



# Diné Veterans Native American Healing Group

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Diné Hózhó Na'nitin  
Twin Warriors image  
Ceremony Practice  
T'ááhó Ájít'éigo

12 weeks group session VVC  
12 weeks aftercare session VVC  
**Final** – ceremonial service







**Diné hóhzo na'nitin**

*philosophy/concept*

*natural order and laws*

*ceremonial way of life*

*Walk in Beauty*





**Twin Warriors image**

*Hané oral stories*

*Ceremonial Practice*

*Restoration Rites*

*Warrior Role*





# Restoration Rites

*Diné warriors* are given sacred rites

*bravery*

*protectors*

*volunteer*

*peaceful*

honor of the warrior belief: **naabaahii**

*Spiritual* being

*Emotional* wellness

*Mental* strength/stability

*Physical* endurance



## Dine' Warrior Image

Twin Warriors **ceremonial** image, beliefs, actions, and practice/sustaining

**Ntsáháskees/thinking** - **Bravery** at birth to young age. *spiritual to emotional transition.*

*thinking abilities, beliefs and thought patterns, concentration/focus, subconscious*

**Nahatá/planning** - **Volunteer** at adolescence through puberty rites. *emotional to mental transition*

*planning, decision making, problem-solving*

**lina/life** - **Protector** at young adulthood in military service deployment, re-deployment *mental to physical transition*

**Sihasin/faith-hope** - **Peaceful** adulthood to elder at civilian life, retirement. *physical stabilization ceremony knowledge, advocating, sharing, and preservation, advocacy*





## *Inajíí* – restoration rites give to restore life

*Back to life and balance*

*Inajíí zee* plants as medicine. Rain Boy story-life giving medicine.  
*linajii tsodiziin*

## *Inajíí siin, Inajíí saad*

Suicide Prevention through ceremony stories and teaching.

Stories, Teachings, Songs, and Offerings = healing and  
**self-preservation**-prevention, life sustaining

Holy rites and knowledge create the ability to self-preserve; preventing harm to ourselves (***Dine' psychology of rational and logical behavior***)

Restoration practice – [Diné Veterans Ceremonial Healing group](#)

Ceremony concepts and practice. Resource coordination

**Dine' Hataa'ii Association**

**Navajo Nation Department of Behavioral Health Service**

**Natural and Community resources**

**Dine' are given sacred tools ore weapons to carry**

**Invisible bow and arrows**

**Stirring sticks, grinding stone/stone**

**Sacred bundle wrapped in deerskin**

**Ceremonial tools-arrow heads, precious metals**







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Ceremony Practice

*beauty way*

*protection way*

\*offerings, purification

ceremony construct

**Tádídínke'a'tiin**

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**Hózhóójíik'ehgo Na'nitin**  
**Beauty Way**

*12 moral values*

**Naayéé'eek'hgo Na'nitin**  
**Protection Way**

*12 challenges of life*

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T'ááhó Ájít'éigo

moral principle

*yikáíí yizhchí*

empowerment

self confidence

sustain ceremonial life





# Conclusion

ahé'hée dooteel

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Moving forward, not all Dine' and Dine' veteran experience life challenges with physical and mental health. However, today we are specifically identifying the **preferred** choice of Dine' ceremonies in the context of Hozho, *Hozhóji' Iina*, wellness and balance, and prevention.

My goal: through the application of Nitsahaskess, Nahatá, Iná, and Sihasin

- Conceptualization or life form of the Dine' Veterans Ceremonial Group
  - bring attention to Diné kejiigo Bahané *Na'nitin* and how it is provided for our veterans at the Phoenix VAHCS. This is the delivery method.
  - Identify and share some examples of Dine' healing practice for veteran wellness; stabilization, readjustment, PTSD, depression/anxiety, and physical health (treatment)







Stories and Songs, History, and Offerings bring life, into existence and we as Dine' provide the nurturing or life sustaining practice through the stories, songs, history-sharing, and offerings. It's what we are doing now-today. It's referred to as ***taa' shaa'bikeigo***

The sense of relief through offerings, songs, oral stories, and language (prevention)

Psychological

*Adjusting, coping, nightmares, anxiety, thought patterns*

Physiological complication will need ceremonial healing

\*Dine' language and ceremonial philosophy generates the understanding or connection. This is the Uniqueness of Dine' ceremonial healing.

**PTSD** – *HBP, muscle tension, nausea, joint pain, headaches, body pains*

\*Dine' philosophy is *Esoteric philosophy and debate*