



# Native American Thought



# The Balance of Nature

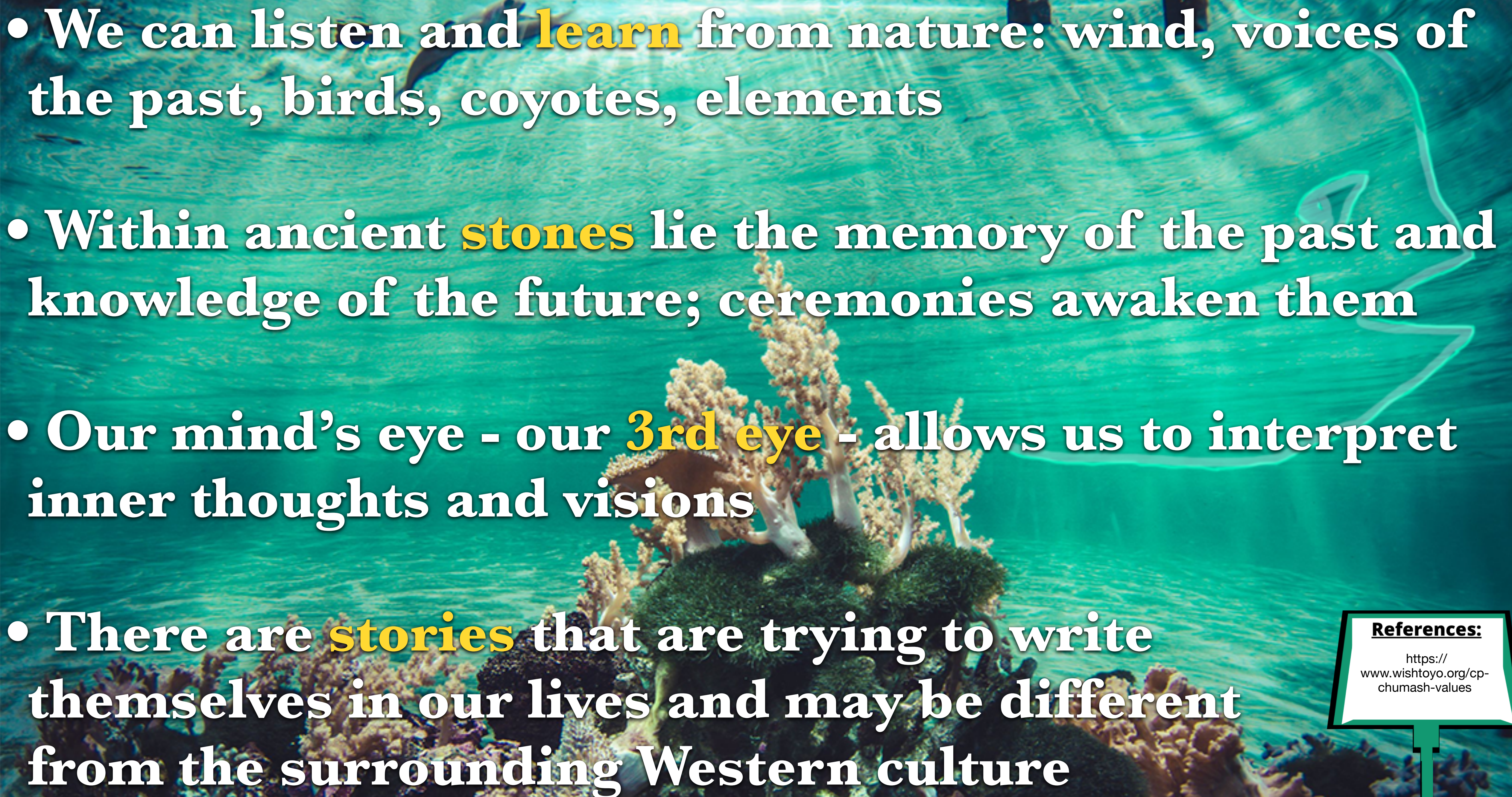






- Emphasizes the **harmony** of nature
- Nature's laws require spiritual, cognitive, emotional, social, and physical **balance**
- Health isn't the lack of illness, but **empowerment** through knowledge and honest self-awareness
- Humans have **cycles** like nature does, our greed and desire for control is the problem



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- An underwater photograph of a coral reef. In the foreground, there is a large, dark, branching coral structure. Above it, a smaller, lighter-colored coral head is visible. In the background, a dolphin is swimming near the surface, and the water is a clear, vibrant blue. The text is overlaid on the image in a white, bold, serif font with a drop shadow.
- We can listen and **learn** from nature: wind, voices of the past, birds, coyotes, elements
  - Within ancient **stones** lie the memory of the past and knowledge of the future; ceremonies awaken them
  - Our mind's eye - our **3rd eye** - allows us to interpret inner thoughts and visions
  - There are **stories** that are trying to write themselves in our lives and may be different from the surrounding Western culture

