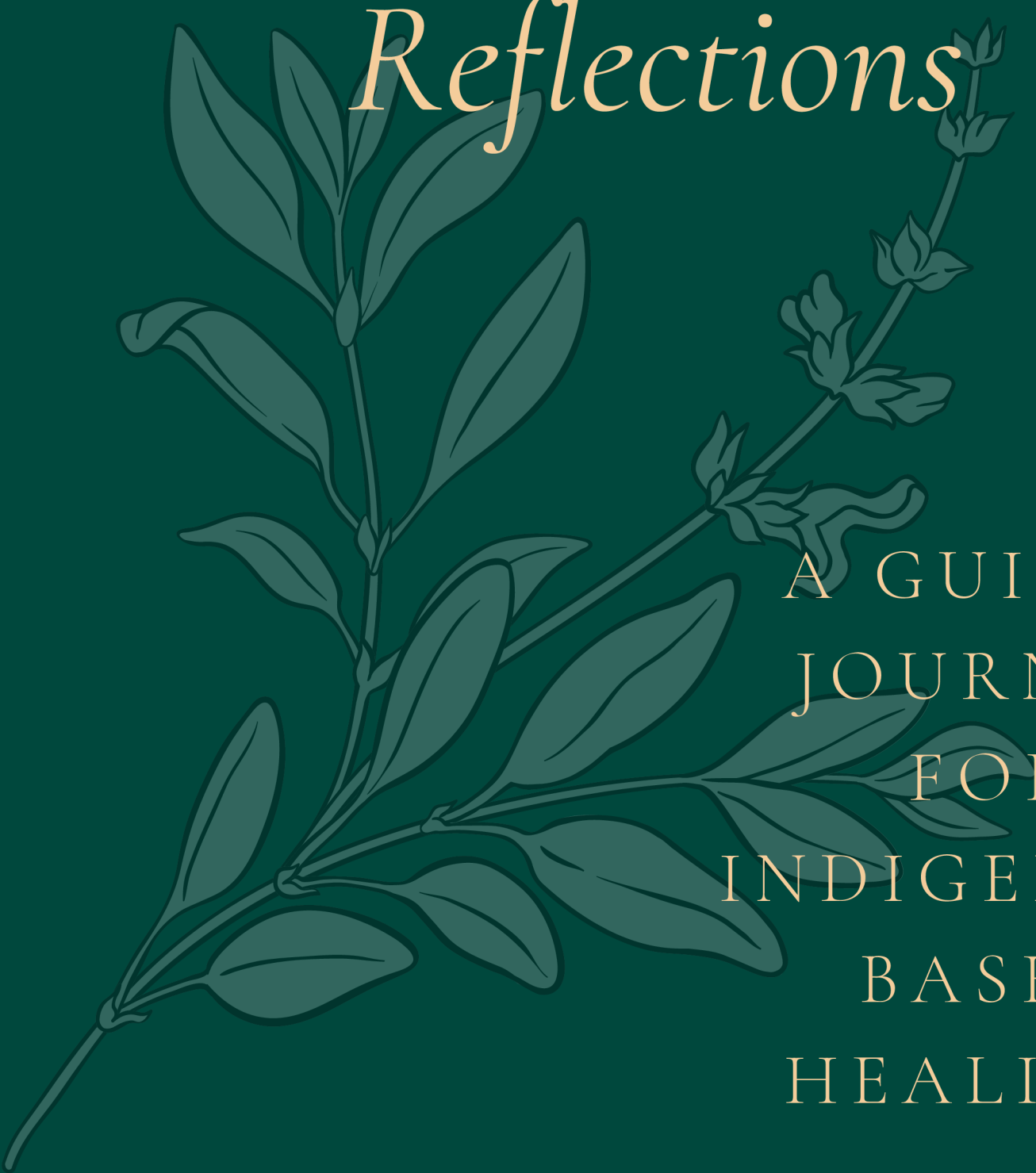


*Pass the Sage:*

*Roots &*

*Reflections*



A GUIDED  
JOURNAL  
FOR  
INDIGENOUS  
BASED  
HEALING

# A Guided Journal for Healing Through Story

Our stories are medicine.

They carry our history, our teachings, our grief, our laughter, and our resilience. Writing them down is more than putting words on paper — it's ceremony. It is a way to honor those who came before us, and a way to clear a path for those who will come after.

When we reflect, we grow. Every page you fill here is an act of reclaiming voice and grounding yourself in who you are.

This journal invites you to take your time. Light your medicines if you wish — sage, sweetgrass, cedar, tobacco — breathe deeply, and let yourself arrive fully.

Your words are powerful. Even if you never share them, they hold medicine for you.

Please reach out to someone you trust or connect with these resources:

- Hope for Wellness Helpline (Canada): 1-855-242-3310 or [hopeforwellness.ca](https://hopeforwellness.ca) (available 24/7, with phone and chat support in English, French, Cree, Ojibway, and Inuktitut)
- Talk4Healing (Ontario-based, for Indigenous women): 1-855-554-4325 or [talk4healing.com](https://talk4healing.com)
- Kids Help Phone (for youth across Canada): 1-800-668-6868 or text CONNECT to 686868.

DATE:    /    /

# Healing Through Reflection

Take a moment to breathe.

If you have medicines — sage, cedar, sweetgrass, or tobacco — you may burn them now to invite calm and clarity.

Close your eyes, place your feet on the ground, and centre yourself.

