



Indigenous Teachings for Living Well | Chelsey Luger & Thosh Collins

[00:00:00] Guest Intro – Chelsey Luger & Thosh Collins

Darin: Hey everybody, welcome to the show. This is Darin Olien. This is the Darin Olien Show. What's happening? I'm excited to share this episode with you. This caught me off guard the feeling of what we're doing in the society and this world just hits me at my core. And Chelsey Luger and Thosh Collins are founders of Well for Culture, an indigenous wellness initiative that's there to support and promote whole life, ways of an ancestral teachings, integrating that into your life, sacred things rather than just doing things. So we get into that. Chelsey is a member of the Turtle Mountain Band of Chippewa and descendant of Standing Rock Sioux Tribe. She got her undergraduate degree at Dartmouth and she's got a master's in digital media from Columbia and graduate school of Journalism. And Thosh was initially a photographer, still is. He's a member of the Native Wellness Institute, born and raised in Salt River Reservation. They are coming back to support their indigenous brothers and sisters as well as putting this book out that support you, the land that you're on, taking some of those teachings into your life. What a concept. This is very near and dear to me and I have just a shout out to the ancestors of this land that we're all on here in the States. In any country, there's ancestors that were here before you. Down to Earth we did a lot of ceremony with Aboriginal elders and just taking that pause, that moment to acknowledge the tears, the hardship, the bloodshed that lays upon our land in the face of quote and quote change and development. And I want to give a shout out to all the indigenous that have taught me along the way. I have spent a lot of time in sweat lodges, blishes, a lot of tears, a lot of support. Way back in the day, medicine Man Robert Cross and the great Wallace Black Elk was able to learn from him. Another Toltec Shaman, Dooce and many others that I have been able to sit with and learn from humbly. So, to all of those and to all of them unnamed, I want to say thank you. So please enjoy this conversation and take in the words, take in the moment, take in your life with maybe some extra breaths of gratitude, extra breaths of sacredness and support of our indigenous peoples around the world. Enjoy this conversation with Chelsey and Thosh.

[00:03:05] Podcast Intro

Darin: You are listening to The Darin Olien Show. I am Darin, and it is my life's mission to find and share healthy and sustainable ways of living. In this podcast, I talk to inspiring people and professionals from around the world to uncover ways that we, as humans can improve our lifestyles, strengthen our mindsets and take better care of this beautiful planet we call home. If you are looking for motivation to take the next steps towards a happier, healthier life then you are in the right place. And I am stoked that you are here. So, let's do this. This is my show, The Darin Olien Show.

[00:03:48] Interview Commences

Darin: I'm so honored to kind of have this conversation with you. I have never seen this bring together of health and all of this from an indigenous perspective. And then your backgrounds



are stunning. I guess the main question is what was the inspiration of the seven circles and trying to get this part or this angle or this idea out in the world?

[00:04:15] The inspiration behind The 7 Circles

Thosh: There's a lot of ways we can go, that's why we kind of look at each other. But I think it's also important to give context to what the history of our work is. People working in our communities in indigenous Native American First Nations communities and the work that we are doing is really a part of a greater movement that has already been happening in native wellness movement, which is a movement that's been happening, really started in the sixties alongside the Civil Rights Movement. The Red Power movement was a part of that as well, where indigenous people were starting to get out and advocate for policy reform because they were experiencing poor social economic living conditions and degradation of health. So the native wellness movement came out of that and was largely focused on sobriety from substance and alcohol is addressing domestic violence, addressing sexual violence. I was raised going to those gatherings when I was younger, like the mid-nineties. And when me and Chelsey got together in about 2013, we just kind of started collaborating. We both had a shared passion for health and wellness and had a shared passion for our indigenous cultural teachings. And there was some overlap there, but we bridged more of the gap a little bit later on. Also based upon our own lived experience. But we started traveling native country to share our version of the indigenous health and wellness. And we were really based on this concept and idea that in order for us to preserve our indigeneity, our identity and our heritage, we have to be in good health to do that. At the time on social media, there wasn't really anybody sharing for native social media, this sorts of concepts. We're trying to bridge these gaps here and trying to connect the dots.

