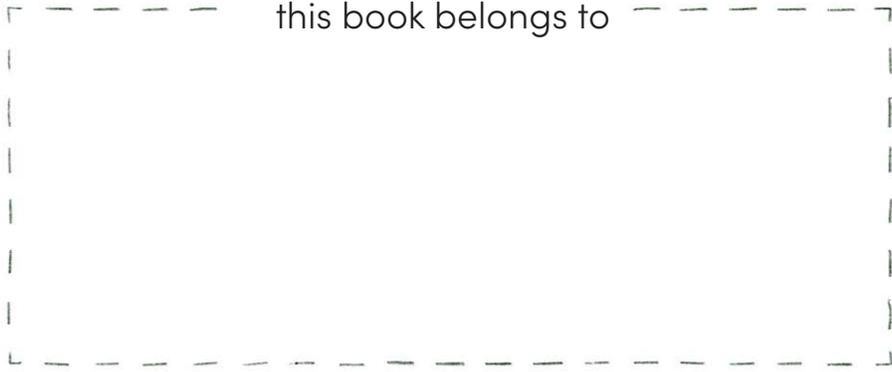


The  
Wolf  
Who Walks in  
Two  
Worlds





this book belongs to



languages I am learning:



This volume has been created to help mobilize action and excitement within the reader, helping them reflect on their journey, promoting love, finding a place of positivity, harmony, and motivation to always move forward.

Within this guidebook, there are activities that ask the reader to reflect on personal subject matter that may cause emotional distress. Before you begin, be sure to put some supports in place who will help you work through the challenges that may come up as you engage in reflective practice.

**Someone who can support me in my reflective practice is:**

*(This person could be any trusted person in your life such as a relative, friend, colleague, Elder/knowledge keeper, etc.)*

## More Resources for Support

### Smithsonian Center for Folklife and Cultural Heritage

**Mary S. Linn**

Curator of Language and Cultural Vitality

**Email:** [LinnM@si.edu](mailto:LinnM@si.edu)

**Website:** [folklife.si.edu/language-vitality-initiative](http://folklife.si.edu/language-vitality-initiative)

## Acknowledgements

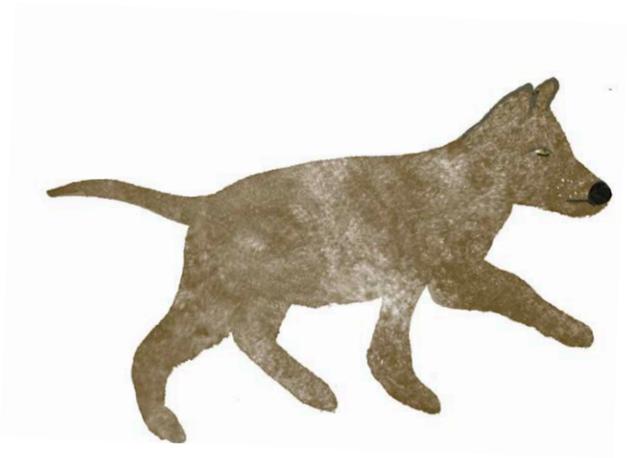
Thank you to all the people who made this book possible. This includes The Smithsonian Center for Folklife and Cultural Heritage and the Multi-Indigenous Initiative for Collaborative Action (MICA) group. It also includes the development committee of Brittany McBeath, Jacob Manatowa-Bailey, Leslie Harper, Mary Linn, and Hali Dardar. We would also like to thank Sara General for graphics and illustrations, and Cecelia Halle for layout and design.

The concept of a guidebook on self-reflection builds on the previous work of Advocates for Indigenous California Language Survival (AICLS) guidebook, Indigenous Language Advocate's Guide to Building a Reflective Practice, and Jacob Manatowa-Bailey's The Mountain Named Language.



THE **MICAGROUP**

SMITHSONIAN  
CENTER FOR  
**FOLKLIFE**  
& CULTURAL  
**HERITAGE**



# Introduction

If you are just starting to build a reflective practice, you may wish to start with the first volume titled *An Indigenous Language Advocate's Guide to Reflection*. However, if you are eager to get started on *The Wolf Who Walks In Two Worlds*, here are a few steps to take before you begin this guidebook.

