



THE eternal song

A Companion for Deep Listening,
Reflective Practice, and Relational Healing

TheEternalSong.org

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SCIENCE & NONDUALITY

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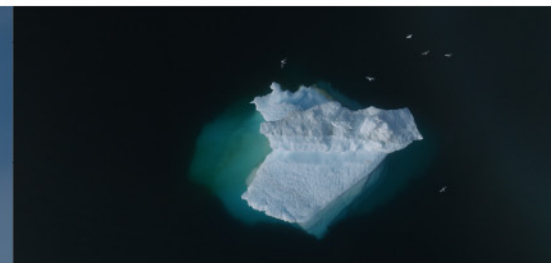
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Welcome.

This is not a workbook to get through. It is a companion to walk with. Just as ***The Eternal Song*** is not merely a film, but an opening—a weaving of stories, grief, and ancestral wisdom—this companion invites us into a relational field of learning, unlearning, and remembering.

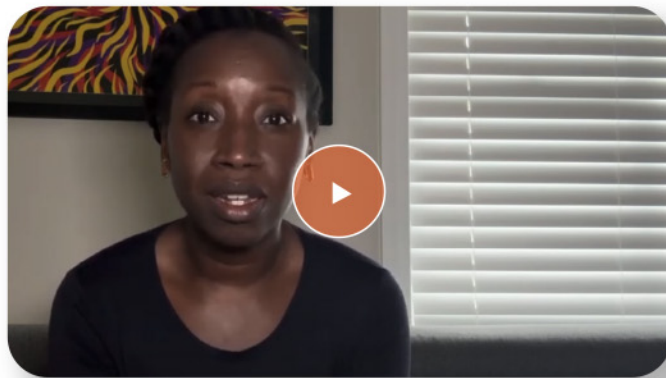
We ask: Which rhythms are you bringing into this space? Which stories live in your bones? Which songs are waiting to be heard again?

Before you continue, take a moment:

- ✧ Breathe.
- ✧ Acknowledge the land you are on.
- ✧ Offer gratitude to the more-than-human beings who share this place with you.
- ✧ Notice what arises when you consider the phrase: "sacred relationship."

This is not a quest for clarity or resolution. It is a space for composting—the breaking down of what no longer serves so that something rooted and alive may emerge.

Please watch a Welcome message by our dear friend and author Yemi Penn:



The Eternal Song is a cinematic journey into ancestral memory, grief, and sacred resilience. It opens a portal to listen to Indigenous wisdom, not as content to consume, but as living medicine to metabolize.

These stories remind us that our modern mindsets have severed our connection to Earth, each other, and spirit. Yet, beneath this amnesia is a deeper belonging—a song we haven't forgotten so much as fallen out of rhythm with.

Let the film peel back the layers. Allow yourself to grieve. Let yourself remember. To be undone and remade in relationship. Let it be something that lives in you. Let these stories move you—emotionally, spiritually, and relationally—and shape your next steps.

REFLECTION PROMPT

What do you know about your ancestral lineage?

What is your relationship to the land where you live now?

What does colonization look like today—on these lands, in your relationships, and within yourself?



Let's take a moment to unpack some of the deeper themes woven throughout the film. This isn't about mastering definitions or analyzing ideas from a distance—it's about noticing the relational wounds that live in and around us. These aren't concepts to solve, but patterns to feel, metabolize, and carry with care. These invitations help illuminate the wider context of the film, offering ways to ground what you've seen in lived experience and shared history.

TRAUMA

Trauma is more than an event. It's a rupture in our sense of connection.

- ☀ Individual trauma lives in one body.
- ☀ Collective trauma is carried by communities or cultures across generations.
- ☀ Intergenerational trauma passes through lineages—often silently, often biologically, through behaviors, grief, and memory.



From an Indigenous and traditional perspective, trauma healing extends far beyond psychological health to include spiritual, physical, emotional, and communal well-being. We are not dealing with mere personal wounds—they are communal ruptures, experienced as harm to the whole ecosystem of relationship: land, lineage, ceremony, and spirit. Healing is not found in isolation but in restoring these connections through ceremony, story, and presence.