Thosh: And so, we started traveling around native country because I was already kind of doing some work similar to that with the Native Wellness Institute. And Chelsey had been also on her journey in writing a lot about native issues, indigenous issues. And we created Seven Circles a few years down the line after we started traveling native country and throughout parts of Canada. And we realized, well we need a motto to start to teach us something that's comprehensive, something that's easy to follow. Let's break things down and let's demystify some of these things here. And there's a lot of things that cannot be diluted and simplified. There's a lot of nuance between things, as you know, with health and wellness. But we started to think what were the aspects of pre-colonial, pre-industrial, indigenous way of life that allowed these people to thrive in the conditions that they did in the weather conditions that we did to develop the societies that we did? What were those aspects? So it came down to that, we thought about that. Well it's all of our food ways, food sovereignty, a big thing in native country food ways, people had revered sleep time, everyone had modalities and movement. We had ceremony for everything. Our living spaces, our spaces for education, our spaces for gathering and ceremony and social gatherings were considered very sacred. And then also inherently our way of life was on the land. Everything, it came from the land and was curated by the land. So the land is just so overarching, our connection to the land right there. And we did everything in groups and societies, clans, families, and there was a whole social structure that we abided by and there



was teachings that our people had really followed. So we thought, you know, that's our template right there when we travel on native country, we asked native people, plug in your teachings, use your people's languages in each of these seven circles right here. It might be a way to sort of like reset people's approach and thought, you know? So we incorporate a lot of what we're learning also too from western medicine, cutting edge, new science and alternative medicine, functional medicine and things like that. We try to pay attention to those things and see what it is that they're concerned about. And we dig into our history to find those similarities.

Chelsey: All of what Thosh said is absolutely part of my motivation as well. We met because of our shared interests in health and wellness and in connecting our cultural teachings to everything else that we were seeing kind of in the modern health and wellness world. That was a journey that each of us were on as individuals and it's what brought us together and then eventually resulted in our work. And in this book, and I don't like to emphasize this all the time, but if I'm honest in one of my early motivations for sharing a message about indigenous health and wellness was in defying stereotypes. Because it's so frustrating that every time you turn on the news, every time you turn on a movie, anytime you read an article, anything involving Native American people, we are downtrodden, we're depressed, our reservations are horrible places, we're all alcoholics, we're all this. And it's so far from the truth, it's so far from being our complete story. And when you learn about health and wellness as in the health and wellness industry today and everything that people are trying to reach and trying to achieve, I never heard the word wellness in my household growing up, but our spiritual teachings and the way that we learn to pray and the way that our elders led their lives, that is wellness. That's what people are seeking now. And so, for me it's like I want to share this story of this aspect of our culture that's so beautiful, so healing and so far beyond the stereotypes.

Darin: It's like the whole fabric of these narratives just keep, and what I have learned in my life is like when you show up, when you meet, when you connect, when you meet people where they're at, it's always a different story. I guess my question is, how has the reception of the native peoples of you, obviously you've been doing this now for years and going out and mobilizing this and creating a structure for more resiliency and sovereignty of health again, how has that reception been?

[00:10:05] What we can learn from Indigenous teachings

Chelsey: Yeah, that's a great question. I would start by saying there's a huge demand for it in native country because I think we all know and we recognize that we have a lot of trauma that we're healing from. And so we need a revitalization of our wellness teachings. It's like even though we've carried them on, it's been carried on in small pockets and in small movements and there's still a lot of native people who we're trying to heal just like everybody else. And until our wellness teachings become culturally relevant and culturally inclusive, then we can't fully get there. And so like there's an organization that we work with called the Native Wellness Institute for example. And then also independently just through our own work as consultants, we have been asked by hundreds of different tribes and communities to



visit there to share what we know about health and wellness in a way that is inclusive of our own people and of our own teachings. So the reception has been really enthusiastic in that sense. Now of course anytime you're teaching health and wellness, I don't care where you are, I'm sure you've run into this, you run into resistance as well because it's a really hard thing to talk about because when you don't feel well, when you don't feel healed, when you don't feel justice and like you have access to what other people have access to and like you weren't raised with the different things other people were raised with. And so you feel so far behind and it's difficult, it's really difficult sometimes to have these conversations. And I think that's one of the reasons that we're grateful to have gotten the opportunity to write this book after a decade of doing trainings in community. Because we've learned to work through a lot of those nuances and to be far more inclusive and far more aware of different triggers for people I think than what we were aware of when we started. Anybody's going to have to go through that process, who's in the health and wellness world because you're going to learn really quickly that you just have to be really careful with what you say and how you say things. And at the same time to be really open and honest about your own journey and trying to meet people in the middle all the time.

Darin: There's a study out of the Mayo Clinic, this country, there's 2.7% of people that are healthy like through lifestyle and food. It's a horrible scenario and so I can't imagine the layers of that as well uniquely to the indigenous people like navigating that. What are some of the subtle things that you saw or see and maybe some examples of what works and what doesn't and maybe some examples of how applied and maybe even some testimonials of what's occurred for you over the decade of how people have embraced and then the transformation.