1. Set up a journal to document your reflective practice. You can personalize this journal, so it is more special and meaningful to you. Remember to write the page numbers and current date in the top right-hand corner of each page.
2. When you are ready to begin, find a comfortable and quiet place that you are able to concentrate without distractions. Being outside is ideal, when possible.
3. Take a few deep breaths channeling a deep and honest awareness of yourself and your truths.
4. Try this warm-up prompt from *An Indigenous Language Advocate's Guide to Reflection*.

## A vision for your language

Use one of your first journaling sessions to create a vision for your language.

Be sure to include yourself in your vision. Use words, pictures, symbols, or whatever inspires you to imagine a positive future for your language.

This guidebook offers a narrative to help situate your reflections in each activity.

Moving throughout this narrative, *you are the Wolf who walks in two worlds.*



Now let's begin.



For most of their life, Wolf only knew of the world around them. Wolf never knew that there were other worlds to explore and experience. Wolf grew up with a very loving family who showed them how to enjoy the small things in life. Wolf had always enjoyed and excelled in learning but was sheltered from many of the realities of the world around them.

As Wolf grew older, they started becoming more interested in the past. Wolf began to ask questions and wondered how they got here. Wolf wanted to learn about the history of who they were, and about where their relatives came from. Wolf came to learn the hard truths about how the world around them came to be. Wolf learned that while half of their ancestors benefitted greatly in this world, the other half of their ancestors were forced to join in with this world or risk their lives.

During these dark times, many of Wolf's ancestors left their original world behind. They gave up everything, including themselves, in order to survive. This knowledge that Wolf now carried about the past came with a responsibility to reclaim what had been lost. And so, Wolf began a journey to find the original world again.

## Activity 1

# Repairing Ruptures Through Reflecting on the Past

*What is your relationship to your language?*

Depict your relationship using the prompts and space below.

### **Reflecting on the Past**

Reflect on your ancestors' and relatives' relationship to the language.



### **Living in the Present**

Reflect on how you weave language into your life today.





### **Possibilities for the Future**

Reflect on where you see yourself going on your language journey.

Think about the immediate future, and the uncertain future as well.





When Wolf first started on their journey to find the original world again, they felt like they were the only one who had lost their way. Wolf felt guilty and ashamed that they lived so long not knowing about the original world and what it was like there or what it meant to be from the original world.

Even though Wolf knew that their ancestors once lived in the original world, Wolf didn't feel connected to that place and was afraid of what people would think of them when they tried to get back there – would anyone even recognize or accept them?

While Wolf traveled alone, they had a lot of time to think. Something that Wolf remembered was a teaching from their Grandfather who came from the original world. Grandfather Wolf had taught them to give thanks each day for the great spirit, an intelligent energy located within the cosmos. This great and mysterious energy was responsible for all that exists in the natural world. Grandfather Wolf explained that everything that exists in the natural world was first created as an idea, brought here by the great spirit in the form of thought. All forms of this creation were given instructions, gifts and a purpose.

To call these ideas into manifestation one only needs to call to this great mystery with a grateful heart, love and positive energy, and it will bring the needed ideas into physical reality. So, during Wolf's journey of uncertainty back to the original world, they felt confident in one thing: their ability to give back using their gifts. Wolf thought one solution to the uncertainty of being accepted once they got back to the original world would be to at least have something to offer once they got there. Wolf thought long and hard about what they could offer, and also about why they wanted to embark on this journey back to the original world.

Grounding themselves in who they are, the gifts they carry, and the reasons why they are doing this work helped to keep them going during tough times. This would also be helpful information to share with their relatives.