Rather than viewing trauma only as inherited biologically or behaviorally, these frameworks understand it as a spiritual disturbance—one that must be tended to collectively. Ceremony, intergenerational story-sharing, and land-based practices are central. Relationships with ancestors are not historical but ongoing. Healing stretches across timelines, requiring us to both look back and walk forward.



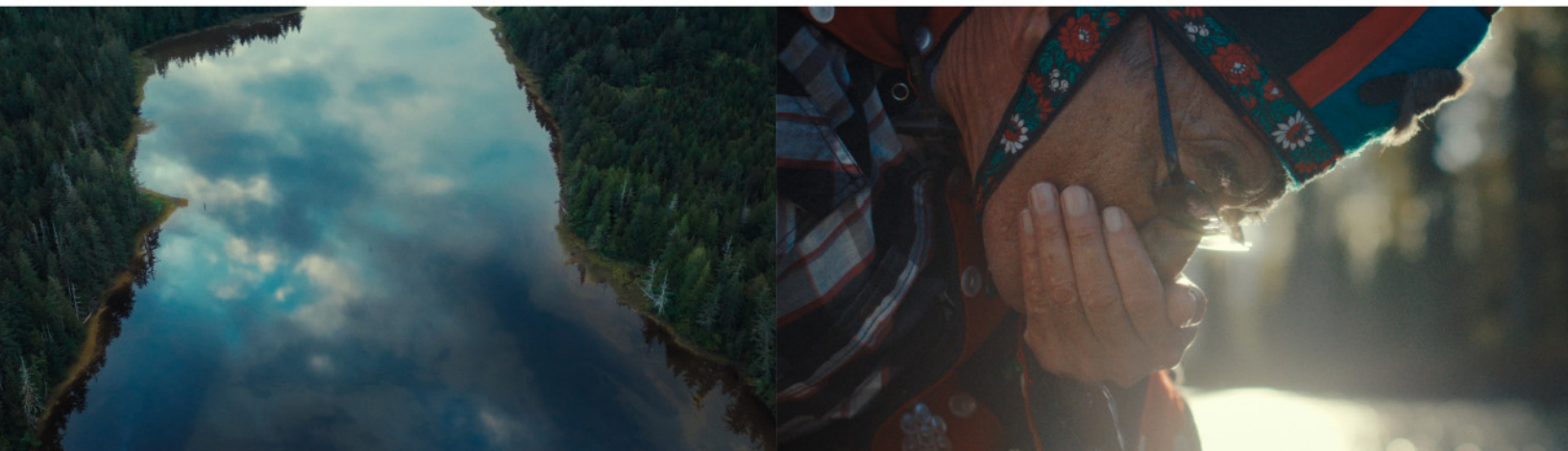
EARTH, ANCESTRAL & ELDER WISDOM

Earth wisdom arises from long-standing, reciprocal relationships with land and the more-than-human world—an embodied knowing cultivated through deep observation, ceremony, and humility. Ancestral wisdom carries the memory of those who came before us, offering time-tested practices for living in harmony with life's cycles and community healing. Elder wisdom, ripened through experience, weaves emotional depth, spiritual insight, and practical discernment, guiding us with patience and perspective across generations. Together, these interwoven forms of wisdom invite us to move beyond domination and disconnection, and toward belonging, reciprocity, and reverence.

Because Western societies and modernity doesn't provide much access to these wisdoms, it perpetuates the trauma of separation in our psyche.

AND YET, THE SONG CONTINUES

Colonization is not just a historical event—it is an ongoing system of territorial, economic, and psychological domination that continues to shape global structures and relationships today. It leaves deep scars not only on individuals but on entire communities through collective trauma—shared wounds from events like genocide, slavery, and displacement that alter group identities and worldviews. These wounds don't end with one generation; they ripple forward as intergenerational trauma, passed down through families via behaviors, stories, and even biology. Healing requires acknowledging these layered impacts and engaging in collective processes of remembrance, repair, and reconnection—while also working to actively dismantle ongoing systems of colonization at play in the present moment. This includes facing the continuing realities of repression, discrimination, invisibilization, disenfranchisement, and the denigration of Indigenous cultures, languages, and spiritual ways of knowing.



