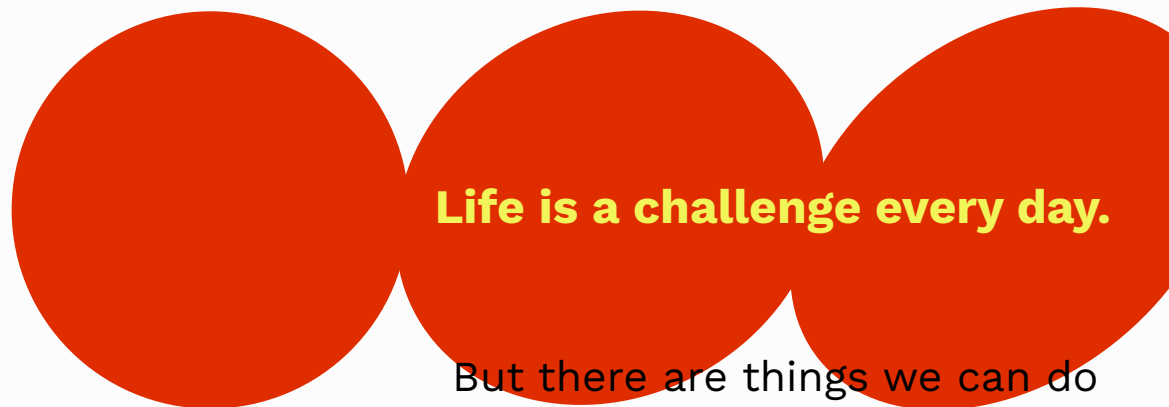


# Culture Works



Doreen Bird, PhD, MPH  
Chunte Washake Suicide Prevention  
Program  
March 2025

# Introduction



**Life is a challenge every day.**

But there are things we can do

Let's call them "Life Hacks"

Which help us get thru another day.

Free things from Nature or even things on the internet

Can teach us or give us ideas to build upon.

We already have the knowledge within us, our Culture has known this.

We just need to listen to the universe within.



# Rez Road

**1st stop.** Lockdown Quarantine  
Reservation Blues



<https://www.youtube.com/watch?v=-31QAagD7UY>

# 2nd stop. Nature is medicine

Sometimes much of what we need to stay healthy is having a strong connection to Nature. Free medicine for the soul awaits each new day. Thinking positive brings good energy and being grateful for every little thing helps create more good in our lives. We are connected with Nature in amazing ways. Hugging a tree helps with transfer of healing energy. Trees, water, or animals can help bring balance to our lives.

## Sunlight- Vitamin D

Most people lack Vitamin D which is essential, get at least 10 minutes a day outdoors

## Water- We're 70 % water

You can see if you're dehydrated by checking the color of your urine. Dark orange to Yellow = dehydrated; clear is hydrated

## Dirt- Is grounding

Did you know putting your feet directly on the ground can bring healing and absorb needed minerals and energy from the ground

## Clouds & Sky- bring wonder

When you ponder or think of the wonder of the world & how our universe was created, it can grow your brain cells

## Animals- bring joy & healing

Did you know a cat's purr can bring it's owner healing? We can also hum and bring healing vibration to our bodies

D, Bird, PHD, MPH

# 3rd stop.

**God doesn't answer my prayers...**

**> Creator hears all prayers and grants me all that I need**

**I never have enough money**

**> Money flows freely, easily and from everywhere**

**Nothing ever goes my way**

**> Everything works in my divine favor**

**I am ugly...**

**> "Excuse my Beauty"**

**I'm never going to be good enough...**

**> I am enough**

## Negative thoughts and what to say instead

**Nobody likes me...**

**> I Love Myself**

**<3 ILMS**

**I'll never stop drinking...**

**> I can re-take control of my life & prosper**

**> Drink Water**

**Everyone has abandoned me**

**> Creator is with me and we can create the life I want for my family**

4th Stop.