**References:**

[https://  
www.wishtoyo.org/cp-  
chumash-values](https://www.wishtoyo.org/cp-chumash-values)



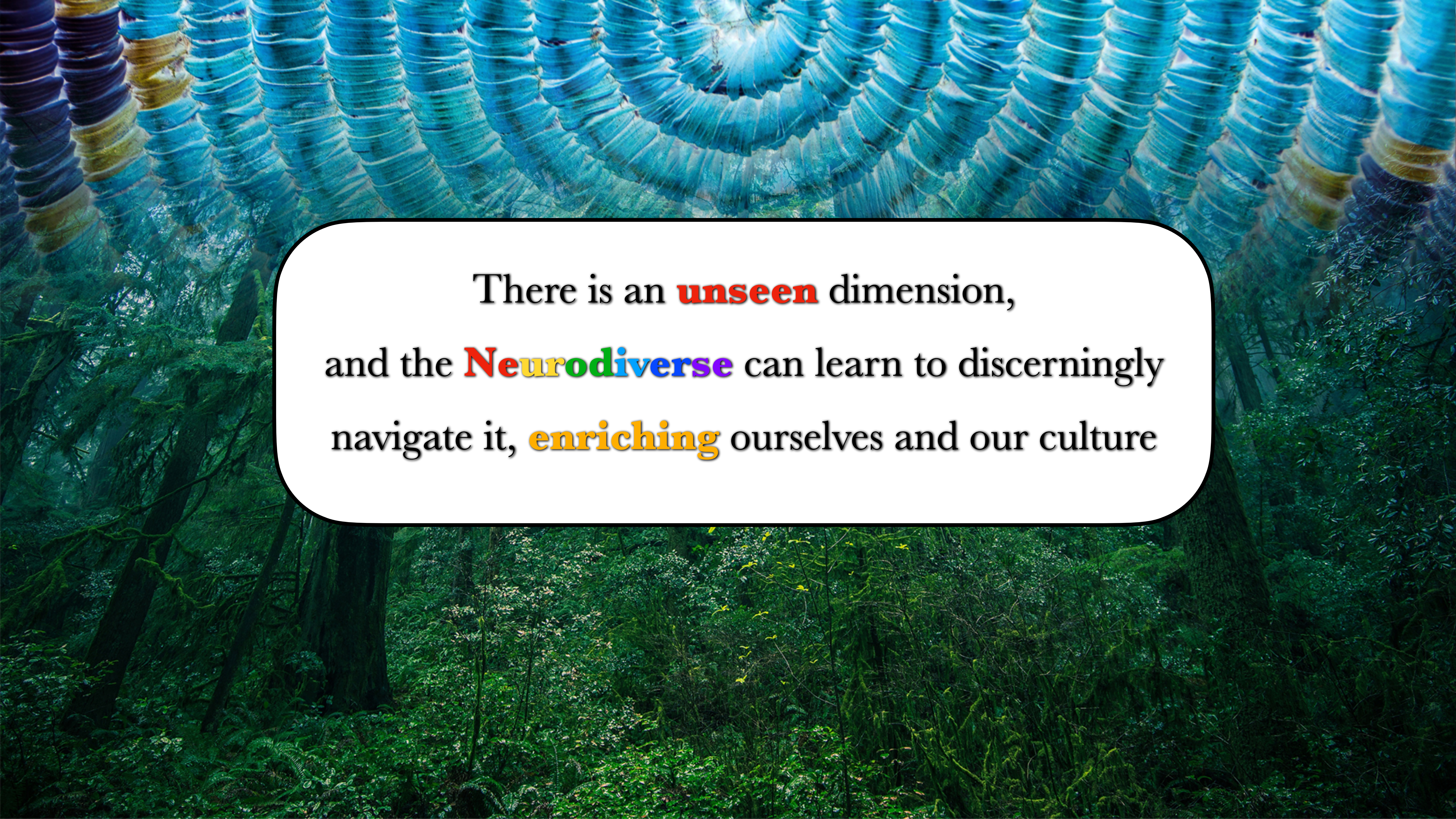
*“Often times persons who had a significantly **different** way of thinking were an **asset** to their community due to the insights and perspectives they had to offer. Today, in Western culture, those differences are viewed as “illnesses” and the objective of society is to minimize that difference through clinical treatment.*

*In the pursuit of balance and Harmony, it is important to recognize the contributions that persons with ‘different thinking’ have to offer; and also to help **facilitate their gifts** through individualized treatment, [bringing] forth the fruit offered by ‘different thinking’ and establishing the value of these individuals in their communities.*

*When the goal of clinical treatment is to **honor** mental health experiences rather than suppressing them, then we will have moved toward finding balance and Harmony with the human mind and with the communities in which we live.”*

**Jimi Kelley, Quapaw/Cherokee Native American who works with NAMI and SAMHSA**





There is an **unseen** dimension,  
and the **Neurodiverse** can learn to discerningly  
navigate it, **enriching** ourselves and our culture