PAUSE AND REFLECT

How have you witnessed the ripples of intergenerational trauma in your own family, community, or lineage?

What might healing look like—not just for you, but with others?



COLONIALITY

Coloniality is the afterlife of colonization: an ongoing mindset of control, separation, extraction, and domination that continues to shape systems, relationships, and worldviews today.

WISDOM TRADITIONS

Earth, Elder, and Ancestral Wisdom are not information to acquire. They are relationships to live into, cultivated through listening, reverence, and humility.

INDIGENOUS KNOWLEDGE

Indigenous knowledge isn't static or historical—it's living, evolving wisdom that continues to guide communities today. Not a monolith, and not a 'resource.' It is land-based, ceremony-rooted, and collective. It is shared with responsibility, not for extraction, but for relational repair.

NON-WESTERN HEALING

Healing is not a linear path. It is communal, ceremonial, and deeply relational. It invites slowness, presence, and the restoration of harmony—not as an outcome, but as a practice.

INVITATION

What would shift if these weren't "topics to understand," but relationships to enter into with care?



What does it mean to engage in solidarity that is accountable, not performative? In creating meaningful solidarity with Indigenous Peoples begins by examining the role you play within systems of oppression. While terms like ally are often used, this identity is not self-appointed—it must be embodied through consistent actions, relational accountability, and recognition by those you aim to support.

Some prefer the language of accomplice or co-resistor. An ally aims to educate and disrupt oppressive spaces. An accomplice directly challenges systemic racism and colonial structures. A co-resistor moves in collective struggle, blending theory and practice, grounded in long-term relationships. No one title is more valid than another—what matters most is your willingness to act, listen, be challenged, and remain in the work beyond moments of convenience.

Cultural humility is an ongoing process of self-reflection and learning rather than a destination. Here are key ways to practice it:

SELF-REFLECTION

- ✧ Examine your own cultural perspective, biases, and assumptions
- ✧ Acknowledge the limitations of your cultural perspective
- ✧ Recognize when you're making judgments based on your cultural norms
- ✧ Be aware of power imbalances in cross-cultural interactions

LIFELONG LEARNING

- ✧ Approach other cultures with genuine curiosity rather than assumptions
- ✧ Seek knowledge directly from members of other cultural groups
- ✧ Read books, watch films, and engage with art created by people from diverse cultures
- ✧ Understand that cultural learning is never complete

RESPECTFUL ENGAGEMENT

- ✧ Enter conversations with a commitment to deep listening
- ✧ Ask questions instead of making statements about others' experiences
- ✧ Accept correction gracefully when you misunderstand
- ✧ Avoid positioning yourself as an expert on someone else's culture

POWER AWARENESS

- ✧ Recognize historical and current power dynamics between cultural groups
- ✧ Consider how your social positioning affects cross-cultural interactions
- ✧ Be willing to step back and create space for marginalized voices
- ✧ Challenge systems that perpetuate cultural dominance



INSTITUTIONAL PRACTICE

- ✧ Support inclusive policies and practices in organizations
- ✧ Advocate for diverse representation in decision-making processes
- ✧ Question "standard" procedures that may reflect cultural bias
- ✧ Promote accessibility and equity across cultures and identities
- ✧ Support land return and Indigenous-led stewardship, including land demarcation, protection, and repatriation.

Cultural humility differs from cultural competence—instead of mastering knowledge about other cultures, you're committing to an ongoing process of learning, self-awareness, and relationship building that acknowledges the complexity and richness of cultural identity.

VIEWING AS CEREMONY

Let the film be a ritual—a sacred encounter with truth, beauty, grief, and resilience.