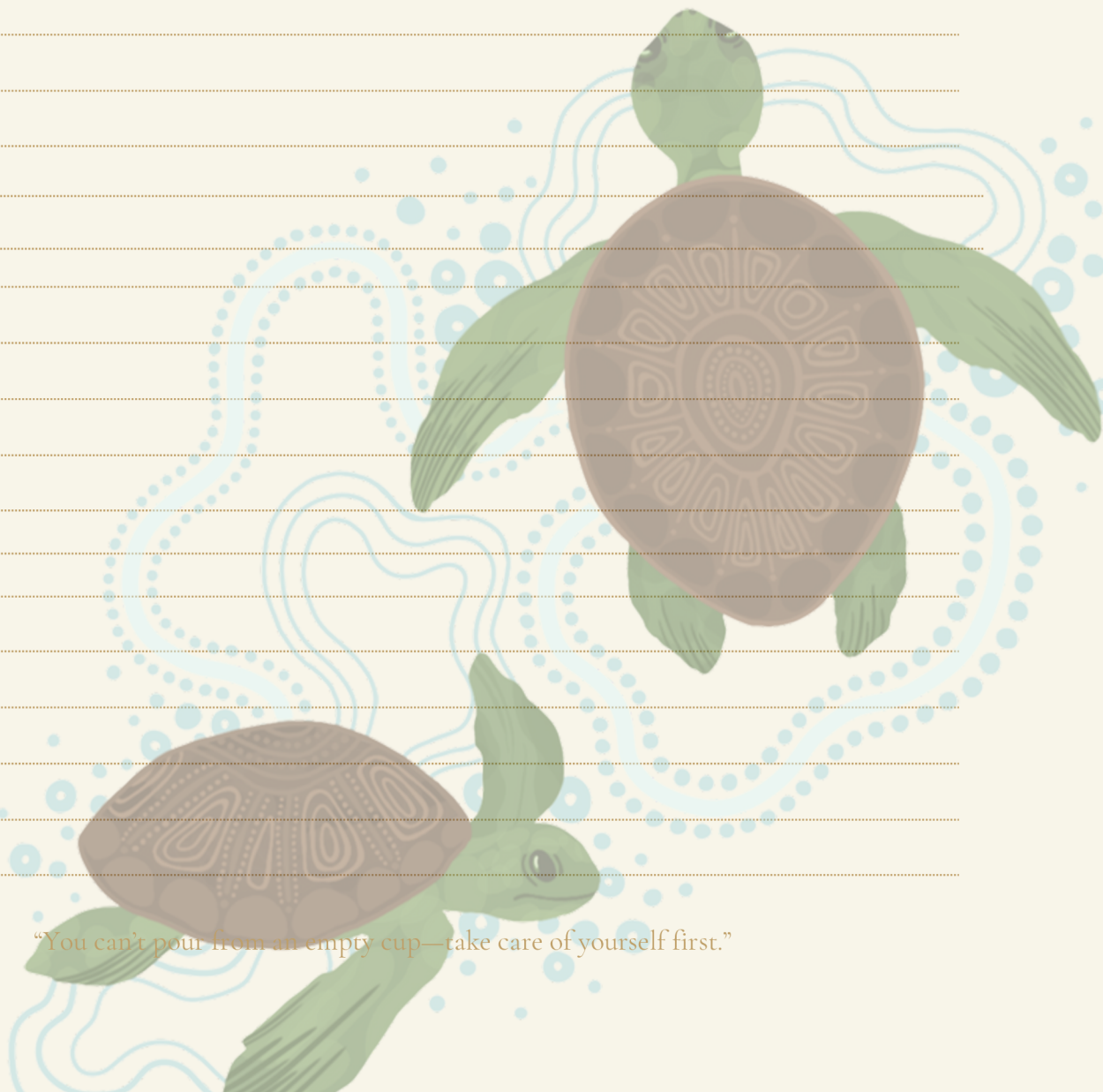
Know that you can pause or step away at any time.

This is your space, your pace.

Remember: your story is powerful because it's yours.

Describe a time you felt deeply connected to the land or water. What did that connection give you?

Handwriting practice lines (dotted lines) for writing the response.

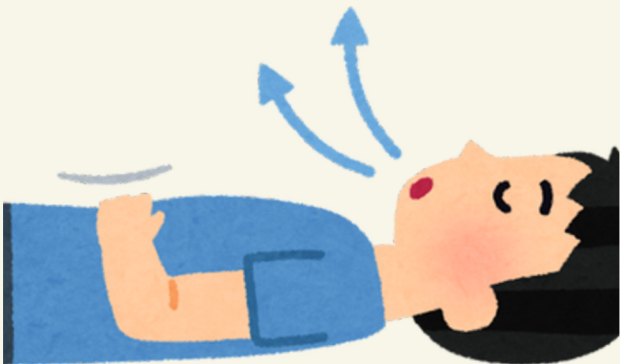


“You can’t pour from an empty cup—take care of yourself first.”





# Breathing Exercise



## Four Sacred Breaths

- Inhale slowly through your nose for a count of 4, imagining you are breathing in the strength of the four directions.
- Hold your breath gently for 4, letting that strength settle in your body.
- Exhale through your mouth for 4, releasing any heaviness or worry.
- Pause for 4 before the next inhale, giving thanks for the breath that carries you.

(Repeat this cycle 4 times, honouring the number four — the directions, the seasons, the stages of life.)

DATE:    /    /

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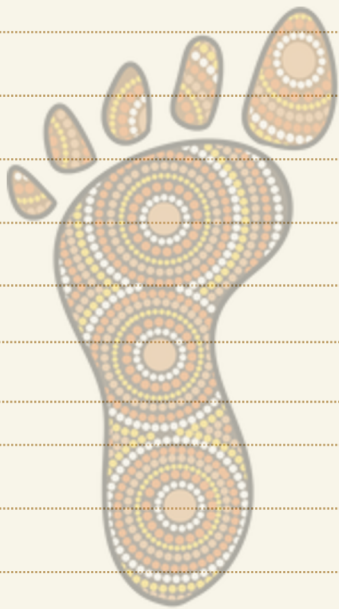
Close your eyes, place your feet on the ground, and centre yourself.

Know that you can pause or step away at any time.

This is your space, your pace.

Remember: your story is powerful because it's yours.

What stereotypes or judgments have you had to carry? How did you rise or cope above them?



“You can’t pour from an empty cup—take care of yourself first.”

