This work concerns the emotional healing properties of the earth imagined through an anticolonial lens. Its aim is to think about the potentialities of alternate methods for personal and social change - methods that challenge normative investments in Western rational knowledge and cure. It reaches beyond individual trauma, colonizing therapies and considers how generational suffering can be addressed, in Dian Million's words, when "people understand their knowledge as inextricable from their lived experience in their distinct places, in spiritual relationships, with land and life, and from traditions that change but are millennial" (2013, 13).

Throughout my research, and specifically in my "Knowledge-Ways" component, I lean heavily upon Indigenous ways of knowing that prioritize the process or journey over arrival or end product. Knowledge understood through journey is not pre-determined, often spontaneous, and does not privilege outcomes. Where Indigenous perspective tends to value knowledge made through story, journey, experience and a relationship to the land, Western knowledge values positivist, empirical and results-oriented methods.

The purpose of this research is not to create a one-size fits all way of thinking about healing but to create alternate narratives and ways of thinking to the dominant western medical model. This research will explore the earth and its relationship to health and spirituality, broadening the scope of what's possible for urban marginalized communities. It also explores the challenges faced, particularly among urban groups, to secure land, funding and recognition for the value of earth-centered programs.

My literature review takes up earth related knowledge gleaned from the fields of ecopsychology, critical urban studies, and Indigenous studies. While research in ecopsychology demonstrates empirical evidence that support the healing qualities of the earth, my project demonstrated the necessity for an anti-colonial analysis of earth-based healing.

My personal narrative essay documents the journey that led me to a project on earth based healing. Through story and art, I describe how my arrival is made from difficult experience, political insight and spiritual growth. Personal narrative, as a methodological approach allows space for non-traditional knowledge-making. In story and art, emotional knowledge is transmitted and difficult experience is processed through the telling. My personal narrative situates me, the story-teller, as knowledge-maker.

Finally, I developed a workshop module for facilitating an earth-based healing group. The module outlines engagement strategies, brainstorming activities, knowledge sharing exercises, story-telling circles, artistic mapping activities and closing ceremonies. My hope is to create a workshop template that is flexible in nature but that embodies key strategies for creating space that fosters meaningful community connectedness.

http://hdl.handle.net/10315/34805
Medicine Ways: Traditional Healers and Healing. The Medicine Wheel and the Four Directions. The Medicine Wheel, sometimes known as the Sacred Hoop, has been used by generations of various Native American tribes for health and healing. It embodies the Four Directions, as well as Father Sky, Mother Earth, and Spirit Tree—all of which symbolize dimensions of health and the cycles of life. The Medicine Wheel can take many different forms. It can be an artwork such as artifact or painting, or it can be a physical construction on the land. Hundreds or even thousands of Medicine Wheels have been built on Native lands in North America over the last several centuries. This important and beautifully written book shows that contemporary medicine has made the same fundamental error about healing, and shows how powerful situations and spaces can be in moving people from illness to health.”—John Cacioppo, author of Loneliness: Human Nature and the Need for Social Connection. “This engaging book—conversational in tone, informative in content—is full of insight on collective healing and well-being. Esther Sternberg reveals the power of both natural places and architecture to elevate and enrich human experience and health. “Even the ancients understood that some places had healing powers. But in the late 20th century, scientists began to study how space affects both mental and physical health for good and ill. The estimate is based on a conservative assumption that seven percent of the sun-like stars in the galaxy foster conditions that are hospitable to life. The researchers said that there might be more such stars and therefore more habitable planets. The findings of the study are slated to be published in the Astronomical Journal. . 24 Exoplanets more habitable than Earth. In another study, published September this year in the journal Astrobiology, German and American researchers identified 24 “superhabitable” worlds out of the more than 4,000 known exoplanets. This means, according to the researchers, that they have a bigger habitable land area and are able to retain their atmospheres longer. Meanwhile, some planets are around eight degrees warmer than Earth. Therapeutic Landscapes: An Evidence-Based Approach to Designing Healing Gardens and Restorative Outdoor Spaces. Hoboken, NJ: John Wiley & Sons. 7. Curtis S. (2004). Not Simply Green: Nature-Based Solutions as a Concept and Practical Approach for Sustainability Studies and Planning Agendas in Cities. Land, 9 (1), 19. DOI: 10.3390/land9010019. 12. Duzenli T., Tarakci E., Yilmaz S. (2017) A study on healing effects of hospital gardens. Fresenius Environmental Bulletin, 26, 12, 7342-7352. 13. Dzik A.J. (1997). Looking for Dangerous Places: Some Aspects of Medical Geography and Disease Mapping. West Virginia Medical Journal, 93, 250-253. 14. EC – European Commission (2015). The Impact of Land Mines on Child Health: Evidence from Angola. Economic Development and Cultural Change, Vol. 63, Issue. 2, p. 249. Land mines constitute a major public-health problem in the world that must be addressed. Export citation Request permission. Copyright. Landmines and international business community: a political ecology perspective. Journal of Enterprising Communities: People and Places in the Global Economy, Vol. 4, Issue. 4, p. 284. CrossRef.