• Tarvaryaraq: A way of purifying the mind, body and soul

• Qanruyuteput linrugut: Our Teachings are Medicine

• Yungcaristet pissutelget: Yungcarat

• Tetrahedral Model: Kawagley

• Indigenous Knowledge and Western Science

• Nunamteni qigcikyaraq, umyuallguteksaraq-llu nepaillrullrakun
Tarvaryaraq: Purifying mind, body and soul through music and dance

- Tarvaryaraq: A way of cleansing the mind, body and spirit
- Purifying male: ap’alluan ciuqlia
- Purifying female: ap’alluan kinguqlia
“We need to keep, practice and maintain way of life, because of the way it was in the beginning. Creator prepared everything for ethnic groups, like a tablecloth. There was miscommunication and misunderstanding amongst the people. The priests took it (tablecloth) off, shoved it away and replaced it with their own non-Native religion.” (Paul John, Elder, Mokakit Conference, 1997)
Qigcikluki nutemllarlarp: Respecing Our Very Own, A Yup’ik Epistemology

- Kawagley’s Tetrahedral model: Natural realm, Human realm and Spiritual Realm

- Indigenous Knowledge/Western Science
Yuilquq, nuna ungungssit-Ilu unguvalriaruuut

- Ella, nuna cali-Ilu ungungssit tamalkurmi elpengqertut, yungqerrluteng-Ilu
- Umyuameggnek naullutelget yuut cingumaltullruuit yuilqumen ayagluki kaigalasqelluki ikayutekaitnek
- Ellam, ungungssiin-Ilu kaigatput niicugnait utumaqanircecugnga yuk
- Ayurturiyaq: ayunek aturluteng yuum temi ikayutullrua
- Yuarutekun yuk naulllutelelek assirivkatullruat
Education for the Native child is to equip him/her with both the traditional and contemporary knowledge. The child as an adult then chooses his/her vocation, career based on his/her interests and expertise. One thing that we can do as teachers is to built on the child’s strengths from an early age. We can equip him/her with the tools to succeed in adult life. We can fill up his/her medicine bag with resources to help him/her in the future. We can provide him/her with the tools to persist, especially in adverse conditions. Each person is an individual with different qualities, expertise, abilities, strengths and talents.
“Our spirituality is truly a part of our education, our ancestors wooden bowl is still full of information. We have to teach good and bad of what happened at that time. Every village has a purpose of being there. Some people did it for survival.” (John Pingayak, Educator, Mokakit Conference, 1997)

Qigciknarqaa yuucirput Ellam Yuan tuyuqellruakut elluarrrluku wangkutnun aulukesqellluku, kencikluku.
Indigenous Knowledge/Western Science

- **Traditional Native Knowledge**
  - holistic
  - includes physical & metaphysical world linked to moral code
  - emphasis on practical application of skills and knowledge
  - trust for inherited wisdom
  - respect for all things
  - practical experimentation
  - qualitative oral record
  - local verification
  - communication of metaphor & story connected to life, values, and proper behavior
  - integrated and applied to daily living and traditional subsistence practices

- **Common Ground**
  - **Organizing Principles**
    - universe is unified
    - body of knowledge stable but subject to modification
  - **Habits of Mind**
    - honesty, inquisitiveness
    - perseverance
    - open-mindedness
  - **Skills and Procedures**
    - empirical observation in natural settings
    - pattern recognition
    - verification through repetition
    - inference and prediction

- **Western Science**
  - part to whole
  - limited to evidence and explanation within physical world
  - emphasis on understanding how
  - skepticism
  - tools expand scale of direct and indirect observation & measurement
  - hypothesis falsification
  - global verification
  - quantitative written record
  - communication of procedures, evidence and theory

- **Knowledge**
  - plant and animal behavior, cycles, habitat needs, interdependence;
  - properties of objects and materials;
  - position and motion of objects;
  - cycles and changes in earth and sky
  - discipline-based
  - micro and macro theory (e.g. cell biology & physiology, atomic theory, plate tectonics, etc.)
  - mathematical models
Conclusion

- Tarvaryaraq: purification through music, song and dance
- Qanruyuteput Inrugut: Wisdom of love, knowledge and compassion for the families
- Tetrahedral Model: interconnectedness of the human, land and spirituality
- Indigenous Knowledge and Western Science
- Creative ideas for Healthy Communities
Group activity: Discuss how can you create healthy communities

- DISCUSS:

- What is traditional medicine? Traditional healing?

- Caugat nutemllat iinruput? Qaillun elpciciuliavci elitnauullruitceci? Canun tamakut iinrut atuuyugngaat mairpak? Naumruyiit (ayuq, caiggluk), teq’uq, uquq, yuraryarat cegaqernarqellriit

- Identify and discuss traditional healing methods

- Dance and music as a good mental wellness and health
Quyana!