DATE:    /    /

# Healing Through Reflection

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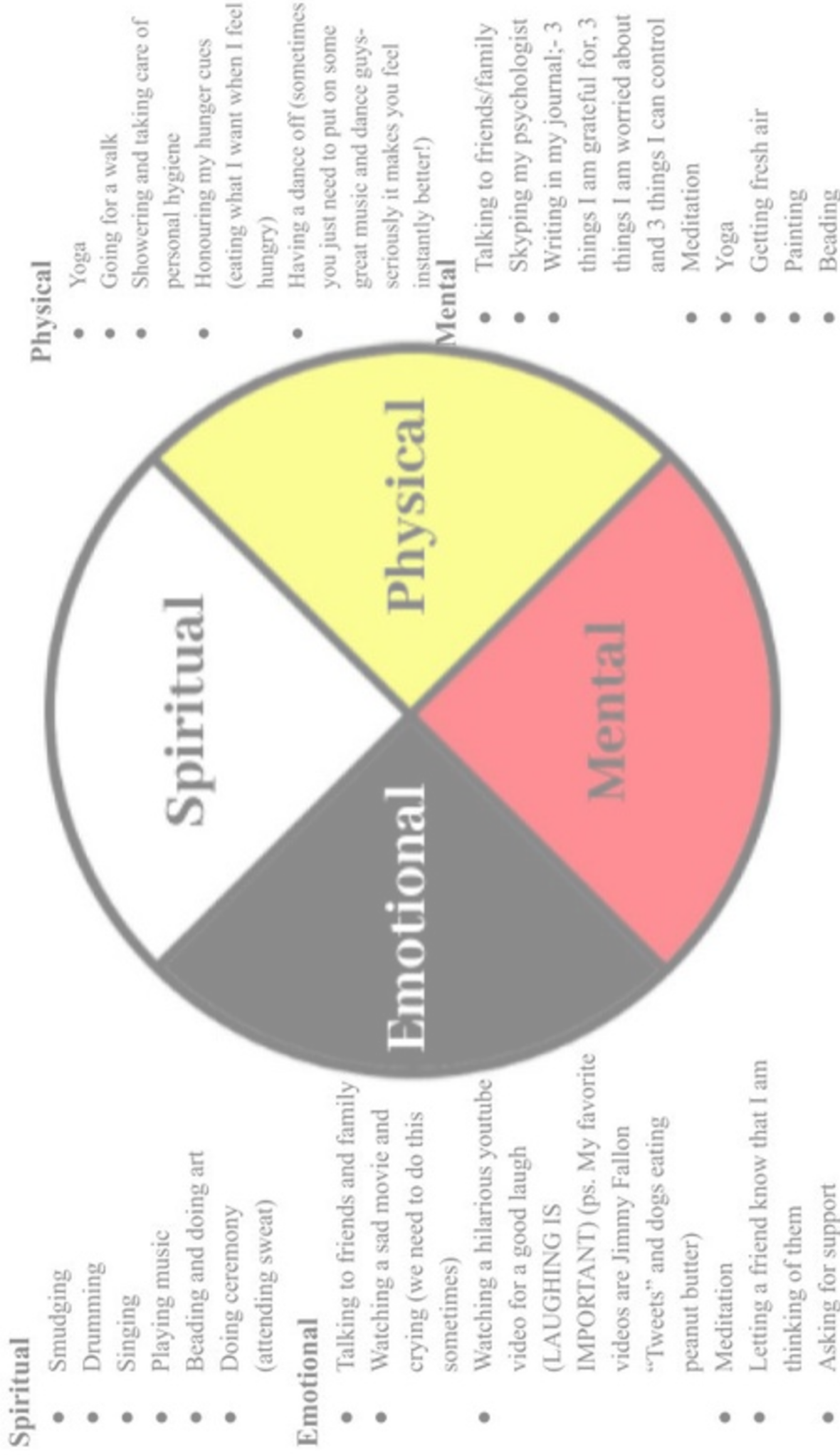
Remember: your story is powerful because it's yours.

What is your dream for Indigenous youth or future generations?



“You can’t pour from an empty cup—take care of yourself first.”

# MEDICINE WHEEL



DATE:    /    /

# Healing Through Reflection

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Close your eyes, place your feet on the ground, and centre yourself.

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Remember: your story is powerful because it's yours.

What is a sound, smell, or taste that brings you back to childhood instantly?

Handwriting practice lines (dotted lines) for reflection.



“You can’t pour from an empty cup—take care of yourself first.”



DATE:    /    /

# Healing Through Reflection

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Remember: your story is powerful because it's yours.

How do you balance your Indigenous identity with the western world you live in?



# The Seven Grandfather Teachings

## Humility – Wolf (Ma'iingan)

recognizing oneself as a sacred part of creation, equal to others and not superior.



humility

## Truth – Turtle (Mikinak)

The turtle carries the Earth on its back and teaches us that truth is eternal. To live in truth is to embody all of the other teachings together.



truth

## Bravery / Courage – Bear (Makwa)

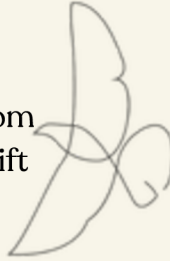
The bear shows bravery in protecting its young and standing strong. It teaches us to have the courage to face our fears



courage

## Love – Eagle (Migizi)

The eagle flies closest to the Creator and sees life from all directions. It teaches us that love is the highest gift and is at the centre of all teachings.



love

## Respect – Buffalo (Mashkode-Bizhiki)

The buffalo gave every part of itself so the people could live. It teaches us respect through giving and honoring balance with the land.



respect

## Wisdom – Beaver (Amik)

The beaver uses its gifts to build and shape the world around it. It teaches us to use our own talents for the good of the community.



wisdom

## Honesty – Sabe (also called Sasquatch/Bigfoot)

The Sabe teaches us to walk tall and true, living honestly with ourselves and others. It reminds us to never try to be something we are not.



honesty

The Seven Grandfather Teachings are sacred guiding principles carried by the Anishinaabe, including the Algonquin people. They remind us how to live in balance

DATE:    /    /

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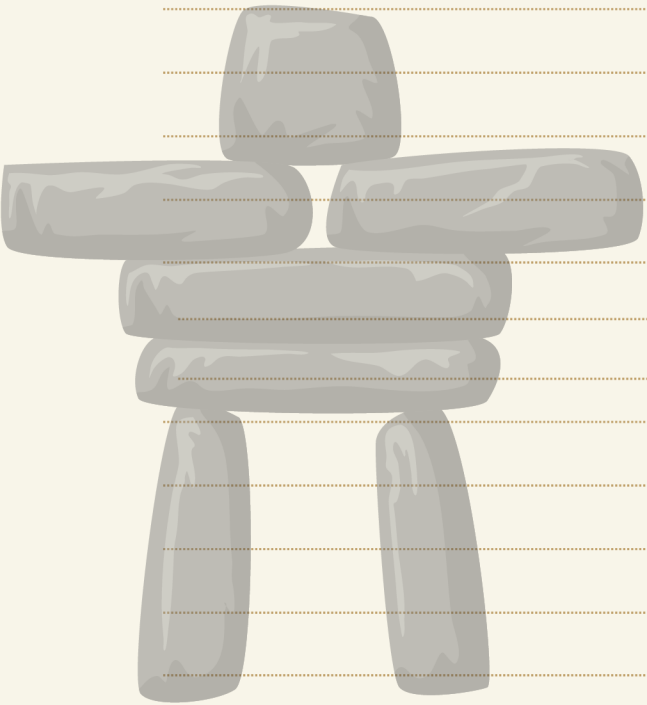
Close your eyes, place your feet on the ground, and centre yourself.

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Remember: your story is powerful because it's yours.

Think about your proudest moment, reflect on it and how proud your ancestors would be - write them a short letter about the experience



“You can’t pour from an empty cup—take care of yourself first.”

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Remember: your story is powerful because it's yours.

Write about a cycle (addiction, silence, hardship) you are working to break in  
your family or community.

Handwriting practice lines (dotted lines) for writing.



“You can’t pour from an empty cup—take care of yourself first.”

