

Richard Medicine Wheel

- 7 Grand Father Teaching
- Fatherhood Reclaiming our Circle of Traditional Values
- Understanding the Role of a Responsible Father – Spirituality and Sobriety Warrior
- Develop healthy Boundaries/Co-Dependency
- Lateral Violence/Spiritual Boundaries
- How to deal with substance abuse in the workplace, home and community
- Learn Self care – Love Yourself/laughter and Generosity
- Men's Circle of Courage Healing "Becoming Whole"
- Anger and Resentment Letting it go and learning personal development and change

What is the Medicine Wheel?

- Four Races of man kind
- Smudge
- Four Sacred Medicines that represent each Colour and Wind Directions
- Child, Youth Adult and Elders
- The Concept of Learning, Visions
- Four Seasons
- Elements



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Richard Jackson Jr. Consulting

A = Aboriginal Elder Grand
Father Spirituality

B = Biography

C = Cultural Educational Session

D = Delivery: Spiritual /
Traditional / Holistic
Medicine Wheel Teaching



My name is Richard Jackson Jr.; Indian Name is Ta Na Ka. I am Niaka'pamux/Thompson/Okanagan/Yakama, a Vietnam Veteran, served 1966-1969 Honorably Discharged at Fort Lewis Washington. I come from a Military family, my dad Richard Jackson Sr. was a WWII Air Force Veteran, my brother Karl was a Korean Veteran. I recently retired my work at WFN as the Addictions Counselor I have been doing this kind of work for 25 years. In 2003-2004 I worked for the Ki-low-na Friendship Society as their Project Coordinator for Aboriginal Healing Foundation, working with Residential School Survivors and Intergenerational Survivors. My strengths Lies in the Medicine Wheel Teachings; I was raised by my Grandfather, learning his Traditional Teachings and Culture. I am a strong sweat lodge keeper and work in Healing Circles with both Men and Women, to look at self care and a wellness plan for themselves and family of origin. I carry a Hand Drum and Sing Traditional Healing Songs for our people. I believe we need to share both Worlds Traditional (culture), also educating awareness of the serious effects of Alcohol and Drugs. I look forward to meeting people of all races, for this I say "All My Relations".

Elder / Cultural Consultant

Sweat Lodge Ceremonies

Help Communities in the Construction of their own Sweat Lodges.

Healing Circles

Men and Women combined - Open Provides Culturally relevant Guidance and Consulting.

Ceremony

Custom Design Ceremonies

Hand Drum Songs = Healing

Workshop Facilitator / Trainer

Richard provides custom design workshops and on-going consulting support for Communities, Health Agencies, and School Districts – Band Schools/Cultural Educational Sessions

Holistic Healing

Facilitate Residential Programs on: Addictions – Men and Women Wellness and Grief and loss and Empowerment.

Programs for our people on healing the impacts of the Residential School experience, family reconstruction and Cultural and Spiritual guidance for families.

Conferences

Richard has been called to conferences across USA and Canada is popular as:

- Master of Ceremonies (Pow Wow)
- Facilitator
- Keynote Speaker
- Provided Cultural and Spiritual Guidance.