BEFORE WATCHING:

- ✧ Create mental spaciousness—light a candle, take a breath, set an intention
- ✧ Prepare to witness pain and resilience with reverence, not analysis
- ✧ Reflect on your relationship to Earth, your ancestors, and colonization
- ✧ Prepare to witness pain and resilience with respect, rather than judgment or analysis

WHILE WATCHING:

- ✧ Breathe deeply. Let your body feel what your mind may not yet understand
- ✧ Pause if needed. Let images and words echo before moving on
- ✧ Witness with your whole being—not to judge or fix, but to be present



AFTER WATCHING:

- ☼ Sit in silence. Let the film linger in your body
- ☼ Write what arises. Cry if needed. Dance if moved. Share with care
- ☼ Speak aloud the names of your beloved or wise and well ancestors. If you choose not to name anyone, honor the silence as sacred
- ☼ Place your hands on your heart. Breathe.
- ☼ Gather with others if possible—check in, let conversation emerge.
- ☼ Let insights unfold slowly, like seeds under soil.

MINI PRACTICES

- ☼ Breathe with your grief. Inhale gently. Exhale fully.
- ☼ Place your hands on your forehead, on the earth.
- ☼ Speak aloud the names of your ancestors. Honor their presence.
- ☼ If no name comes, honor the silence and the unknown as sacred, too



May ***The Eternal Song*** offer medicine for our fractured times and help us reimagine our place in the sacred web of life.



Integration is not about closure—it is about relationship. Let these reflections help you digest what the film stirred, and guide your next steps.

PERSONAL REFLECTION PROMPTS

- ☼ Who are your ancestors? What were their relationships to land and loss?
- ☼ What is your relationship to colonization—as lived history and ongoing condition?
- ☼ Which feelings did the film awaken in you? How do you hold grief, awe, and responsibility?
- ☼ What are you curious to learn about your lineage—histories, silences, migrations, gifts?
- ☼ What are the wounds you carry that you hope might end with you?

GROUP CONVERSATION STARTERS

- ☼ Have you explored how your own lineage related to the sacred or to nature?
- ☼ What stories, songs, or rituals have you uncovered?
- ☼ Examine your own cultural background, biases, and assumptions
- ☼ How might we move from witnessing to walking alongside?
- ☼ What does it mean to center Indigenous voices without appropriating them?
- ☼ Where are you entangled in systems that need healing, and how might you show up differently?
- ☼ What steps can I personally take to amplify marginalized voices that are too often silenced?
- ☼ What practices help you cultivate a reciprocal relationship with land and the more-than-human world?
- ☼ Who can you gather with to do this ancestral remembering work together?
- ☼ How might we center Indigenous voices without appropriating them?



Let this be a space of humility, not expertise. Curiosity, not certainty. And always: care over performance.



This is not the end. It is an opening.

Let this not be where the journey ends—but where it begins again, in your relationships, responsibilities, and rhythms of daily life.

PRODUCTION ETHICS

The Eternal Song was created in close relationship with Indigenous communities—both in front of and behind the camera. We are deeply grateful for the trust extended across divides shaped by centuries of colonization, and we remain committed to honoring cultural protocols, even when they remain invisible to outside eyes.

This film is part of a broader effort to restore right relationship. At least 50% of the proceeds we receive—after covering costs—are directed to Indigenous-led initiatives in the communities featured in the films. These are not acts of charity, but pathways of reparation, restoration, and long-term solidarity.

