



Course Outline

The Historical Colonization of Europe's Earth-based Cultures and How it Informs Today's Colonial Settler Mindset

Managing the Shadow (Dr Carl Jung) Aspect of Colonialism and Reclaiming an Earth-honouring Worldview

Summary

British, French and Spanish colonization of Turtle Island is a more recent example of an imperial or religious mindset that has sought to overpower civilizations and territories for millennia. This educational program takes things back further yet, and helps individuals of European ancestry explore how the colonizing activities of ancient Romans and Vikings (in what is now Europe) have impacted world history, your own worldview, and suppressed Earth-based cultures and spirituality that you may have in your ancestral lineages.

After unpacking these concepts, discover what decisions and actions you can take today for cultural self-improvement, self-forgiveness, and how you can help cocreate a better path for humanity on Turtle Island and across the globe.

Audience Pre-Requisites

Participants are expected to enter this online Zoom classroom and be able to share live online group space without dominating it, and have good management of self, and personal emotional triggers in a group setting.

Format: Remote delivery via Zoom: as COVID mandates lift, this course will be available in person as well.

- **8 x 3 hrs. weekly classes**
- plus 2 hrs. of homework each week (time of day for the classes will be dependent on the needs of each group of participants)
- Maximum student capacity for Zoom classes: 10

Fee

\$400.00 per student

Don't let economics become a barrier to taking this awesome course! Contact the facilitator regarding alternative arrangements. **Discounts available** for seniors and other marginalized folk. All genders welcome!

Free PDF workbook included!

Syllabus



- 1. Who we are, and how we got here:**
 - a. Introduction to the course, instructor, and each other
 - b. Brief oral history of earth and her peoples with colonial filters removed
 - c. Vikings
 - d. Romans
 - e. The role of religion in colonial oppression practices
 - f. The time-proven colonial recipe for overtaking territories and culture
- 2. Who we used to be:**
 - a. What constitutes culture?
 - b. Spirituality
 - c. Values
 - d. Relationship with the earth
 - e. Arts and textiles
 - f. Medicine
 - g. Ancient social and governance structures
 - h. Food and water sovereignty
 - i. Land
 - j. Economy and trade
 - k. Housing
 - l. Language
- 3. The Ravages of colonization on our ancestors and us**
 - a. Land theft
 - b. Genocide
 - c. Overlaying of Christianity on the Settler worldview
 - d. Theft of our children
 - e. Theft of language
 - f. Theft of economy and resources
 - g. The role of church and state in colonization practices
 - h. Displacement
 - i. Spiritual, mental, emotional and physical trauma
- 4. What happens when the colonizers/abusers leave us?**
 - a. Acting out our own intergenerational trauma
 - b. What is our colonial shadow? (The term shadow aspect was created by Dr. Carl Jung: the 'shadow' is the side of our personalities that contains all the parts of ourselves that we often don't want to admit to having.)
 - c. Where our shadow aspect come from?
 - d. What is the function of our shadow?
 - e. Does our shadow hold anything useful for us?
 - f. How shame and white guilt impact our shadow aspect and its expression
- 5. Examples of shadow expression through a white Settler lens:**
 - a. Racism
 - b. White privilege, where it originates and who pays the cost
 - c. White supremacist worldview
 - d. Entitlement
 - e. White fragility and what it looks like
- 6. Getting to know our shadows exercises**



- a. Owning our shadow aspects
 - b. Defining and owning our intergenerational shadow expression
 - c. Defining and owning our own shadow expression in relation to colonial behaviours, violence and relational behaviours
- 7. Reacquainting ourselves with our First Mother**
- a. Ancient principles and Ceremonial practices that rebuild our relationship with Her
 - b. Learning to hear and feel Nature and her kin
 - c. Reinstating what was stolen from us
 - d. Mother's laws given to all Her children
 - e. How Sacred Earth Laws are the pathway out of destructive colonial behavior
- 8. Truth and Reconciliation**
- a. Taking ownership of how we have and still do benefit from the colonial violence, theft and genocide committed by our ancestors on the people who are Indigenous to this Turtle Island
 - b. Making amends
 - c. Defining Calls to Action to set things right.