

## To Book:

There will be a cost to the organization for travel, meals and accommodation. Workshop fees can be negotiable. Traditional sacred protocol of reciprocity is important. Three people need to be taken care of; The student or patient, the facilitator or healer and the Spirit that helps the process.

## Contact:

Darlene Pearl Auger (Pitapan)  
Facilitator/Holistic Practitioner  
780 473-1865  
[wiwipson@shaw.ca](mailto:wiwipson@shaw.ca) or  
[darleneauger@hotmail.com](mailto:darleneauger@hotmail.com)

Edmonton, Alberta, Canada

Darlene is a Canadian Aboriginal Woman of the Wolf Clan of the Woodland Cree Tribe. Originally from Wabasca, Alberta, she now resides in Edmonton. First she is a mother of two, Fawn and Kistin and secondly she is a scholar, researcher, writer, actress, singer and facilitator. Darlene has a degree in psychology and plans to obtain her doctorate in traditional healing. She has been working with people using her hands and intuitions to bring about healing and well-being for a long time.

The following is a poem that Darlene wrote to capture the testimonials of the people that she has swung.

### Pitapan's Swing

It's always a little difficult...  
A little bit shaky...  
Out of balance...  
When you are getting into the swing, but somehow you manage

Your head falls onto the pillow...  
And your feet align therein...  
And suddenly you feel the embrace...  
The comfort of the arms protecting you...  
And you allow yourself to fade.

Never have you been so loved...  
So protected...  
So nurtured...  
So free...  
And so close to God.

Never have you felt so safe and warm...  
It's like being welcomed back into the womb of your mother...  
Nothing can harm you here...

The swing moves gently side to side...  
And your spirit takes flight...  
You reach realms you've never been...  
You release pain you've learned to live with...  
And you forget that you are human...  
Just for a moment in time...  
You are love.


## PITAPAN'S SWING

The Native Traditional Therapeutic Swing

### *An Indigenous Nurturing and Spiritual Experience*

To be swung is to be recognized in a spiritual way, to be nurtured in a healing way, and to be loved in a sacred way.



A woman with short brown hair, wearing a black jacket and patterned pants, is sitting on the floor. She is looking towards a red baby swing that is hanging from the ceiling. The swing has a white ruffled blanket and a white polka-dot blanket. The background is a light-colored wall with a floral pattern.

The Native Traditional Healing Swing was born out of a powerful vision during a pipe ceremony in the fall of 2001. A vision that spoke about the essence of love that is needed to bring healing to all people.

The message of nurturing our people back to health has been heard for many years now, all across the globe. As indigenous peoples we have been hiding our healing ceremonies and our grieving ceremonies to the point where generations of people have had to survive without them. The lack of traditional healing ceremonies has caused our people double grief. Over time this grief has been accepted as a norm and the people have become numb with pain. It is time to heal.

***The grandmother has spoken, she said, “The People Need to be Swung”. It is time to reconnect with our traditional values. As a people we were given ceremony through which to connect with our Creator, to heal our spirits and to celebrate life. It is time to embrace the power of our own traditional healing techniques.***

### **Teachings:**

Traditionally as Indigenous peoples all over the world we have swung our babies above our beds or in corners of rooms. This simple but rather profound practice is about the respect we have for spirit. When babies are first born to us, we say they have one foot in Spirit World and one foot on Mother Earth. This is a crucial time for babies to decide whether they will stay to experience human-hood or if they will go back to Spirit World. This rite of passage is not complete until the baby learns to walk on their own two feet. Until then, we as parents or grandparents must nurture them by swinging them. We place them in a swing out of respect for their neutral place of being, not yet grounded on Mother Earth.

### **Research:**

The simple action of swinging our babies has profound benefits to the body, mind, and spirit. Research suggests that the swinging motion balances the circulation of fluids of the left and right hemispheres of the brain. This induces emotional and physical balance, memory and also releases tension.

Our ancestors were wise, they knew they healing benefits of the swing. There is a belief that when the body is swung in this side to side motion, that fluids in the brain release a hormone that acts as a natural healing agent to the rest of the body and thereby strengthens the immune system.

Our people have suffered and survived many foreign diseases. The power of our ceremonies and our healing techniques should receive the credit they deserve and we need to reconnect with our traditional ways of nurturing our people back to health.

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### **Frequently asked questions:**

Q: Can the swing carry heavy adults?

A: Up to 250 lbs.

Q: Do I have to be Native or believe in Native Spirituality?

A: Absolutely not!

For people who have been through trauma or abuse, this healing will make a tremendous difference. It is also beneficial for those who want to relax, be nurtured and get in touch with their spirit.