Toosh: A lot of our feedback that we hear right now is a lot of just anecdotal evidence from people that have been maybe attended some of our trainings, maybe they've just been following on social media. So at this time that's what we have. And one of our goals with the seven circles as a model has always been to get it in a place to be implemented in some sort of institution where health is facilitated some sort of healthcare center. We're hoping that is a health and human services department somewhere on some reservation or now really anywhere will be interested in adopt that model. We have this model adopted even for diabetes prevention and there's even a lot of evidence studies that can be cited with each circle, the role it plays in the prevention of type two diabetes because we know that it's a lifestyle disease, right? That's preventable, so that's our goal. Our goal is to try to implement seven circles and the way it's designed is a person is at the center because of course his healing and wellness starts within our hearts, our minds, our spirit. The spiritual, physical, mental, emotional state of a person. And on the outside of that person, there's another a layer of circle there that's all their family, their loved ones, people they live with, people they cherish are in that circle and all those people have their circles too. Beyond that is the community that this family is a part of. And beyond that is the world at large, which also considers the animal nations the natural world. We're all integrated, you know, in these different, these different amongst this network of living organisms we're a part of that. So the model is really something that can be adapted on all those different levels. It can be adapted and applied in school settings, workplaces and the policy of a workplace could even reflect



that they can be blended in there as well. So, as it stands, that's where going to we are really just limited to just the testimonies of people. We always get contacted from people on social media or when we run into people in the community, like within my own community, we live down the street from my community. When we also travel around the community of people within the Phoenix metropolitan area, the native community, then we run into people everywhere that give us some kind of testimony really casually. And it's very rewarding for us and we feel really good and we're really happy with that. But we know we, the impact is yet to be made. And the book for us is a way to not only contribute to the greater movement and to cement our place within this movement of healing and wellness, but also to try to get it into the hands of people that have the power to apply this in various settings for, it's a healing centered wellness model where we are looking at not just trying to prevent disease or manage disease, but looking at thriving, living well, living connected, living a long life, quality life with those that you love. Being able to do the things that your ancestors have been doing for thousands of years. Our aim is for that.

Chelsey: And then kind of to answer your question about in our individual lives, I think there's a few big phases for me where in connecting my spiritual upbringing to wellness teachings and applying those has caused huge transformation that I think has been inspiring for other people. One is in examining the normalization of substance abuse in American culture and removing myself from that pattern. So I'm sober, I have been since I was 25, I'm 34 now and I'll never go back. I have seen it destroy lives and so emerging from that pattern and de normalizing that and getting comfortable with being a person who says, yeah, I don't drink and I'm happy and I'm having fun, that has been huge. Another one is, after becoming a mother, a wife and having a family and decolonizing a lot of the traditional American ways of like childrearing and pregnancy teachings and all that kind of stuff and learning how my ancestors did it and trying to apply in today's world has been hugely liberating. And I think my kids are really benefiting, our kids are really benefiting from that. And those are two phases that have been really big for me and then I think have inspired others. I hope so.

[00:17:29] Nootopia Ad

Darin: Hey, I want to talk to you moms out there for a bit. I think every mom has the hardest and most important job there is. And it's a 24/7, 365 day a year with no weeks and no days off. And even though I truly believe moms are superheroes, you're still human and you get wiped out and run down, of course you do. And being human comes with feelings of overwhelm and burned out and absolutely exhausted. So what can you do to reclaim your own sanity so that you feel like you are in control again? Nootopia is an innovative company that makes plant-based neutropic supplements safe and effective and designed to fight things like brain fog, enhance your cognitive function, give you a boost of good smooth energy levels. Basically they can help you feel like yourself again I truly believe that. By answering a simple survey, nootopia can customize a formula, especially for you moms. And as you begin taking your personalized neutropics, you'll track how you feel daily. It's really easy. It's on the app. So nootopia, continue to tweak your formula to maximize your results. And when you find the Nootopia formula that works for you, you can reduce your stress, anxiety, have clearer focus and tap back into your creativity and make it to the end of the day



without feeling like you're going to crash, you'll feel better. Nootopia is so positive that their concentrated brain boosting compounds will work for you. They will offer a full one year guarantee so you can try their products with zero risk. To place your first order, head to nootopia.com/darin or use the code DARIN at checkout to get 10% off.