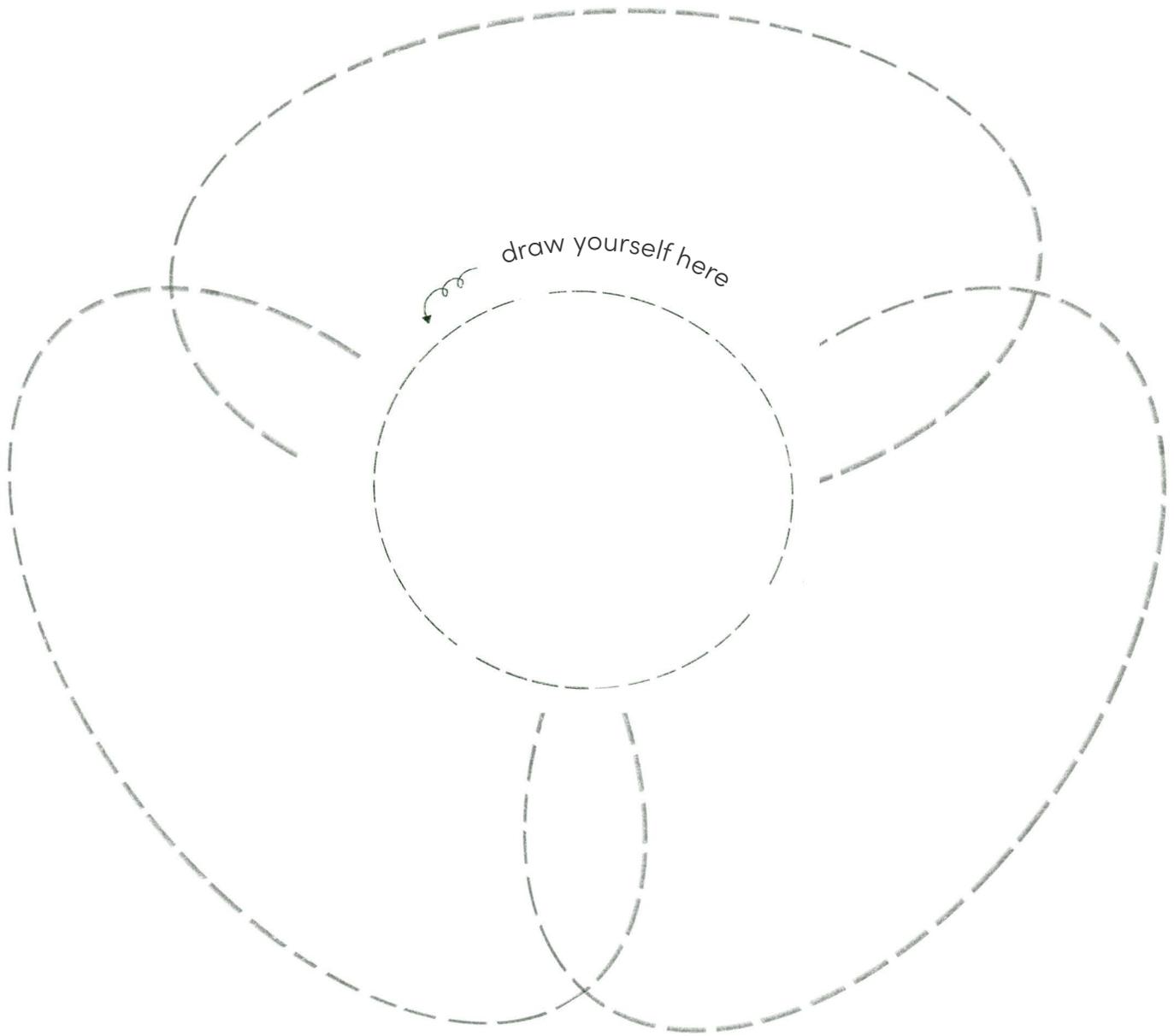
## Activity 2

# Honoring Your Gifts and Finding Your Purpose

*Look inward with love and a grateful heart  
to acknowledge yourself.*



What are your gifts?



What keeps  
you going?

What motivates you  
to do this work?





Wolf found it very helpful to be grounded in their gifts and purpose, especially when they started to meet other relatives. During Wolf's journey to the original world they met relatives, like the Bear and Turtle, who were very nosy about who Wolf was related to. Wolf found out that the original world seemed like a small world because many beings were connected, and they all knew each other somehow. Many were even distant cousins.