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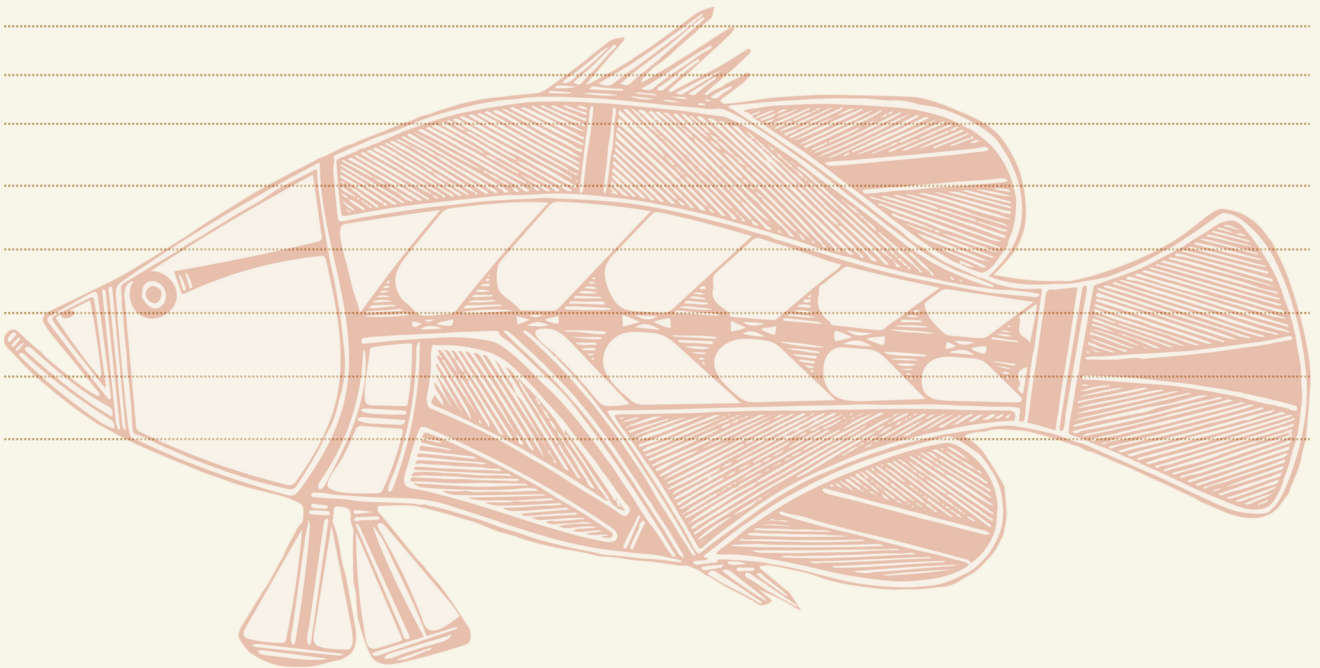
Close your eyes, place your feet on the ground, and centre yourself.

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Remember: your story is powerful because it's yours.

Write about something you feel was taken from you as a child.





DATE:     /     /

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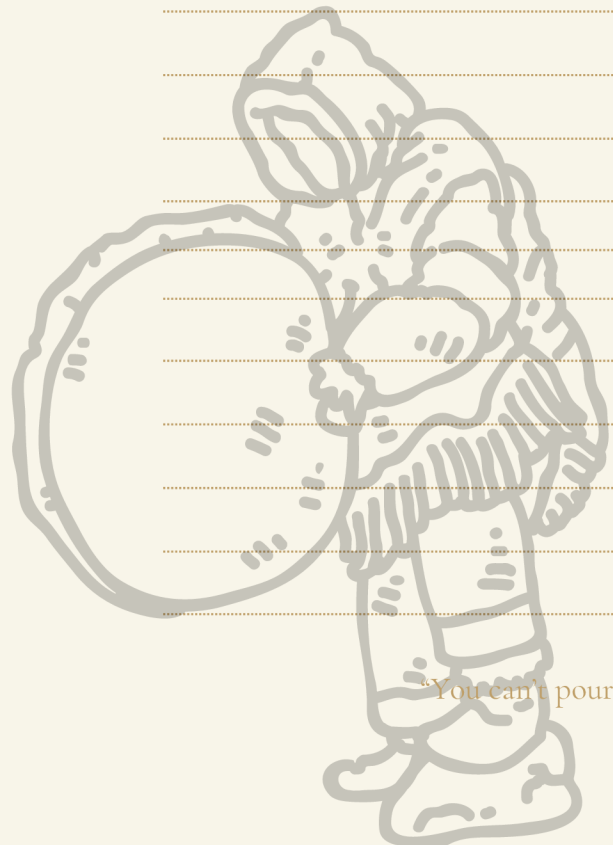
Close your eyes, place your feet on the ground, and centre yourself.

Know that you can pause or step away at any time.

This is your space, your pace.

Remember: your story is powerful because it's yours.

What harmful patterns keep repeating in your life or family? What are things you can do to stop these generational curses.

A faint, stylized illustration of a person's head and shoulders, rendered in a sketchy, line-art style, positioned in the bottom left corner of the page. The drawing is light gray and shows a person with short, curly hair, looking slightly to the right. The style is reminiscent of a quick sketch or a doodle.

"You can't pour from an empty cup—take care of yourself first."

# Land Connection Walk



The land is medicine. When we slow down and walk with awareness, we connect to the spirit of the earth and to ourselves.

## How to Begin:

Find a safe place outside – it can be in the forest, near water, on a trail, or even your own yard. (Grass is best)

Walk slowly. Breathe deeply. Let your steps be gentle.

## During Your Walk

Notice with all of your senses:

What do you hear? (birds, wind, water, voices of the land)

What do you see? (trees, sky, small details you might usually miss)

What do you smell? (earth, leaves, smoke, flowers, air)

What do you feel? (the ground beneath your feet, the temperature on your skin)

## Gathering

If something calls to you – a stone, pinecone, feather, or leaf – pick it up respectfully. Carry it with care as a reminder of your walk.

## Reflection

When you return, sit with what you gathered (or simply the memory of your walk). Write in your journal:

What did I notice today that I usually overlook?

What message did the land give me?

How did I feel before the walk? How do I feel now?

DATE:    /    /

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Remember: your story is powerful because it's yours.

What did you need most as a child that you didn't always get?



“You can’t pour from an empty cup—take care of yourself first.”

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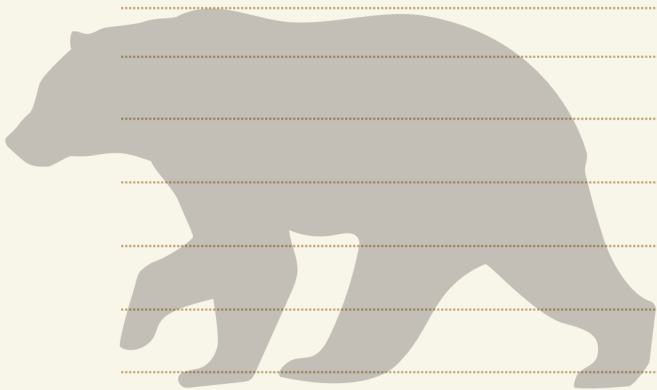
Close your eyes, place your feet on the ground, and centre yourself.