[00:20:04] Vivo Barefoot AD

Darin: Have you heard of Vivo Barefoot? They're an innovative, sustainable footwear design company that's restoring and getting your feet and your body back to being connected again. Your brain, your sensory connection, we got to get back to nature. And also to top it off Vivo Barefoot is also on a quest of regeneration for the human. The planetary health with re-vivo the first of its kind re-vivo is committed to repurposing, that's right. Repurposing vivo barefoot footwear, keeping them from ending up in landfills. Oh thank God the shoes are revived and reconditioned by their highly skilled craftspeople using only sustainable products. Vivo Barefoot has also created the Live Barefoot fund and in-house impact fund to drive research innovation and action in regenerative footwear experiences. To learn more about everything Vivo Barefoot is doing to change the game when it comes to footwear. And for your happy feet, go to vivo-barefoot.com/darinolien and you get 15% off man with promo code DARIN15. And you're stoked that you found Vivo barefoot.

[00:21:53] Interview continued

Darin: You know, there's so many aspects to this that was screaming at us from a modern-day world. I call these fatal conveniences. We are doing things, we've adopted these things, we're just doing it because that's what's occurring and that's what they do. And that lack of integration of every choice and why are you doing this? Does it have integration in the kind of life that you want mentally, emotionally, spiritually? Is the food I am eating is the habits I'm having and choosing, is that going to work? We unconsciously do most of our day and then barely assess, is this what I want? Is this beneficial to me and my family and like, or am I just head down doing all this shit? What was the awakening of you for you Thosh? What was that kind of moment that I was just like, hey man, I got to change some shit.

[00:22:45] Journey to healing

Thosh: I just feel like my whole journey of healing and journey to seeking, to living well and living comfortably has just been this long really drawn out process where I don't have too many things I can think of except for like the time like Chelsey, the time when I decided to quit drinking alcohol. I didn't drink alcohol until I was in my early twenties until I moved to college and I grew up on the reservation, but I got the a full ride photography scholarship to go to San Francisco. And was raised in a family where my mom and dad quit drinking early on and they started going back to ceremony and getting involved with our spiritual ways and that's what they raised us in. And just for me, traveling throughout different ceremonial gatherings to the different native communities here that we're part of in Arizona, I was always raised, it was made very clear that substances, alcohol, lateral violence and such, those are not our ways and that that we shouldn't fall into dominant society's ways and take up those and we should try to be close to each other, live close to family they say and try to



do things on the land, continue to keep up our spiritual ways because it's our connection to the land, it's, it's who we are. And I followed that until I started going into the city and I started getting influence and experiencing, trying to experiment, you know, what is this? And experiment with substances and alcohol and going to parties and events and from one extreme to another, as you can tell, you know, that's how fragile we are as human beings. I tried to quit in late twenties and then quit for a while and then started back up in like 30 and then quit right before I turned 31 or something like that. So I was already really trying to stay active and be well and in that sense, like I grew up being very athletic, so being active was never a challenge for me. And I started changing the way I was eating like 12, 13 years ago. And you know, I would say in my early thirties, about 10 years ago, I just had lots of moments where I was finally able to step out and look at myself and look at how I was being and how I was acting and what did I have going for me, what did my future look like?

Thosh: Because I always had aspirations ever since I was little, I always had visions of what I wanted to be and I had to really look at those and ask myself, I want to be this type of person. As I get older, am I headed in that direction and assessing the where I was at hey the time. And I realized that going out that trajectory, I wouldn't be able to be someone who is living well, walking well, comfortable and busy. I always knew I wanted to be a part of something larger because growing up in native communities, traveling native communities where I was exposed to this idea of reclaiming our indigeneity and healing. So I always knew I wanted to be a part of something bigger than myself, but I started to really seek out more and more and seek out knowledge keepers and ask questions and then try to practice, try to put this stuff into practice, that's where my background is. I don't have any credentials or accolades in Western culture or anything like that. I tried to go to school for photography and then didn't finish it. And that's part of my journey to put value on indigenous Knowledge and practice, try to learn that and apply that and to be able to share that in grassroots settings, but also sharing that in a professional sense. So that's really my background. But I think that, you know, when Chelsey and I started to brainstorm and put our minds together, because we got together and we thought we want to share another message on native social media because no one is talking about health and wellness as it pertains to the passing of vital indigenous knowledge. No one's talking about health and longevity and how important this is, there was a gap there. So, we tried to fill that gap with our initiative online. But I think around that time is when I start to connect more dots and understand how inextricably connected all aspects of our life really is. And I started to, from there, dive into that. So, I have had these steps, you know, these steps to kind of realizations.