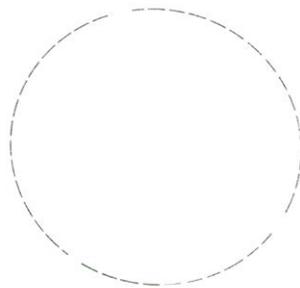
Wolf learned there were others who had become disconnected from the original world, and they were trying to find their way back too. Everyone was learning. Some had been learning for years, while others had just started. It was through this common goal to find the original world again that Wolf finally felt like they were on the right path. Wolf felt a lot closer to the original world once they found a group of relatives.

Each of these relatives played a different role in Wolf's journey, each carrying different types of energy. Once again Wolf was reminded of their Grandfather's teaching to give thanks each day to all of creation, including all their relatives. Wolf acknowledged the energy and the role that each relative has played in their journey to find the original world again.

## Activity 3

# Mapping Your Language Relatives

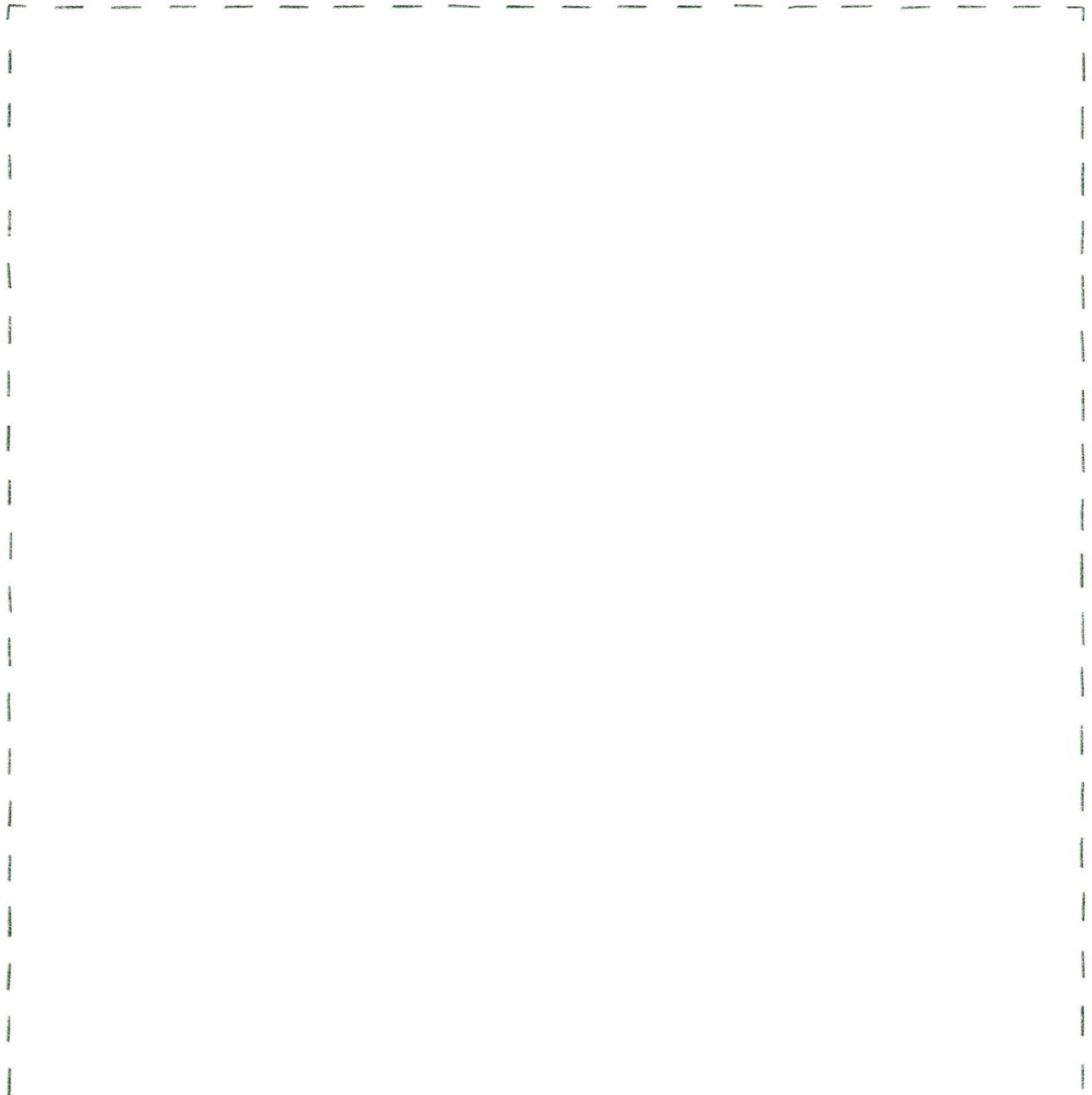
Identify and depict all of your language relatives within the field below. They can be human or other-than-human beings.