Know that you can pause or step away at any time.

This is your space, your pace.

Remember: your story is powerful because it's yours.

What part of my story is hardest to speak out loud?



“You can’t pour from an empty cup—take care of yourself first.”

# **How Am I Feeling Today?**

**Take a moment to check in with yourself. Circle as many words as you need – your feelings can change and overlap, and that's okay.**

Happy	Quiet	Heavy
Hopeful	Thoughtful	Angry
Peaceful	Curious	Anxious
Loved	Distraught	Lost
Strong	Restless	Proud
Connected	Unsure	Strong
Grateful	Overwhelmed	Inspired
Sad	Numb	Connected
Tired	Stuck	Afraid
Lonely	Distracted	Peaceful

## **Reflection:**

- Why do I feel this way today?
- What can I do to take care of myself right now?



DATE:    /    /

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Remember: your story is powerful because it's yours.

How do the seasons affect your spirit?

A series of horizontal dotted lines for writing, with a faint background illustration of a horse and a watercolor wash.

“You can’t pour from an empty cup—take care of yourself first.”

DATE:    /    /

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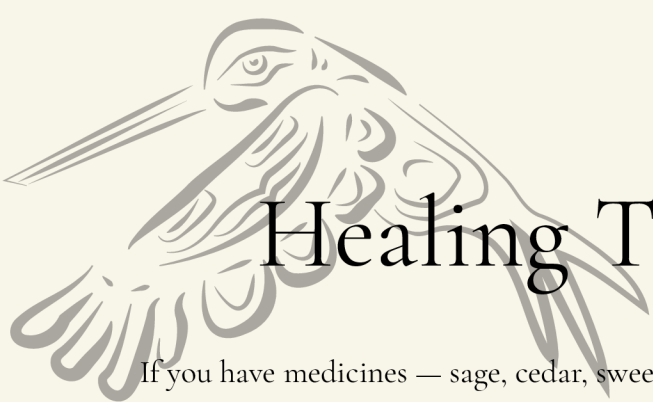
This is your space, your pace.

Remember: your story is powerful because it's yours.

Think about 3 goals you'd like to achieve and write down 2-3 points about how you can reach them.

Handwriting practice lines (dotted lines) overlaid on a background illustration of two blue whales swimming in water, with a large light blue sun or moon in the background.

“You can’t pour from an empty cup—take care of yourself first.”



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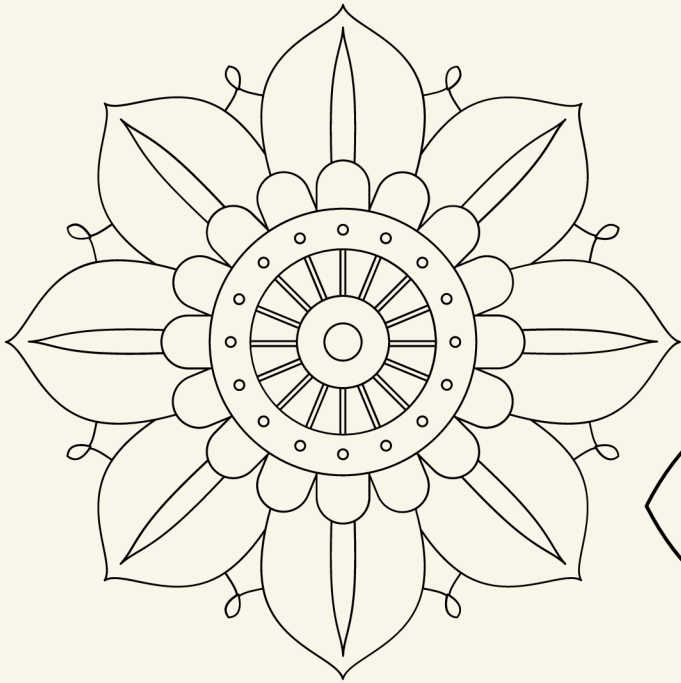
Remember: your story is powerful because it's yours.

Was there ever a time you felt ashamed to speak or not speak your language? What did that experience teach you?