Darin: That's a journey. Right? And Chelsey, what are some of the tools and the tips that you guys have found and applied and like people listening, they're like, okay, well indigenous wisdom, I can understand it. We are all connected in that sense. So, what are some of the ways that people can integrate ground connect that you all have discovered over the years?

Chelsey: Well, there are so many pieces of health and wellness that I think were normal for our ancestors and for their lifestyles that are totally not even thought of in the wellness conversation today. And that is why, for example, in the western wellness world, we always



talk about diet and exercise. Diet and exercise like those two things are so straightforward and like they're so separate from each other, but really, they're not. So, integration like you mentioned is key. And you know, food is one of the seven circles. Movement is one of the seven circles. So yes, diet and exercise absolutely matter. And hopefully within the book we've expanded everybody's notion of what it means to approach a movement practice or to develop a healthy relationship to food. But outside of that, there are these other circles of wellness. And so, my tip would be, for example, sacred space, how you care for your home, your environment, your surroundings. It could be something as simple as clearing off the table before we started this podcast interview. Because a clear space gives us a clear mind. It allows us to think, it allows us to feel some semblance of peace because visually it really matters. If we can be a little bit more minimalist and tidier, we can clear space in our minds letting natural light in instead of having these like fluorescent lights blaring on us like so many people are accustomed to. So, taking care of your space, cleansing your space and having reverence for your space, viewing that as a sacred space that you spend your life in your home or in your office or wherever it may be. And so, let's put some love into these spaces and think about the degree to which that impacts our sense of wellbeing. So that's one of the circles of wellness and there's so many tips within that. But yeah, that's one example.

Darin: So, I think that's a massive, massive point. And then obviously food and movement and then like looking at ceremony, break that down for me and the way that people listening to this can also go, yeah, I can understand that.

[00:29:10] How Ceremony and Tradition are part of wellness

Chelsey: Well, I'm so glad you bring that up. And one of the things that we write about in the book is listen, we are absolutely not inviting people to mock or appropriate our culture, which happens a lot in the wellness world and which harms native people. What we do hope though, is that everybody can connect to some form of ceremony that is authentic to them. And peeling that back a little bit, knowing that we don't have to have this appearance, this performative spiritualism, it's just exploitative, it's gross. It's not at all what we're doing here in the ceremony chapter, but what we are doing is saying, look, in day-to-day life we can turn these moments of routine into ritual. We can elevate simple practices like putting our kids to bed or like washing our face and putting our skincare in the morning. And when you just simply decide in your mind that you're going to put some intention into that and positive thought, it totally transforms some of our daily habits and elevates those into rituals that bring meaning and vulnerability into our daily lives. And another piece of that that I always like to mention with the ceremony chapter is silence. We live in a very, very noisy, chaotic world because of our smartphones, because of traffic, because of overpopulated urban areas, because of so many things, the 24-hour news cycle, our world is chaotic and noisy. And so, part of ceremony is finding space and time for silence every day, visual silence, audible silence, simply sitting in your bedroom and breathing for 10 minutes. Again, you don't have to do this whole performative act to become a spiritual person or to incorporate ceremony. And I hope that that's what people can take away from that chapter.



Thosh: It doesn't always have to be shared on social media to be validated. You know, and that's something that's really been a prevalent practice in native community since the camera first came around are in that era where most of our people were still few generations back, were still living largely connected to the land. No one had electricity even my dad, my dad's generation, they didn't have electricity for a long time and they had a radio and they had a candle and this was like the sixties, seventies on the reservation. A lot of people live like that on a lot of reservations. We shouldn't allow the so, ceremonial gathers to be recorded. And as I started to get older too, and I'd hear more people talk about them and I simply heard one person simply say, they said it pulls out the integrity, it takes away the integrity of what you're doing. So, you don't always have to advertise that you're doing it for it to count. And that's something that is very, very personal. Ceremony can be very personal to a person and their family. It can be very private and that's what it is for a lot of people. We encourage people to have that privacy in that sense, ceremony is the act of acknowledging and honoring anything that we have a high spiritual reverence for. And we do that on an individual family and a communal. We do this daily, we do this a certain time of week, possibly we do this, certain seasons, we do this to honor certain celestial events. So, there's many different reasons and ways to have ceremony. There's many different formats to have ceremony. But like Chelsey said too, being ritualistic to me is a little bit different. Ritualistic is really kind of bringing like the way Chelsey had expressed it, it's bringing some meaninglessness to the things that you do on a daily basis. And I think that there's a lot of evidence too about just neurologically how neuro networks are more connected when ritual is applied on a daily basis. People can look that up. But for instance, to give an example, like something that I would say that would be more ritualistic for what I do is pretty much every morning I greet our oldest daughter, she's four and a half, but when she starts waking up, one of our routines is I greet her, pick her up and give her hugs and ask her how her sleep was because it helps me too. And then we'll go to the window and we'll open the blinds. I said, are you ready to let the sun in? Do you want to let the sun in and say hello to the sun? And she says, yeah. So, I carry her up and she opens the blinds and the sun comes in because we're teaching her the importance of sunlight.