Place relatives that are close or very influential to your language learning near the centre and relatives that aren't as close or not very influential to your language learning on the edges.

**Once you have identified everyone, acknowledge each relative's role using the following markers:**

1. Choose a colour to mark relatives that are the most supportive of you.
2. Choose a colour to mark relatives that are the least supportive of you.
3. Draw a circle around the relatives that carry a positive energy related to language revitalization in your network (e.g. exciting, influential, fun, knowledgeable, trustworthy).
4. Draw a triangle around the relatives that carry a negative energy related to language revitalization in your network (e.g. personality clash, conflict, lack of support, sabotage, causes harm or trauma).
5. Draw a starburst around the relatives that are the most fun to be around or who you want to be around while on your language journey.
6. Draw a line between relatives that are closely connected to or affiliated with each other (e.g.. family members, friends, common organization/ institution).
7. Draw a full circle around all of your language relatives once you are finished brainstorming.
8. Is there anyone you want in your circle that is not there yet? Place those people on the outside of your circle to acknowledge those that have yet to join your network.



**Now that you have created a visualization of your network, what does your map show you?**

*Are you surrounded by mostly positive and supportive energy, or are you surrounded by mostly negative and unsupportive energy?  
Is there balance and harmony in your network?*

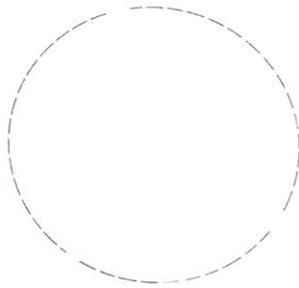
Depict your reflections in the space above.

## Activity 4

# Recreating Map - Finding Harmony

*Now that you have reflected upon what your current reality is, if you could reimagine your map of language relatives what would it look like?*

Recreate your map to be balanced and harmonious below.





Wolf travelled for many years trying to find the original world, but never truly found it. Wolf began to question whether they would ever find it at all and whether it was a destination. Wolf struggled to fully escape the world that had taken over the original world and began walking in both worlds after a while. Even when Wolf thought they made it to the original world for a moment, they noticed that the original world was not the destination they expected it to be.

Wolf sensed that the original world could not be contained by boundaries of any kind. The original world had always been in existence and only requires awareness through thought and spirit to become a reality, just like Grandfather Wolf had said.

After walking in two worlds, Wolf could see the danger that the current world and the original world were in.

The current world was facing impending collapse while the original world was slipping away. The current world was completely out of balance and Wolf knew returning to the ways of the original world could be the change that needs to happen to live in harmony with the rest of creation again.

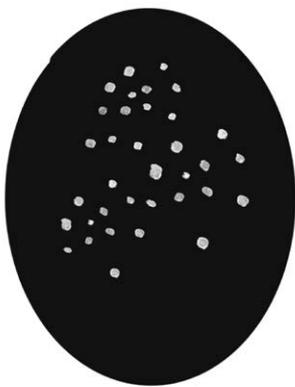
But the rest of the world had not come together as one mind to fix things before it was too late.



Wolf walks in two worlds juggling the realities of both but knows that the two worlds inherently work against each other. Wolf also knows that walking in both worlds means sharing only half of their energy with the original world. But, the original world needed everyone's full energy to avoid being lost forever.

