity and can be changed into each other

# Movement is Medicine: Shaking & Moving



# The Center for Mind-Body Medicine

Online Professional Training October 9th-10th & 13th-14th 2025

Online Advanced Training Program December 5th & 8th-10th 2025

Information and Registration at [cmbm.org](http://cmbm.org)

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