

Welbriety Movement

The 4 Laws of Change

1. Change is from within
2. No Vision, No Development
3. A great Learning Must Occur
4. You must create a healing forest

What is VISION?

- Principles
- Values
- Laws

What Reality is at the root of:

- Alcoholism
- Mental Illness
- Suicide
- Sexual Abuse
- Violence
- Addictions: Meth, Heroin, Prescription Drugs, Alcohol
- Missing/Murdered Women
- FAS
- Child Abuse

Roots :

- Anger
- Guilt
- Shame
- Fear

Ticket:

Welcomed Sobriety Circle clients this morning and opened session with the Serenity prayer. Introduced the Native American version of the 12 Steps known as Welbriety. Discussed with examples from clients of the meaning of vision, principles, values, laws that guide a people. Examples from teaching children the family traditions, guiding principles, etc. given and affirmed by clients. Discussed how these traditions, guiding principles, values, etc. are lost when a person becomes addicted. Talked with clients how the 12 Steps of Welbriety reconnect us to:

1. The Creator
2. Ourselves
3. Our Relationships
4. The Wider Community.

Closed session with a discussion of the principles we are called to seek with each of these 4 reconnections.

Plan:

- Begin Step 1 of the 12 Step Welbriety.
- Encourage honest sharing and understanding of each other.

client attentive and able to participate in group discussion.