Thosh: Sunlight is revered, is sacred for us. That's one thing when we give thanks and spiritual acknowledgements, we give thanks to the sunlight. So that's one thing and we let the sunlight in the room because that starts today. And then when I get up my first thing in the morning, that's one of the first things that I do. This time of year, the sun comes up much later I'll open the living room windows and let the glow come in and I'll sit there and on a good day I'll meditate. I should meditate every morning but on a good day I'll meditate while my coffee steeps. And then if I don't get to the meditation, if it's kind of late and the kids are getting up soon, then I'll at least sit there and I'll sit quietly. And I just try to visualize the day and I'm always trying to remind myself of the teachings I'm supposed to live by and for the household, for the families, first and foremost being patient and responding to everything with love and just trying to embody that patient's kindness, love, honor, respect and trying to be that first and foremost. So that's sort of the things that are running through my mind to kind of remind me, this is how you're supposed to live. This is the agreements that you made, you made these agreements with the universe, the great creator that this is the way



you're going to live. So, I kind of do those things and that could be something that's ritualistic in a way that's ceremonial in a way.

Darin: It's personal ceremony can lead into greater ceremony. And then that bleeds into community. This property burned down in 2018. Everything here was like wiped out. And the thing the people asked me like what was the most powerful thing about it? I mean aside from the grief, its connection, its relationship, it's people. Because those connections and people and that love, that was the very first thing that came at me was, I'm sorry, we're here for you. What do you need? If that's not the most obvious powerful medium in this world, aside from nature and the force of nature and all of that, but that connection that we get to have and we get to nurture or not nurture, like for me that seems to be just way up there on the importance list.

Thosh: That's a wealth to me, that's true wealth, abundance of connection, support, love of people. That's one of the aspects of true wealth for sure. So that's good. You're able to build that, you built that.

[00:35:30] The power of community

Chelsey: The community circle is another one like we talked about earlier, that just gets totally neglected from the wellness conversation, diet and exercise. Diet and exercise. No mention of community, no mention of family of healthy relationships but that's everything. When we do have those healthy relationships and we cultivate connection and we feel like we have others around us supporting us to rely on not just right here and now, but even expanding that like our people teach intergenerationally, you know, in native communities we talk about our ancestors all the time. We know that there's this long chain of people that have come before us who have put love so that we could be here today. And we know that it's our role and our duty to do the same in our lifetime so that we can pass that onto our descendants and for even if we don't have children to the future, you know, inhabitants of this earth. And we don't have to know them personally to love them. And that's a normal conversation and I hope that others can take that and sort of understand the world in that way, in the way that indigenous people teach this intergenerational love. And it helps you because you begin to feel, yeah, I do have my ancestors behind me, I do have community around me today and I can recreate and rebuild those connections and it will make an impact for the future.

[00:36:55] Caldera Lab Ad

Darin: How many times have you purchased a skincare product that promised to provide amazing results? Only to find that it makes no difference at all. The skincare industry is full of empty, empty promises and full of toxic ingredients, which is why I was so relieved when I found Caldera Lab. Caldera Lab is a certified B corporation committed to ensuring that their products are good for people and this precious earth. I have been using their skincare products for the past couple years and not only does my skin look healthier, but it feels noticeably healthier. I use their base layer moisturizer every day and I love it because it



doesn't leave my skin feeling oily at all or suffocated like other moisturizers usually do. My skin feels nourished and hydrated, which is so important. So, I can go about my day confident that my skin is just getting the support it needs. All of their products are made with non-toxic ingredients and wild harvested and organic botanicals and have been clinically proven to improve the health of the skin. When I first partnered with Caldera Lab, I was blown away at their commitment. The amount of research and effort they put into finding organic ingredients that actually work to try their products. Today Caldera Lab has a special offer just for you, my listeners of this show. Go to calderalab.com/darin to unlock over 20% off or use the code DARIN. And to all of the Aussie and UK listeners, you can also get this directly to you. And the best part to all of you, your purchase will be a hundred percent risk free. If you don't love it after 60 days, they will refund you in full.

