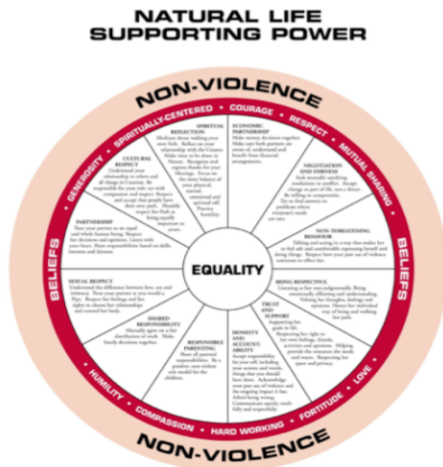


## Equality Wheel: Natural Life-Supporting Power Descriptions



Our work to end violence against Native women and recreate peaceful, harmonious communities is based on reclaiming our traditional values, belief systems, and life ways. The natural, traditional life way rests upon values which are reflected in our behaviors and relationships with all things.

The key values of this life way are compassion, respect, generosity, mutual sharing, humility, contributing/industriousness, courage, love, and being spiritually centered.

These values are expressed in the manner in which we behave and relate to others. The following are brief descriptions of how these values can be shown. Challenge yourself to find other ways to create life-supporting power in you and others.

### **Being Respectful:**

Listen to her non-judgmentally. Be emotionally affirming and understanding. Value her thoughts, feelings and opinions. Honor her individual way of being and walking her path.

### **Sexual Respect:**

Understand the difference between love, sex and intimacy. Treat your partner as you would a Pipe. Respect her feelings and her rights to choose her relationships and control her body.

### **Partnership:**

Treat your partner as an equal and whole human being. Respect her decisions and opinions. Listen with your heart. Share responsibilities based on skills, interests and fairness.

### **Cultural Respect:**

Understand your relationship to others and all things in Creation. Be responsible for your role. Act with compassion and respect. Respect and accept that people have their own path. Humbly respect her path as being equally important as yours.

### **Spiritual Reflection:**

Meditate about walking your own Path. Reflect on your relationship with the Creator. Make time to be alone in Nature. Recognize and express thanks for your blessings. Focus on the inner balance of your physical, mental, emotional and spiritual self. Practice humility.

### **Trust and Support:**

Support her goals in life. Respect her right to her own feelings, friends, activities and opinions. Help provide the resources she needs and wants when able to. Respect her "space" and privacy.

### **Honesty and Accountability:**

Accept responsibility for yourself, including your actions, words, and things that you should have done. Acknowledge your past use of violence and its continuing impact on your partner. Admit when you are wrong. Communicate openly, truthfully, and respectfully.

**Responsible Parenting:**

Share all parental responsibilities. Be a positive, non-violent role model. Nurture your children. Do not expect special acknowledgement for taking care of your children – parents don't "baby-sit" their own children. Acknowledge that being an "absent parent" is neglect and is not an excuse for not providing financial, emotional, and other types of support in the best way you can. Parenting is difficult. Get support and words of wisdom from your relatives when needed.

**Shared Responsibility:**

Mutually agree on a fair distribution of housework and family responsibilities. Make family decisions together. Do your share without being reminded. If needed, seek help to learn how to complete task(s) that you are unfamiliar with doing.

**Economic Partnership:**

Make financial decisions together. Make sure both partners are aware of, understand, have access to, and benefit from financial arrangements.

**Negotiation and Fairness:**

Seek mutually satisfying resolutions to conflict. Accept change as part of life, not a threat. Be willing to compromise. Try to find answers to problems where everyone's needs are met.

**Non-Threatening Behavior:**

Talk and act in a way that makes her to feel safe and comfortable to express herself and do things. Respect how your past use of violence continues to affect her.

Adapted from Sacred Circle, National Resource Center to End Violence Against Native Women