# Reservation Dogs Wellness Meter Pt. 3 How are you feeling today?



Thank you white Jesus



Still finding your way



IHS glasses feelin deadly



You don't have an appointment

WERNATIVE

D, Bird, PHD, MPH

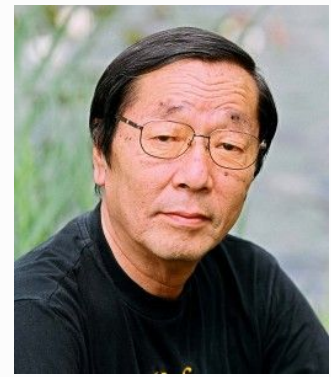
[https://www.instagram.com/wernative/p/C\\_1uqKOVeyL/](https://www.instagram.com/wernative/p/C_1uqKOVeyL/)

hru

sup

skoden

## 5th Stop.



[https://en.wikipedia.org/wiki/Masaru\\_Emoto](https://en.wikipedia.org/wiki/Masaru_Emoto)

# Masuro Emoto

“studied how the molecular structure in water transforms when it is exposed to human words, thoughts, sounds and intentions.”

<https://t2conline.com/a-journey-of-healing-masaru-emoto/>

Words  
affect  
Water!



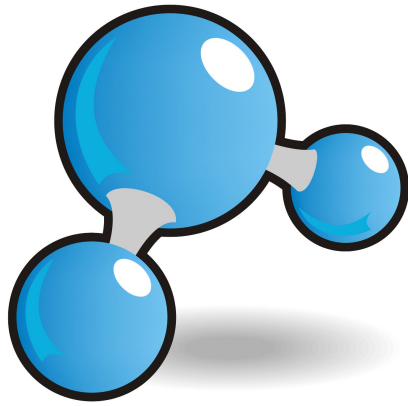


“



“If Water can be changed based on the energy of our intentions, and if water has memory, then can we pray to the water and ask it to remember back to the time when it was pure?”

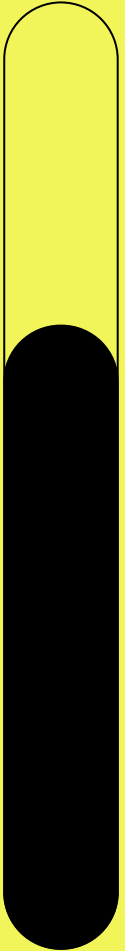
Dr. Doreen Bird, PhD, MPH



This is  
important  
because...

70%

Of our bodies are  
made up of  
**WATER**



I am amazing!

I am healthy.

Say LOVE to the water  
before you drink it &

> DRINK LOVE <3

Purity

Money flows  
freely easily  
and from  
everywhere

# Thoughts for your Water

I attract  
many  
blessings

LOVE

Thank you



## What we did

We explored some life hacks

- Healing with Nature
- Changing Water with intentions
- Positive things to say



## What we learned

No matter what, life is a challenge

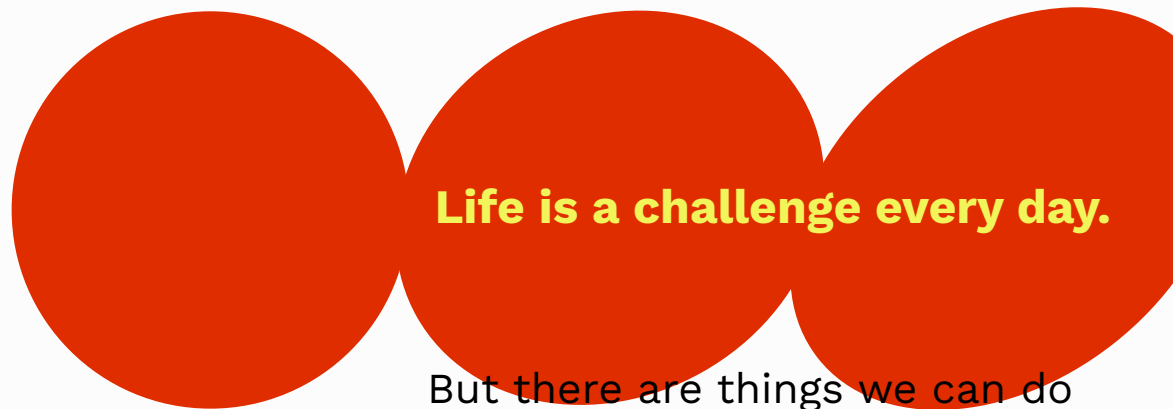
- We can take control of our healing
- Water can be a healer
- Laughter is medicine