[00:39:17] Interview continued

Darin: There's so many cool aspects of this book, the mindfulness meditations, the gratitude, there's all these cool little nuances that I see like the electronic sundown. Talk to me about that. Like those little things are so powerful.

[00:39:33] Realigning your circadian rhythm

Thosh: As we are in this age of plenty, this age of technology, we're conditioned, we're immersed, we're conditioned to just accept that the devices and the way that we live today is very normal and there's no repercussions to our overall health. But as we know is what certain recent scientific evidence teaches us is that our interaction with blue light emitting devices can potentially have a role in hindering our sleep. That's also very congruent with a lot of knowledge that we've heard our spiritual leaders talk about in native communities. And that was something that I heard one of our spiritual leaders talk about is she discouraged, especially for youth being too immersed in in these devices because she says that it's not right for their mind, they won't be right for their mind. And this is, it's like 15, 20 years ago that these things were being said and we were discouraged to be watching TV all the time and a to interact with these devices. But there's a lot of things like that that we kind of hear from different spiritual leaders around native country that I guess their intuition can tell, maybe their intuition can read these electromagnetic frequencies that's coming off of out the cell phone, the computers, the TVs, you know, the laptops. So that's what electronic sundown is, basically trying to realign your circadian rhythm with the sun and moon cycles. As I said earlier, my father's generation, my dad's in his late sixties, but when he was younger and even people living in their fifties and my community in Salt River talked about not having electricity for a long time until like the mid, mid early seventies, mid-seventies or whatever. But they always said, and this is what I talked to a lot of people in my community, they said, when I asked my dad, when did your grandparents, because he was mostly raised by his grandparents, when did they go to sleep?

Thosh: When they wake up? He says, well, in those days no one was out at night. You know, once the sun was going down, everybody was going in their houses, they would settle down. He says that they'd light a candle. Sometimes they'd listen to their radio like news or sometimes he says that his grandpa would be reading a paper or whatever and then they



would get ready and they'd go to sleep. They were waking at sunrise; they woke up by sunrise. They always had a routine. And so, this type of lifestyle, that's how we live for billions of years, right? Human being lived in this sense. It's only in this recent decades that we have been off track and now we're experiencing this collective degradation and health incidents and negative health outcomes. And what I'm talking about here is just one of the factors that that's driving that. So electronic sundown is really just trying to get our circadian rhythm back and get us in a routine of sleeping, waking, eating, training at the same time. And that's something that we try to do in our home. When the sun goes down, we don't have all the lights on, we try to dim and only have a few lights on because it's also said there is some scientific evidence coming out about this too. It's also said that the blue light can hinder melatonin, which is that hormone that that prepares for sleep. And so, we try to minimize that and if our daughter watches her Kindle at night, we always try to put that warm tone shade on there. We just try to do things that encourage people to start to think about going into the sleep time, start respecting sleep and recovery and start to abstain from interacting with many different devices and having the lights blaring TV going, iPad going and just immersed in this technology that can really disconnect us from our true essence of being human and connecting with those that we love and connecting with the natural world. So, the electronics sundown is really just, I guess this is like a little tool doesn't work for everybody. People can apply it to whatever works for them, but that that's really what that's about.

Darin: These things and what you guys have put together. The idea is like going back to this innate deep common-sense barometer that I think we have in there. And if we just allow and apply some daily ritual and habits that get us back to these things at this point, is anything perfect? No. But at least we can take care of our home, take care of our family, start to cultivate better sense of balance because it's so off base.

Chelsey; Well, and here's the thing, you know like Thosh and I are always upfront about, we struggle with these things too. We're addicted to technology to a degree. We use it for our work and we don't expect people to be perfect. We don't expect ourselves to be perfect. But at least once you have that awareness that oh maybe my technology addiction is hindering my health in X, Y, and z other ways because it makes me more sedentary because it is visual and audible noise that removes me from any ceremonial practice because of all of these myriad reasons, the news I read stresses me out. The people I see on social media make me feel less than okay. So at least if I identify that I can then begin to develop a plan to sort of try to fix it. And that's one I would say, I don't even want to call it a rule, but just a self-imposed guideline that has worked really well for our relationship and for a structure of our home is there's no technology while we're eating. We're hanging out with family; we're talking to each other. If we're at a restaurant, we're actually appreciating and focused on our food in each other. And eating is something that you do every day. So, if you remove technology from eating that one simple tip can change every day for you for the positive.