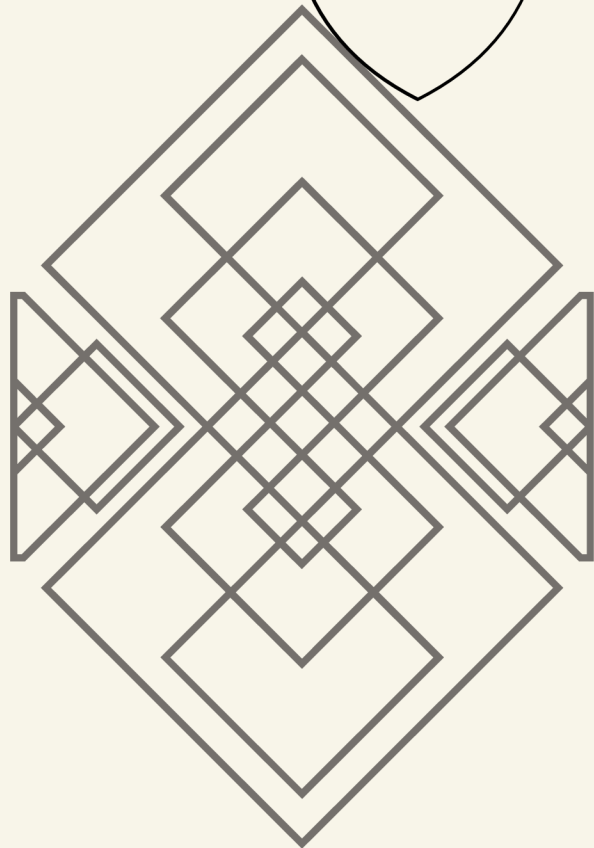
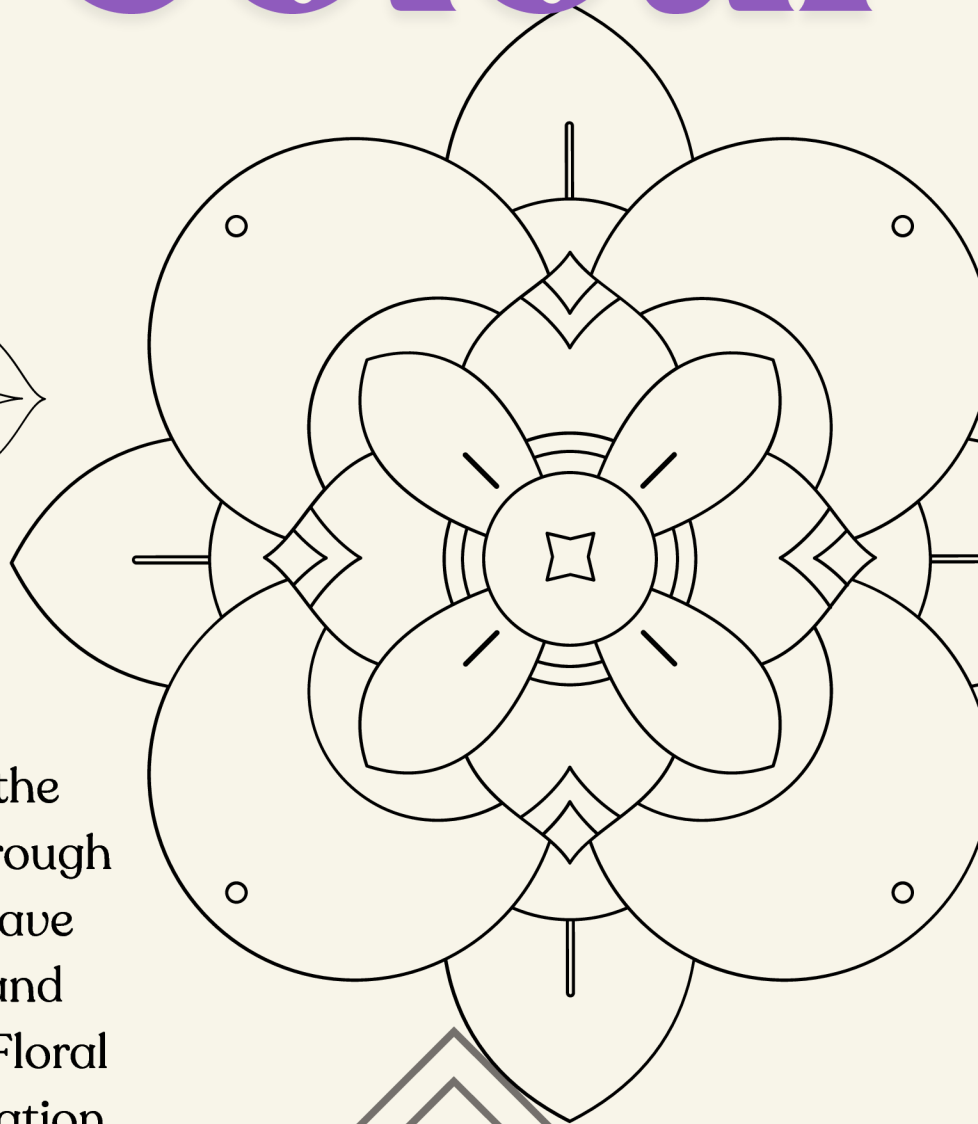
A series of horizontal dotted lines for writing.

“You can’t pour from an empty cup—take care of yourself first.”

# Let's Colour



The Métis are often called the Flower Beadwork People. Through their beadwork, the Métis have carried beauty, resilience, and identity across generations. Floral designs are more than decoration – they are stories stitched in thread, prayers sewn into cloth, and connections to the land, as each flower reflects the medicines and plants around us. This page is here for you to honour that creativity. Colour it in your own way, or design your own beadwork-inspired pattern in the space around it



DATE:   /   /

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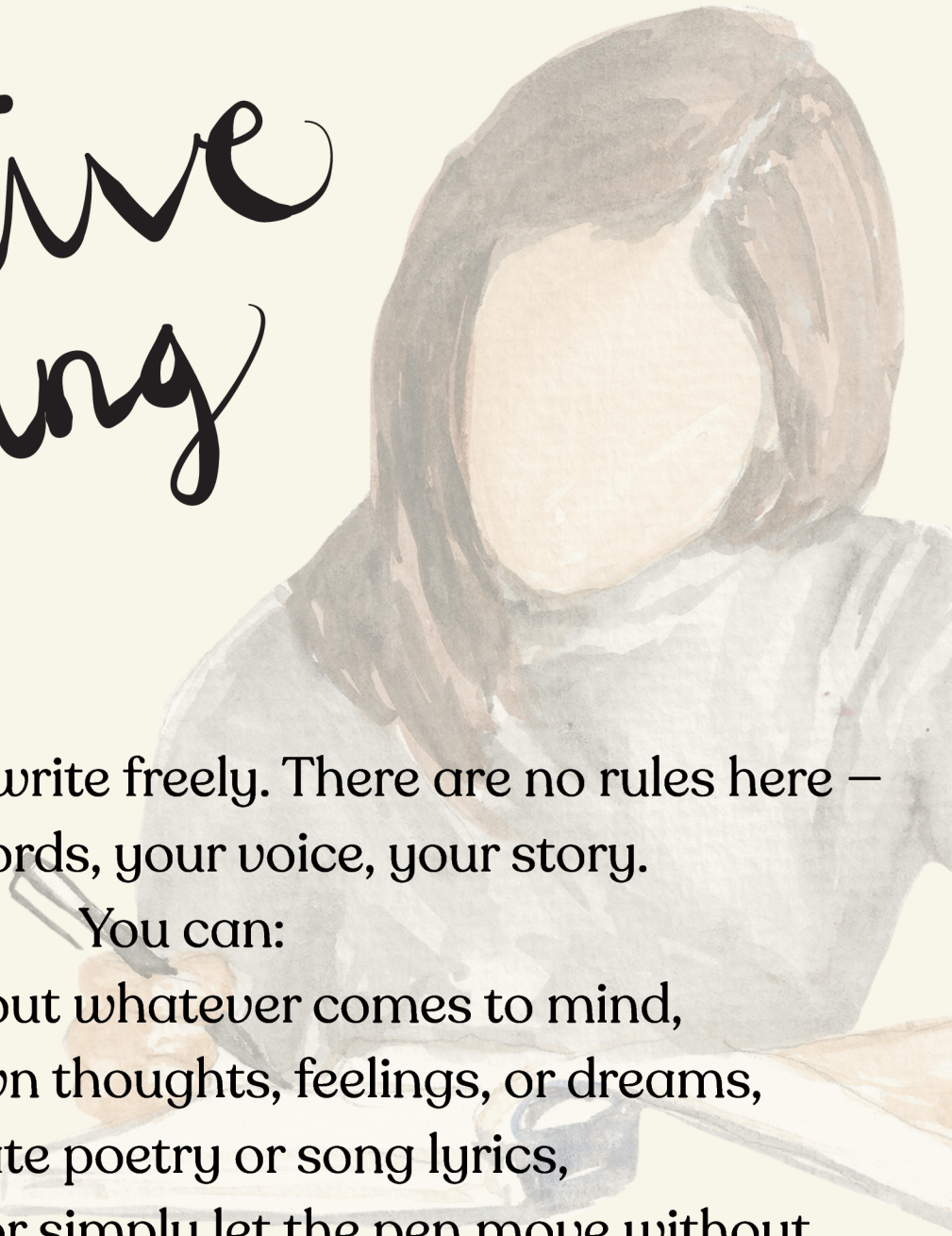
Write a short letter to your younger self - what would you tell them?



