

ANCESTRAL SCIENCE PODCAST

SEASON 2: Episode 4 (audio/video)

with **Brendon Many Bears & Darren Rea**

“Reconciliation Science through Tipi Math & Indigenous Sound Baths”

It was a warm windy afternoon mere hours after the Summer Solstice, and we celebrated Ancestor Sun through ceremony and gathering. We were grateful to speak with Brendon Many Bears from Siksika, and Darren Rea, who is Cree Métis about how relational science is magical and indescribable, and a deep part of Indigenous culture. They talked about how science describes how we are all connected, through frequencies and mycorrhizal networks to tipi poles, and the depth of science within the “sacred aerodynamics” of tipi mathematics, healing frequencies of drums and sound bowls, and how multiple worldviews of science and life CAN be woven together.

Remember, you can support the pod and rock some unique Indigenous Science merch at www.relationalsciencecircle.com/shop, all proceeds go towards Knowledge Keeper honoraria, following protocols, and keeping the pod going.

SHOWNOTES:

What is Science to you:

Darren: Science is reality and the observations of the nature of reality.

- True reality is beyond human comprehension, which is beyond the abilities of the traditional/Western/colonial mindset.
- It is magical and indescribable
- Indigenous science is more of a mystery, the great unfathomable nature that is profound and beautiful.
- the importance of the humility that is within Indigenous Science, that NOT knowing everything is ok.

Brendon: science is part of our culture and who we are.

- practice science in many ways, especially when we go into ceremony
- science proves everything the Elders are saying. It is a lesson to guide us and a lesson to learn more.

Aha moments within Indigenous Science:

Darren: “we are all one, everything is connected”

- space, the stars, neurons in the brain, are all made of the same things
- like the Cree drum, every thread represents every human and plant and animal and star, that holds together the community, like the drum, together.
- we are all the same, humans/stars/plants/animals etc... this is what keeps the circle strong. What would happen if the trees or water was removed, the circle would break.

Tree communication:

-mycorrhizal networks and communication:

<https://www.nationalforests.org/blog/underground-mycorrhizal-network>

-trees can have fevers: Dr. Peter Dawson, University of Calgary

Brendon: Tipi (Nitois in Blackfoot) teachings and math/science

-set up tipi based on your landscape, geography

-on prairies, there are very strong winds, the tipi has to withstand that wind, building tipis with 4 foundation/base poles (most common are 3-pole base)

-the poles that are placed on top of the 4-pole base lock everything together, keeping them resilient from the wind. Its shape makes it more aerodynamic, the wind wraps around it.

-smoke flaps act like sails, drawing the smoke out of the structure. You can also change the direction of the flaps to better direct them to use the wind to draw out the smoke.

-“air-conditioning” in the tipi on a hot day by pulling up the sides of the tipi canvas, which allows the air circulation to draw the hot air out of the tipi.

-“sacred aerodynamics”

-Indigenous science is experiencing the science

Indigenous Sound Baths

Darren: connection between contemporary and traditional sound baths

-quartz bowls create clean, strong frequency

-brain science within soundbaths: it changes your physiology, your body, like when you hear a big drum, syncs itself into that sound.

-the sound bowls fill your body with sound, and your molecules begin to resonate and vibrate with the frequency.

-each bowl attuned to a healing frequency. People have attested to feeling relaxed, peaceful, physically healed.

-your thoughts are being silenced, you can be attuned to your PRESENT body and spirit. Your thoughts are often a distraction

Brendon: Blackfoot communities say that scientists have a theory for everything, but Blackfoot people have ceremonies they are living WITH the theories, we are present with the science and not planning it out. We live within science everyday.

Nose Hill Park Archeological Dig:

Brendon: place for ceremonies, sky burials

-found ceremonial supplies (ochre paints), stone tipi rings

-pre-contact site (before the settlers came to this area)

-this was a look-out hill also: to observe the land, where the buffalo are, place to look out for other nations that would come by (identified through hide colours).

-archaeology CAN bring together multiple ways of knowing

-archaeology has historically been very colonial, that is very extractor, take the “artifacts” away from their home and community.

-but the University of Calgary worked with Blackfoot Elders to understand protocols to work towards reconciliation through holding ceremonies like faceprint ceremonies (with Blackfoot Elder Kent Ayoungman).

<https://www.cbc.ca/news/canada/calgary/calgary-nose-hill-archaeology-blackfoot-1.7215155>

<https://www.ucalgary.ca/news/u-c-students-staff-partner-city-uneearth-ancient-indigenous-belongings-nose-hill-park>

Additional Links:

<https://www.indigesteam.ca>

Gratitude to the support from JUAN-CARLOS CHAVEZ, the editing and audio skills of EMIL STARLIGHT of Limelight Multimedia, and ALEX FLETT for marketing and pod support.