Darin: I love that and I'm going to challenge everybody right now to follow that guideline and apply that. Try it, you're going to have withdrawals, it's going to feel weird. You don't even



know who you are without it connected to you. But I'm telling you, you could change the fabric of families and friends if all those people put their phones away while they're eating. And then it goes back to your other points that can then innately become a food ritual, which then supports community. And then it's that pleomorphic effect that is just like, listen, it's not just about the cell phone. And that disconnect has downstream gnarly effects that are underpinning the fabric of who we are as people. And that's where it's like, again, all of these things are intimately connected to a web and a system. So, if we're doing one thing, it's affecting everything.

Thosh: That's why we modeled these in a circle, not in pillars, not in as a bullet point. We put them in a circle with branches and we put spiritual, physical, mental, emotional at the center because we are made up of those spiritual, physical, mental emotional states of being in those states, being are affected by the life ways that we implement associated with each circle, the practices that we have with food, how we acquire food, what we choose to support, where we choose to purchase our food, how we choose to acquire if we're forging, if we're hunting, fishing, farming, what ceremonial practices that we have associated with those, who do we do this food with? Who do we prepare this food with? How often we have all these different things that we can zoom into right there. And that interacts with circles of community because we're doing, doing these things, eating food and cooking food is a very special and sacred thing because it contributes to our wellbeing and that's always been revered as something very special. We do that with people, we do that from aspects of the land. We do that outside on the land. We're incorporating all these circles, community from there. We're sent, we're fostering the sense of belonging, this sense of connection to something larger than us. We're fostering this connection of purpose, a deeper purpose for existing and living that goes beyond than just what we are fed from dominant society. And there's so many different things there. And so, the circles are all interconnected. When you move one, you're going to move all of them. Just like if you move that spiritual state or being, it's interconnected to how your brain works, how your emotions work, how your mechanics work, physiologically, these things are all interconnected. And we're kind of hearing that, especially those that are very familiar with natural medicine or functional medicine, very familiar with this concept of things being whole. And that's something that in native people we've known since time at Memorial and this is what our people still talk about within the privacy of our communities. We're just two of them that are sharing it. But most of our people know a lot about this and they're just very private about what they do this. But the way you expressed it to me, that's great to hear that you get it. And that's what we really hope for people to take away from the book is one of the many insights that we hope people take away from the book is the interconnection. How all these things are inextricably connected. It's a paradigm shift from dominant society's approach of looking at everything compartmentalized and just being able to isolate one aspect or something and not expect anything else to change. You know, like the American political system is structured that way. The economy's structured that way. The healthcare system is structured that way. Social structure is modeled after that. And we're seeing where we're at now. We're seeing the heated social political climate. We're seeing the high incidence of moderate diseases more than ever. As a result of all of this.



Darin: It is myopic, it's in pillars, it's separating everything and you separate it. It doesn't matter because we are whole. It is holism, we are connected. There is zero separation. It only happens in the ego and the mind. So, when we do that, it has the effect, look at the healthcare system. There is no health, it's sick, it's all of these things. So, all of these things need to be acknowledged for the truth of what they are. And I love, again, I love the fact that you're bringing these things together and this whole approach, but hey, thank you for the work that you're doing, for the message that you're willing to share outwardly. My hope is that the spark of their hearts, their real sense of themselves, the common-sense kicks in and that they will not only get your book, but apply some of these powerful subtle things you can do to integrate. So, thank you very much.

Chelsey: Thank you so much. It's been an awesome conversation. So great to be here and we're just grateful that you invited us in to connect with your audience and your network. So, thank you.

Thosh: Thanks again for reading our book and having us on. And thanks for the conversation and thanks for promoting the book and I'm just so happy to hear your takeaway from it and happy to hear about how you are already you living your life in that way and sharing that with your listeners and the community around you. So, we hope to stay in touch. We'll hope to see you again sometime.

Darin: We need this message. So, thank you very much.

[00:50:00] Podcast Outro

Darin: Thanks for tuning in to this episode of the Darin Olien Show. I hope you took something valuable away from this conversation that will help improve your life in some way. If you would like to learn more about my incredible guest, you can find all of their information in the show notes on my website. If you enjoyed this episode or even you didn't like it, please rate this podcast, the team and I value your feedback so we can continue to give you the most value possible. We want you to get the most out of every podcast. So please rate, subscribe, share - anything you feel called to do. I truly appreciate it and I love and value your support. So, thank you and I will meet you in the next episode