“You can’t pour from an empty cup—take care of yourself first.”



# Creative Writing



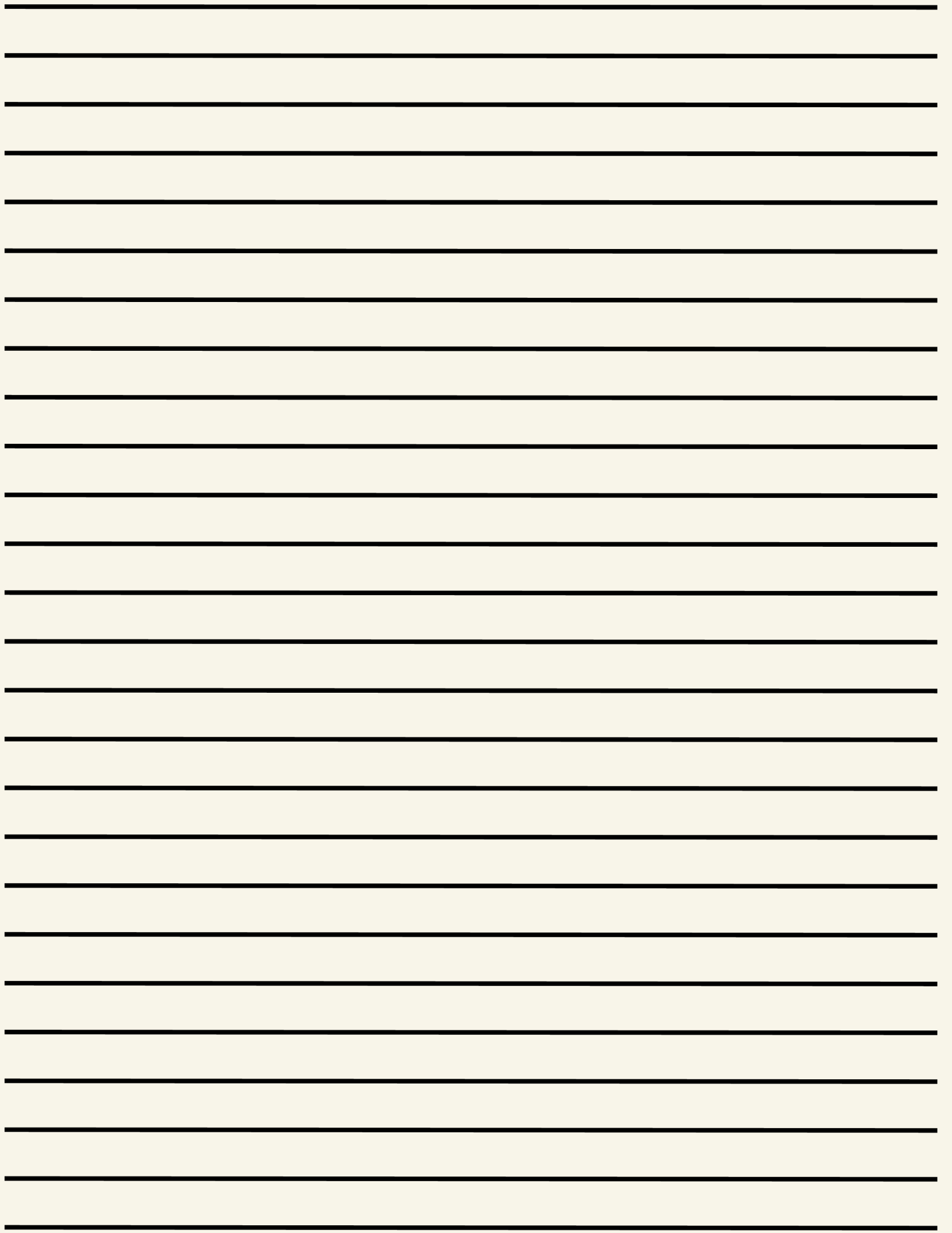
This is your space to write freely. There are no rules here – just your words, your voice, your story.

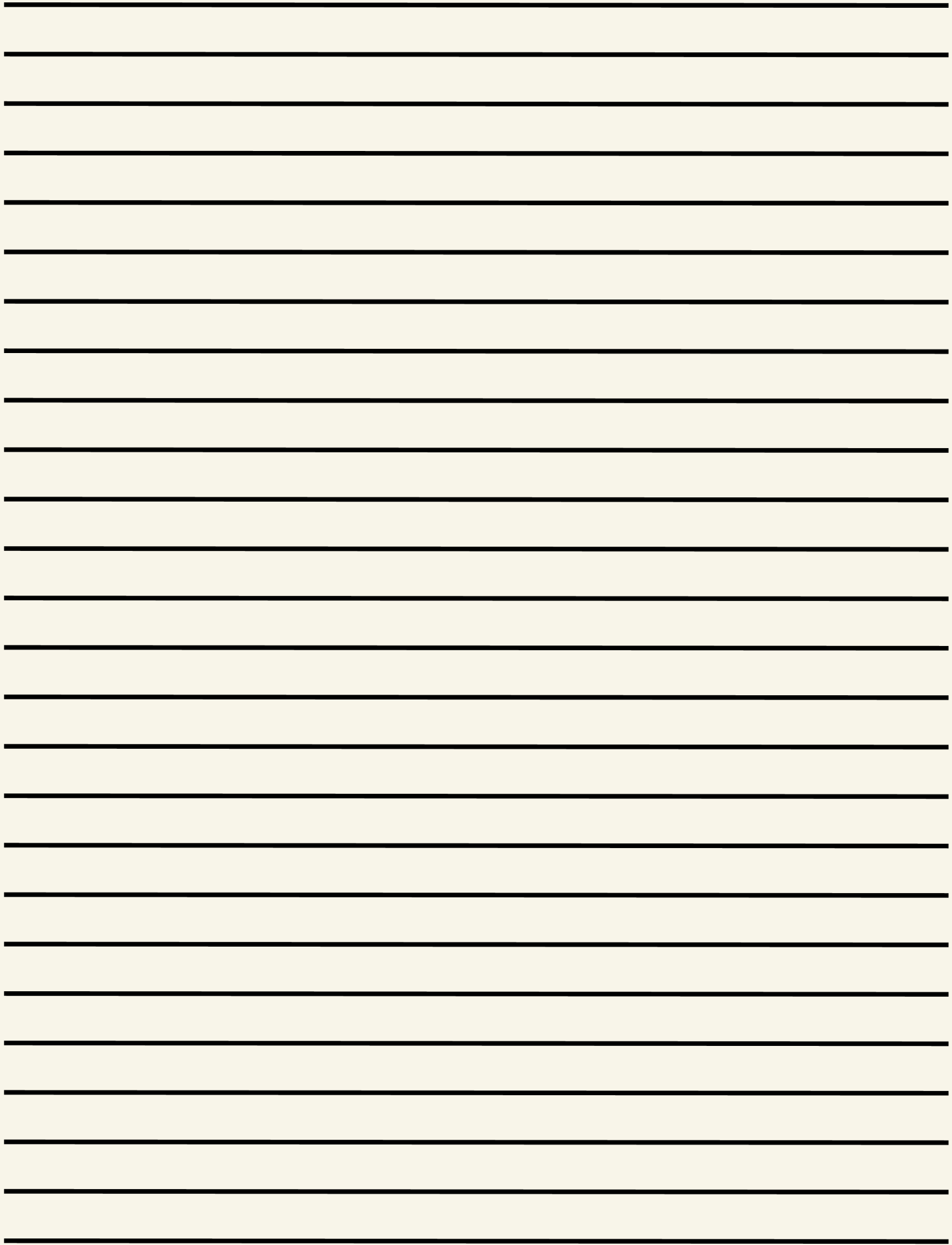
You can:

