



Healing Colonial Legacies: Reconnecting with Personal and Land-Based Histories

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with Deana Dartt, Heron Brae and Nancy Morris-Judd
August 31-Sept 4, 2026

Dear Participants,

Welcome to Healing Colonial Legacies: Reconnecting with Personal and Land-Based Histories. We are delighted to have you join us from August 31-Sept 4, 2026 for this transformative five-day workshop at Ghost Ranch, concluding with the Robin Wall Kimmerer presentation on Sept 5th, 2026. We, your dedicated facilitators—Deana Dartt, Heron Brae, and Nancy Morris-Judd—are eager to guide you through this immersive experience.

This workshop is designed as a practical journey of empathy for self, the land, and the people of the land. Our work is rooted in the principles of applied decolonization, which challenge us to unsettle colonial worldviews, renew Indigenous thinking and values, and root this new understanding into practice. We will utilize principles outlined in Robin Wall Kimmerer's *The Serviceberry* to provide a lens into Native values and goals as well as modalities such as cultural mapping, mindful practices, and intention setting.



Through hands-on, heartfelt work, we will create an “empathy journal,” deepen our connection to place using all our senses, and engage in vital community dialogue.

We will begin by establishing a supportive environment and the groundwork for emotional safety, sharing our introductions and intentions as we set the foundation for our foundational practices. We are honored to welcome Moises Gonzales (Genizaro) and Johnny Valdez (Southern Ute) to the workshop. They will share stories of their deep connection to the land and discuss the impacts of human and environmental disruptions.

Our journey will then lead us to map our own histories, exploring how ancestral knowledge, trauma, and belonging have shaped who we are today. This will prompt a consideration of how we can find our way back home to ourselves and our communities. Our time together will culminate in integrating these experiences to contemplate right action and allyship, focusing on authentic engagement with ourselves, Native communities, and the earth. You will leave with practical tools and frameworks for personal and community healing and a renewed connection to the land and its original and continued stewards.

We have intentionally crafted a schedule that is light yet immersive. We will meet for 3-4 hours each morning and 2 hours in the evenings, allowing you the remainder of the day to relax, enjoy the land on your own time, and follow your own inspirations. We look forward to sharing this time and these new connections with you.



LIST OF SUPPLIES FOR PARTICIPANTS TO BRING

- Copy of *The Serviceberry* by Robin Wall Kimmerer (and need to read in advance of the workshop)
- Any personal items that you need to be comfortable for outdoor activities of light walking or sitting on the ground (good shoes, something to sit on if desired, sun protection, etc.)
- (Optional) family history materials: copies of photos, stories, images, genealogy trees, maps, etc. We will be looking at our own stories in this healing context, and if you want any materials to use for your creative process as we develop a journal, please take a moment to think ahead about this. Of course, just working with your creativity in the moment and not bringing these things is completely fine. Not everyone has these materials, and also for some people, you may find them distracting. We trust that you will use what is useful to you.
- (Optional) Your favorite art supplies. We will provide materials for making a journal, collaging, and drawing. However, if you have tools you love to work with, you may bring your own. Also, there will be time for journaling outside of class, and your personal tools may be of value to you then.
- An object that represents your connection to the land you feel you belong to.
- An object that represents your connection to your ancestral lands (if different from where you feel you belong to). This is very open to your interpretation.



We look forward to sharing this journey with you.

With warm regards,

Deana, Heron, and Nancy

Workshop Itinerary:

DAY 1 EVENING, August 31, approx. 7-9 PM: Introductions and journal-making workshop

- Facilitators: Deana Dartt, Heron Brae, Nancy Morris-Judd
- Description: This first session will be focussed on:
 - Program and participant introductions, intention and goal setting, and the creation of our empathy altar
 - Discuss the “empathy journal” to be used throughout the week to record learnings, thoughts and reflections.
 - Explore the gift economy principles

Day 2 MORNING, Sept 1 approx. 8-12: Respect and Empathy for the Land

- Facilitators: Deana Dartt, Heron Brae, Nancy Morris-Judd
- Description: Discussion of our connections to each other, to the land, and the legacy of colonialism to explore the deep need for healing.
 - Facilitators will introduce the concept of “decolonization” and the role of empathy in that work as well as how both are needed and interdependent.
 - We will explore these concepts as they relate to the land through story as well as direct sensory perceptions and intuition.

Day 2 EVENING, Sept 1, approx. 7-9 PM: Nature as Relative

- No Facilitation
- Mindfulness walk/hike and reflection

Day 3 MORNING, Sept 2, approx. 8-12: Respect and Empathy for the People of the Land

- Facilitators: Moises Gonzalez (Genizaro), Johnny Valdez (Southern Ute), Mary Weahkee (Santa Clara Pueblo/Apache) with support from Deana Dartt and Heron Brae
- Description: Day three will feature local, cultural ambassadors in a panel and discussion that explores the histories and cultures of the Ghost Ranch region, with ample time for open dialogue with participants. We will spend much of this session discussing Native connections with the land and community as the sustainer of life.



- o Lunch with Tribal representatives
- o Facilitators will pose questions for work in empathy journals.

Day 3 EVENING, Sept 2, approx. 7-9 PM: Sharing and Mindfulness Practice

- o Optional listening circle to support integration of morning session with the Cultural Ambassadors: Reckoning with and active healing of historic trauma
- o Unfacilitated mindfulness activity and prompts for journaling

Day 4 MORNING, Sept 3 (approx. 8-12): Cultural Mapping and Empathy for the Self

- o Day four we will explore community, familial, and personal experiences with disconnection in the forms of historic trauma and grief, while reaching for the resilience and strengths in our lineages.
- o Facilitators will introduce tools for developing deeper ancestral connections—and lead group work for participants to delve into their own ancestral stories with self empathy.

Day 4 EVENING, Sept 3, approx. 7-9 PM: Ancestral Healing Sharing

- o Sharing ancestral stories, processing the work of cultural mapping

Day 5 MORNING, Sept 4 (approx. 8-12): Integration and Action

- Description: Day five is about weaving these strands together.
 - o Together we will support personal strategies for nurturing belonging through our connections to land, culture, and community.
 - o Conclusion & Closing

Day 6, Sept 5: Robin Wall Kimmerer Presentation

- 10:00 am Workshop #1 The Serviceberry
- 1:30 pm: Workshop #2 Moving Beyond Gratitude: What it means and what it takes to create a world where we all truly belong to each other and the Earth
- 7:00 pm: Book signing and final reception

Day 7, Sept 6: Check out & Departure