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**Author(s):** Dr. Apela Colorado, Busaba, and Martina

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## THE TRADITIONAL KNOWLEDGE PROCESS

A Review by Apela, Busaba and Martina  
July 28 and 29, Lahaina, Maui, Hawaii  
Lunar Eclipse

Working Title: **HOW TWO DRAGONS DANCE TOGETHER**, the beauty of opposition.

### **Process:**

Paradoxical. Frustration if we try to direct. If I want to scream, the scream doesn't come.

I laugh and begin to cry.

TKN and RIM died at the Shadows during the student "evaluation." At that moment the Program began to live. Esther acknowledged the students and said she would teach her songs to them. Was the "death" being released by the CIIS admin.? Termination didn't formally happen for nearly a year.

### **Dreams/Visions:**

Dreams end. What's the process? Of death?  
Who knows when to let go? How?  
In English, the word "dead" has no movement. In our process we have movement even though it has been a death. Movement because energy is involved.

This is what connects the two opposites, the energy of movement.

### **Right Movement or Message of the Mask**

Symbols of the process. Have to die to begin. Walk through the darkness with new eyes to see through to the light. In the old way of thinking, going back or into the darkness makes me want to run away in fear. But the darkness has a message for us to learn. If we refuse to enter the darkness, the Shadow returns each time with more fear because we have lost to it before. Now we need to look back into it for the light which is the starting point! As an individual this process applies. That's how students arrived. The darkness has to be through ME, how I am. We feel the connection to self and others in the darkness and think beyond individualistic thinking. I

perceive the whole (how opposites can integrate, the individual and whole of self/others.)

Traditional Example: The Story of Raven and the Light teaches the negativity of light, it separates and differentiates.

We live our lives in a separate way because we don't want to embrace the darkness. I see that center of peace in my screaming.

### **How Do We Know We Are In The Darkness?**

Never get my way, feels like I am losing everything because we can't see! We must be prepared for the bucket dropping on our head! "I can't believe I'm having so much bad luck!"

Admitting my darkness, i.e., I don't know if I would like to work with Apela. Is what creates the opening.

Each person is a mask and is a part of a greater mask being formed.

There is tremendous fear and worry. Trying to see in the darkness we notice other sets of eyes looking back! That's what makes us want to run away in fear!

### **How Do We Know When We Have Learned The Lesson of Darkness?**

Don't know when and how it changed but we are brought to a new consciousness through chaos. If you're not afraid you can come close to movement.

We have to experience the opposite energies. Western rational and religious thought stresses the Light.

Gays are born with the 2 dragons together. Slowly heterosexuals have to realize that being whole requires both qualities joined. Yet the boundary doesn't exist. It's a paradox. We don't know how to weave the 2 dragons together. TKN teaches us, i.e., at the beginning we chased away the White students but they kept following us. The more we ran the more they chased!

Brian represented the warrior and observed that we have to acknowledge the existence of the while world in us as individuals and communities.

In the Lua Lyons teaches movement in darkness, survival skills. Lua can be a starting point that we can then explore from our own traditions.

Going into the darkness we acquire a charge or energy that others can feel or see. Even talking about the process releases energy and vitalizes.

### **Navigating Chaos**

"The biggest mistake you can make is trying to fix it! It will blow up in your face!" (Chyna) If you fight it . . . ! RELAX.

The losses cannot be curtailed; the process cannot be controlled. Kaulaity used to say, "Make yourself small. Even curl up in a little ball when it comes near. Don't run from it. You might be surprised at what you find out."

If you admit your bad feelings, then lift. (Chyna)

Saying it out loud helps . . . e.g., I hate him right now! (Chyna)

Mr. Makua said that K. is so black and white but there is gray in between, a lot of shades! (Chyna)

Knowing the stages of loss/grief; having them defined as you are going through them is paradoxical and ironic . . . it doesn't change anything except that you can name the stage you're in! E.g., The Simpsons show. (Chyna)

"Even if you can see it, you're not going to find a way out of it. Until you are." (Chyna)

"It's funny how good you can see after! Friends' problems seem so obvious." (Chyna)

"The scariest part was that I was taking on all of his emotions. >He was trying to get me to do it se he didn't have to. He was trying to make me feel the hurt so he can run around and feel happy." (Chyna)

Can't use rational ming. Talking doesn't work. In the darkness, you feel and must OPEN and use other senses. The consequences of attempting to use the rational mind to manage chaos? The first year everyone got sick!