- Write about whatever comes to mind,
- Scribble down thoughts, feelings, or dreams,
- Create poetry or song lyrics,
- Start a story, or simply let the pen move without overthinking.

Don't worry about spelling, grammar, or making it "perfect." The goal is to let your creativity flow. Sometimes the most healing words come when we stop trying and just write from the heart.

Get started in the next page!





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Remember: your story is powerful because it's yours.

Write about someone in your family who shaped you — in good or  
hard ways

“You can’t pour from an empty cup—take care of yourself first.”

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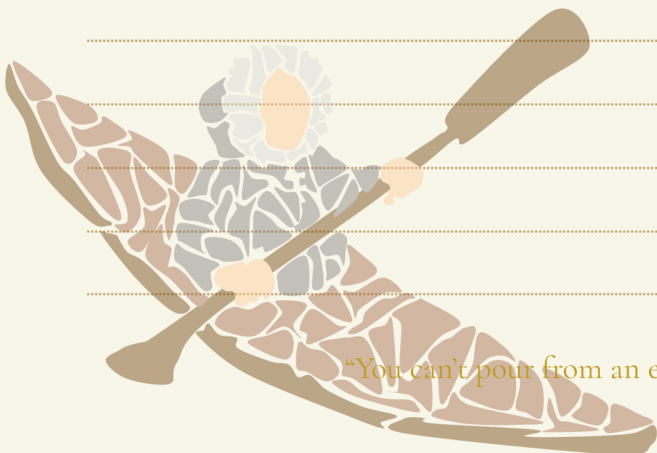
Close your eyes, place your feet on the ground, and centre yourself.

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This is your space, your pace.

Remember: your story is powerful because it's yours.

Did you ever hide parts of who you were as an Indigenous person in order to fit in? What did you hide, and how did it feel?



“You can’t pour from an empty cup—take care of yourself first.”

# **Ice & Water Grounding**

For Inuit, cold and ice have always been a way of life.

Generations have learned to live with the land and sea in the Arctic, finding strength, patience, and resilience in some of the harshest conditions on earth. Cold is not only about survival – it can also bring calm, focus, and renewal.

Today, even science supports what many Indigenous peoples have always known: immersing yourself in cold water can help the body settle, slow the heartbeat, and ease the mind. Cold water activates the body's natural calming system, reminding us that we can be strong even in difficult moments.

## **Activity: Calming with Cold**

1. Fill a small bowl with cold water. Add a few ice cubes if you have them.
2. Sit somewhere comfortable. Place your hands into the water, or gently dip your face into the bowl.
3. Inhale deeply through your nose for a count of 4.
4. Hold your breath for 4.
5. Exhale slowly through your mouth, releasing tension.
6. Repeat 3–4 times, noticing how your body softens and your thoughts become lighter.



DATE:    /    /

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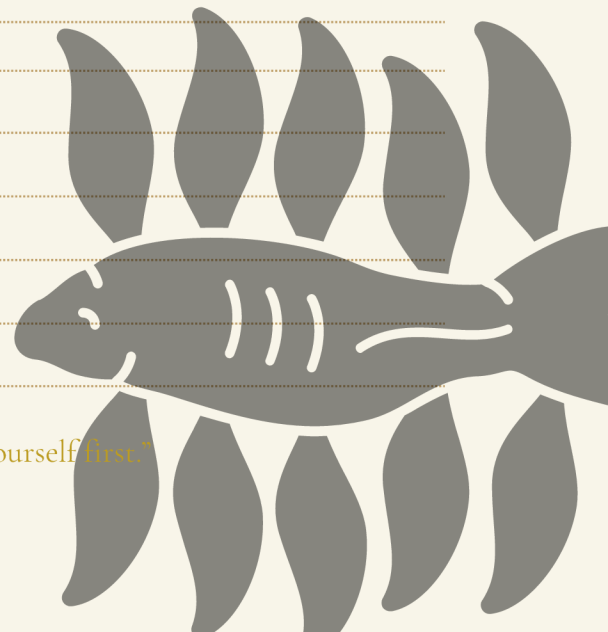
Know that you can pause or step away at any time.

This is your space, your pace.

Remember: your story is powerful because it's yours.

Write a thank-you letter to yourself for showing up, for surviving,  
and for continuing to grow.

A series of horizontal dotted lines for writing a thank-you letter.



“You can’t pour from an empty cup—take care of yourself first.”



DATE:    /    /

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Remember: your story is powerful because it's yours.

What teaching, story, or lesson do you want to carry with you long  
after finishing this journal?



“You can’t pour from an empty cup—take care of yourself first.”

## **Thank You for Walking This Journey**

Miigwetch for taking the time to write, reflect, and carry your story in these pages. Healing through storytelling and creativity is the heart of Pass the Sage. Every word you've written or thought is part of a larger movement – one of resilience, connection, and Indigenous voices rising.

My name is Tessa Belanger, creator of Pass the Sage. This project began as a way to gather our stories, honour our truths, and create space for healing through creative expression. It has since grown into a book, workshops, and now this guided journal – all meant to remind us that our voices matter and our stories carry medicine.

If you'd like to stay connected, learn more about upcoming projects, or share your journey, visit my website:

[www.passthesage.com](http://www.passthesage.com)

Your story matters. Your healing matters. Thank you for being part of Pass the Sage.

Like a circle, this journey has no real ending. Each word you wrote here is part of a bigger story – your story. When you close this journal, you carry the circle with you: of healing, of our ancestors, and of community. This is not the end, it is another beginning.



[passthesagee@gmail.com](mailto:passthesagee@gmail.com)