# Culture Works

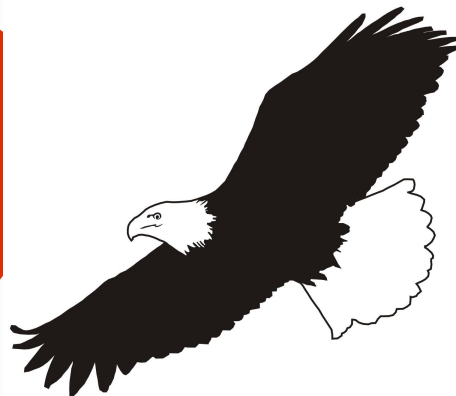


Doreen Bird, PhD, MPH  
Chunte Washake Suicide Prevention  
Program  
March 2025

# Introduction



**Life is a challenge every day.**



But there are things we can do  
Let's call them "Life Hacks"

Which help us get thru another day.

Free things from Nature or even things on the internet

Can teach us or give us ideas to build upon.

We already have the knowledge within us, our Culture has known this.

We just need to listen to the universe within.

# Rez Road

**1st stop.** Lockdown Quarantine  
Reservation Blues



<https://www.youtube.com/watch?v=-31QAagD7UY>

# 2nd stop. Nature is medicine

Sometimes much of what we need to stay healthy is having a strong connection to Nature. Free medicine for the soul awaits each new day. Thinking positive brings good energy and being grateful for every little thing helps create more good in our lives. We are connected with Nature in amazing ways. Hugging a tree helps with transfer of healing energy. Trees, water, or animals can help bring balance to our lives.

## Sunlight- Vitamin D

Most people lack Vitamin D which is essential, get at least 10 minutes a day outdoors

## Water- We're 70 % water

You can see if you're dehydrated by checking the color of your urine. Dark orange to Yellow = dehydrated; clear is hydrated

## Dirt- Is grounding

Did you know putting your feet directly on the ground can bring healing and absorb needed minerals and energy from the ground

## Clouds & Sky- bring wonder

When you ponder or think of the wonder of the world & how our universe was created, it can grow your brain cells

## Animals- bring joy & healing

Did you know a cat's purr can bring it's owner healing? We can also hum and bring healing vibration to our bodies

D, Bird, PHD, MPH



# 3rd stop.

God doesn't answer my prayers...

> Creator hears all prayers and grants me all that I need

I never have enough money

> Money flows freely, easily and from everywhere

Nothing ever goes my way

> Everything works in my divine favor

I'm never going to be good enough...

> I am enough

## Negative thoughts and what to say instead

I am ugly...

> "Excuse my Beauty"

Nobody likes me...

> I Love Myself

<3 ILMS

I'll never stop drinking...

> I can re-take control of my life & prosper

> Drink Water

Everyone has abandoned me

> Creator is with me and we can create the life I want for my family

4th Stop.



# Reservation Dogs Wellness Meter Pt. 3 How are you feeling today?



Thank you white Jesus



Still finding your way



IHS glasses feelin deadly



You don't have an appointment

WERNATIVE

D, Bird, PHD, MPH

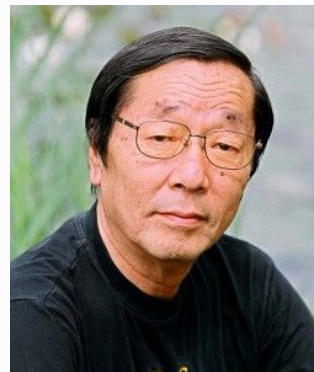
[https://www.instagram.com/wernative/p/C\\_1uqKOveyL/](https://www.instagram.com/wernative/p/C_1uqKOveyL/)

hru

sup

skoden

## 5th Stop.



[https://en.wikipedia.org/wiki/Masaru\\_Emoto](https://en.wikipedia.org/wiki/Masaru_Emoto)

# Masuro Emoto

“studied how the molecular structure in water transforms when it is exposed to human words, thoughts, sounds and intentions.”