Wolf begins to consider what it would be like to completely escape the current world to fully immerse themselves into the original world. Wolf contemplates what they would have to leave behind in order to do this. A dilemma this large was paralyzing to the point where Wolf had no idea how to move forward.

So once again, Wolf offered their greetings and thanks to all of creation within the natural world, this time asking for help to find a path forward.



### **First Wolf called upon the Stars.**

The stars are entities. Wolf knew they originated from the stars. The stars are used to tell us when our ceremonies are to occur, and also to help us keep moving in the right direction when travelling through darkness.



**Next Wolf called upon their Eldest Brother, the Sun.**

The sun rises and sets at the same time each day so Wolf gave thanks for its reliability. The energy of the sun provides light and warmth, enveloping us in love. The sun helps to nurture us, bringing meaning to our existence.

**Next Wolf called upon the Thunderers.**

The thunder beings notify us of the springtime. The energy from the lightning bolts energizes and awakens the roots and seeds so they know to begin the cycle of growth. Wolf gave thanks for the energy of the Thunderers which cleanses the air after a storm and signals change of the seasons.



**And then, Wolf called upon our Grandmother, the Moon.**

She reflects the energy of the daytime sun and is closely related to all of the women who bring new life. Wolf gave thanks to the moon for being forward thinking and for giving us the energy to make it through darkness, so we can see the light of day once again.

## Activity 5

# Visualizing the Worlds You Walk Within

*First, you will call upon the stars to help you establish your origin and to find a direction.*

How does language revitalization work in your mind?

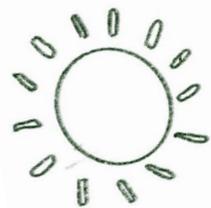
Establishing Origin



What directions are most interesting to you?

*Next you will call upon the sun to help nurture and bring meaning to all that you do.*

Nuturing



What aspect of language learning work is most meaningful to you?

*This is what keeps you going.*

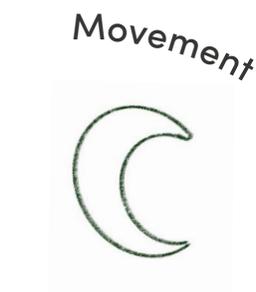
*Next you will call upon the Thunderers to help you identify areas for change and growth.*



Where is there room for growth or change?  
In your language learning practice and/or  
within your programming?

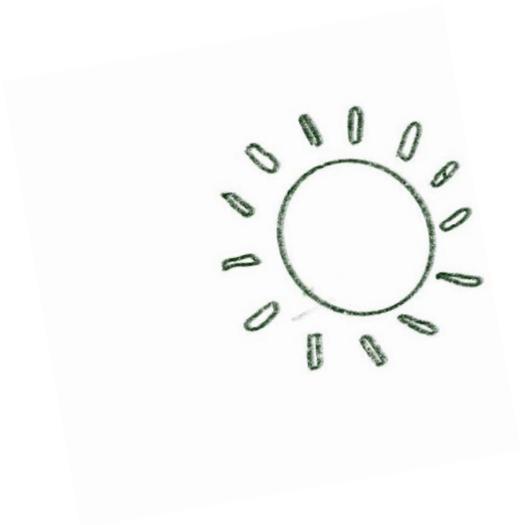
Are there any conflicts that are limiting  
your growth or that might arise?

*And then, you will call upon the moon to help you think ahead  
and identify how you will make it through times of darkness.*



How might you overcome conflict and barriers?

What are some concrete ways to  
take action to successfully grow?



*Here's more thought space!*



A stylized illustration of a brown wolf standing on a dark green hill, looking up at a cluster of white stars in a grey, textured sky. The wolf is depicted in profile, facing right, with its head tilted upwards. The background is a textured, greyish-blue sky with a cluster of white stars in the upper right. The ground is a dark green, textured surface.

Finally, Wolf called upon the four  
helpers, or enlightened teachers that  
are also located within the cosmos.