Silence is a key. Silence is where we meet, not language. The silence is the Mind of Indigenous People. It unites diverse cultures.

## **Benefits and Gains of Walking Through the Underground**

"I'm more comfortable in the darkness."

Less likely to be controlled by fear, anger, etc.

We get an energetic charge to us; when we get together, IGNITION!

People can see this energy and are drawn towards it.

Walking through the darkness honors our ancestors because that's where they are, in the obscurity of the past, our history.

**To go back to the past, to remember, Makua says, "We receive the greatest gift of the ancestors which is the present. That's why they call it a present!"**

We create with the pain; we bring life forward.

It's a paradox. In chaos, we laugh and cry at one moment. Before we didn't allow contradictions and ambiguities to coexist. Now we can, and it's why we can come back! (from the underworld)

I couldn't see the meaning or the creative process because it was in darkness! This is actually a protection.

It was meant to be that way or we wouldn't have the darkness to light message of the TKN process.

A Spirit coming to live in a body must experience the density and darkness of material form; it's the only way to arrive.

Embodiment of the whole is entering darkness; therefore, walk through it. Accept it.

This is the process to ground the Western Mind.

This trip through the darkness has been the curriculum; is the curriculum. When we live it, the curriculum becomes us! Now we can pass it on.

## **SUMMARY**

How do we know this is an accurate representation of a creative process?  
There are traditional stories that pertain:

### **Raven Breaks Light (Tlingit)**

### **The Bluejay Story (Shoshone)**

A Sweatlodge teaches the process. In the Sweat we feel fear. Fear of no body because we can't see and the fear of bodily limits, e.g., intense heat.

Even the reflection that generated the notes was the same dark process. I noticed how negative I was feeling but did not judge it. Instead, I thought, "Oh, that's interesting. I wonder what's going on." This comfort with my own darkness and ambiguity is a result of the TKN process. I also retained my objectivity in noticing my negativity. I thought, I'm unhappy. Something must be wrong. It must be me. No, it's not me, it's Busaba. She's causing my suffering and should be punished!

I noticed this in an early morning drive east to the other side of the island. As I approached the Pali or cliff that juts out to the sea and marks the turning point of the journey, I became aware of these thoughts and wondered how or if I would be able to get out of them today.

When Busaba and I sat down at the Mall to reflect on the TKN process, I told her the thoughts I had on the drive over. She said she was in a bad place, too; she was even wearing all black!

We decided to pray but I was so crabby that I couldn't formulate words. We sat in silence with our eyes closed for a few minutes and began. Thoughts, memories and images flowed. Two and a half hours later, we stopped. We were not late to go to the airport, which was the purpose of the drive!

We noticed that even speaking of the dark journey changes time and space. There was no time; there was no mall!

We struggled to recall the question that we began with. It was, "What did you experience in the TKN process?" Busaba and I reflected on the personal experience of being in the darkness. We spoke about ourselves and realized that, in the darkness,

**I can talk about me and even you but not really  
you, just my view of you. You are a mask of**

**healing for me. This understanding bypasses the ego. I can talk about my negative experience of my experience of you without judgment of YOU. This allows me to do my work; to examine you as the teacher in my life and to own my own issues. It's transformative.**

So, we began in silence; and acknowledged where we were at, including the negative. We were present in the moment. This is the beautiful beginning of who you are, what comes to you in your individual reflection in the moment. Why is this true? (that this 'insight' is really true?) Because at the end, we come to the beginning and we recognize the end moment when we say,

**OH, I SEE . . .**

The ego blocks the experience of darkness or light and catches us in chaos without our knowing.

What joins darkness and light? Birth! The process of birth and death. Hold onto yourself through the darkness with silence, humility, release and nonattachment. Then SCREAM!

In the process of going through the darkness, every level of our life is hit, personal, family, professional, community . . . you are compelled to open more and more. This is a purification; this is birth and death; this is creation. And it is the feminine Power of the woman, Earth, Moon, Water, Venus.

The way to face it is exemplified in the Shoshone song, "running With the Buffalo." When facing a winter storm on the prairie, the buffalo turns into it, begins to walk with deliberate steps towards it and then lowers its head and CHARGES THE STORM!

As a result of the TKN process, I am able to be present with my Elders and my oldest daughter now works with the language. (Martina)

In this conversation, Chyna, the author's daughter, joined the discussion.

We have noticed that the dark journey is the power of money, Little People, sexuality and transformation.