<https://t2conline.com/a-journey-of-healing-masaru-emoto/>

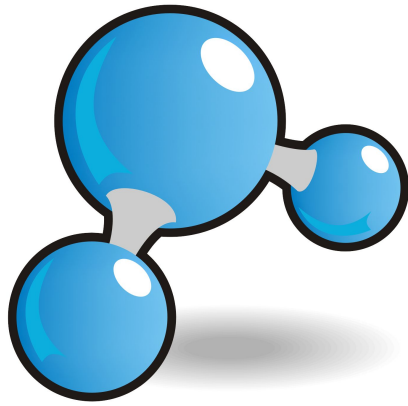
Words  
affect  
Water!





“If Water can be changed based on the energy of our intentions, and if water has memory, then can we pray to the water and ask it to remember back to the time when it was pure?”

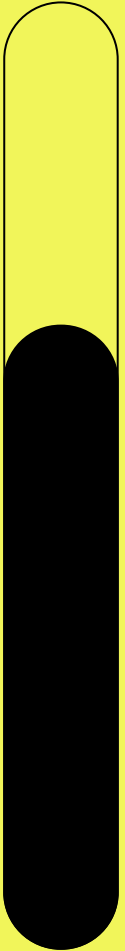
Dr. Doreen Bird, PhD, MPH



This is  
important  
because...

70%

Of our bodies are  
made up of  
**WATER**



I am amazing!

I am healthy.

Say LOVE to the water  
before you drink it &

> DRINK LOVE <3

Purity

Money flows  
freely easily  
and from  
everywhere

# Thoughts for your Water

I attract  
many  
blessings

LOVE

Thank you



## What we did

We explored some life hacks

- Healing with Nature
- Changing Water with intentions
- Positive things to say



## What we learned

No matter what, life is a challenge

- We can take control of our healing
- Water can be a healer
- Laughter is medicine



# We are here for you!

#988

Stay Strong!

We Love you all!



Nebraska  
Minority Resource Center

FOR MORE INFO CONTACT:

**NEBRASKA MINORITY  
RESOURCE CENTER**

332 N Main St.  
PO Box 222  
Gordon, NE  
69343

Phone: 308-282-0510  
Email: [info@nmrc-inc.org](mailto:info@nmrc-inc.org)  
[WWW.NMRC-INC.ORG/STRONGHEARTS](http://WWW.NMRC-INC.ORG/STRONGHEARTS)

**NEBRASKA MINORITY  
RESOURCE CENTER**

*NMRC: A 501c3 Charitable Non-  
Profit Organization*

Čharŕte Wówaš'ake  
Strong Hearts  
Suicide Prevention Program



**You are loved <3**

**Doreen Bird, PhD, MPH**

**[birddydee@gmail.com](mailto:birddydee@gmail.com)**

# We are here for you!

#988

Stay Strong!

We Love you all!



Nebraska  
Minority Resource Center

FOR MORE INFO CONTACT:

**NEBRASKA MINORITY  
RESOURCE CENTER**

332 N Main St.  
PO Box 222  
Gordon, NE  
69343

Phone: 308-282-0510  
Email: [info@nmrc-inc.org](mailto:info@nmrc-inc.org)  
[WWW.NMRC-INC.ORG/STRONGHEARTS](http://WWW.NMRC-INC.ORG/STRONGHEARTS)

**NEBRASKA MINORITY  
RESOURCE CENTER**

*NMRC: A 501c3 Charitable Non-  
Profit Organization*

Čharŧe Wówaš'ake  
Strong Hearts  
Suicide Prevention Program



You are loved <3

Doreen Bird, PhD, MPH

[birddydee@gmail.com](mailto:birddydee@gmail.com)