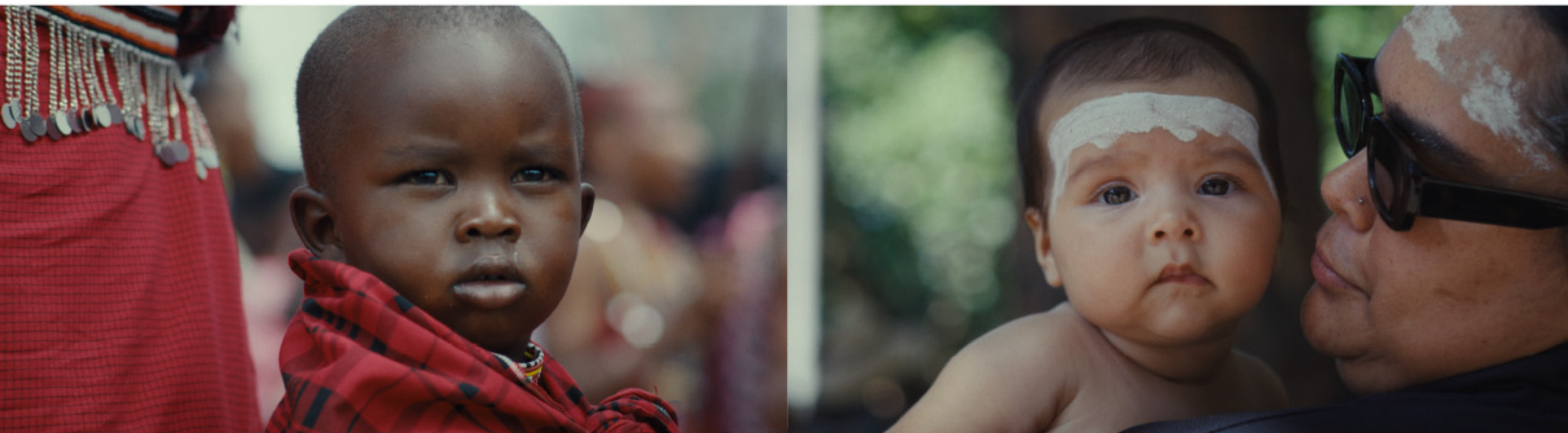
We invite you to go beyond the viewing—learn about the specific communities, initiatives, and dreams this film supports. Visit the **Reciprocity page:**

<https://theeternalsong.com/reciprocity/>

to explore how the harvest of this film is being shared and how you, too, can participate in this circle of giving.



All of our work is self-distributed, offered in the spirit of the gift. Reciprocity here is not symbolic—it is a practice, a commitment, and a return.



How might you carry forward what this film stirred in you?

What practices, commitments, or acts of reciprocity are ready to root?

Here are some invitations:

- ✧ Learn whose ancestral lands you are on. Seek out their voices, and amplify their leadership.
- ✧ Support Indigenous-led initiatives—financially, relationally, politically.
- ✧ Offer your time, skills, or presence in service of repair and relational accountability.
- ✧ Protect sacred sites. Listen for the stories the land around you still carries.
- ✧ Create or join a grief circle. Make space to mourn what's been lost.
- ✧ Reclaim ceremony. Make offerings. Sing. Light candles. Begin again.
- ✧ Practice not knowing. Let humility guide your learning.
- ✧ Speak about this film. Share what moved you. Invite others into the conversation.

ONE SMALL STEP TODAY:

What is one action, commitment, or shift you feel called to make after witnessing these stories?
Write it down. Begin there.

FURTHER LISTENING & LEARNING:

Seek out teachings from Indigenous voices. Read with reverence. Learn without rushing. Let it change you.



PLEASE REMEMBER,
THIS IS A LIVING DOCUMENT WHERE WE ARE CONTINUING
TO UNLEARN, HEAL, AND LIVE THE INQUIRY.

The Eternal Song is the first of twelve films in a series illuminating Indigenous wisdom, land-based resilience, and the work of collective healing. Stay with us in this journey. Let each story deepen your commitment to relational healing.



With deep gratitude to all our ancestors—named and unnamed—whose dreams, resilience, and prayers carry us forward. And to the lands that hosted this project, whose soil, waters, winds, and more-than-human kin held us as quiet witnesses and generous teachers along the way.

CLOSING BLESSING

May we walk slowly.

May we listen deeply.

May we remember the song that never stopped singing through us.

May our lives root into its rhythm with tenderness and courage.

May this Eternal Song offer medicine for our fractured times and
help us reimagine our place in the sacred web of life.

May our gratitude extend to all the lands, waters, ancestors,
and beings—human and more-than-human—who made this offering possible.

May their presence be felt in every breath, every word, every silence.