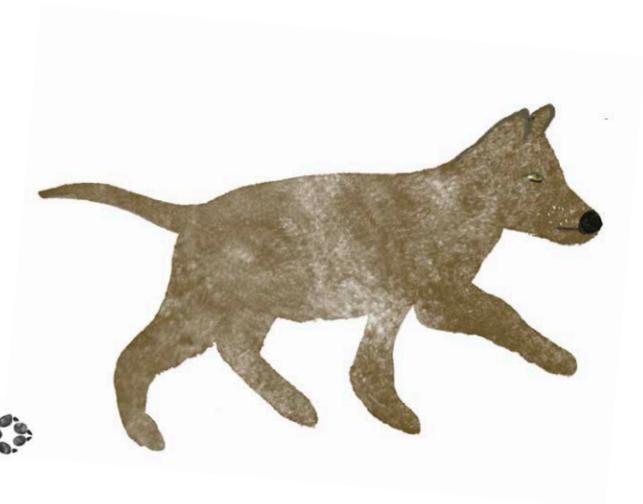
Wolf gave thanks for their willingness  
to help when we forget how to live in  
harmony. These helpers unburden  
and remind us of our original instructions.



Activity 6

# Unburdening: Send Burdening Thoughts to the Cosmos

*Write out the thoughts that weigh you down. What are your biggest frustrations? What risks do you fear taking? Let them go here.*









After Wolf paused their journey to ask for help and to figure out what had been weighing on their mind, a path forward became clear. Although the original world was not a destination that Wolf could see in the distance, they continued to walk down the overgrown path that was less traveled in hopes to reclaim what was lost by their ancestors.

Wolf soon found that the path of the original world often converged with that of the current world. At each intersection more and more beings joined Wolf on the path of the original world. Now, Wolf who had been alone on this journey for so long became a leader.

When Wolf met up with people at each intersection, some would follow. As more and more relatives walked this path with Wolf, the less overgrown it became. Joining this path no longer meant leaving things from the current world behind. Instead it meant gaining strength, freedom, love and peace.

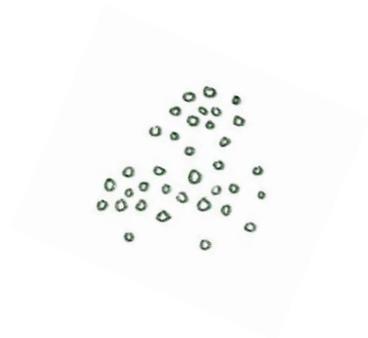
## Activity 7

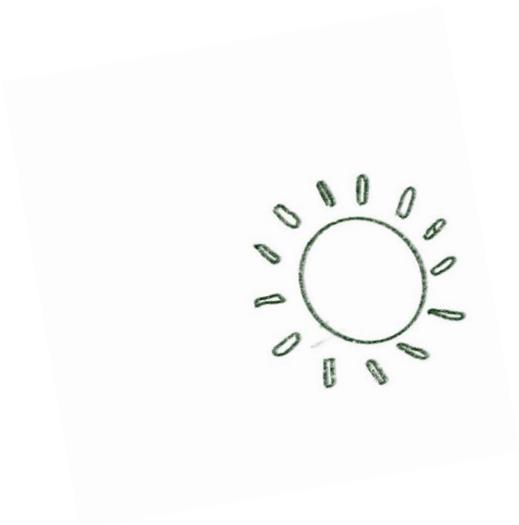
# Visualize Your New Direction

*Be explicit about writing your next steps or the actions you are now going to take to move forward in your Indigenous Language Revitalization journey. You can use this to refer back to and adjust as needed throughout your journey.*

### Create a map that shows:

- Where you started during your reflective practice using this guidebook.
- Where you are now after completing the guidebook.
- Where you are going now that you have completed this guidebook.







# Closing Narrative

It is our hope that this volume contributes to the development of your consistent reflective practice over time.

While you contemplate the narrative of *The Wolf Who Walks in Two Worlds* and weave in your own story through each activity, we hope it helped you deepen your sense of self and direction as you navigate the complexities of your Indigenous Language Revitalization journey.

Reflection is a process, and it will become a way of life. We encourage you to continue to revisit this as our path and our beings are always growing, learning and changing.

