

Health & Healing: Seven Ink Drawings on Ledger Paper with Digital Coloring

Designed for Mobridge Regional Hospital & Clinics

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Standing Rock Hunkpapa Lakota
Chameleon Horse Art & Design



waúnspewičhakhiyapi - **Teaching**

This piece is based on my Leksi(uncle) Kevin Locke's Hoop dancing. I always remember him visiting schools to teach either hoop dancing or to play his flute. He was always trying to share his gifts of song and dance. To me, teaching or passing on teachings like he did helps heal the mind, body, and spirit.



wačhékiyapi – **Praying**

This piece shows a Lakota man loading his canupa (pipe), smudging each pinch of tobacco, and praying to the 6 directions. In Lakota, the six directions are the four cardinal directions, plus above (Father Sky) and below (Mother Earth). Praying from the heart in this manner to the grandfathers and humbly asking for help with your canupa always brings health and healing to the people of the ones being prayed for.



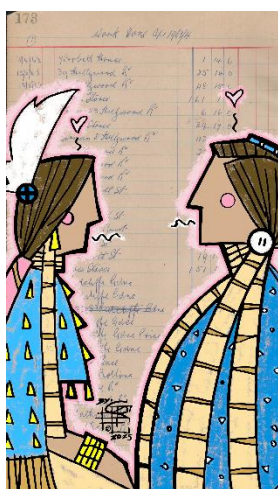
t̥hanglúškehanpi - **Exercising**

This is an image of a young girl fancy shawl dancing. To be able to have the endurance to do things like that, you have to do a lot of exercising, get good rest, and eat healthy meals. This all helps with personal health and healing by keeping the body well maintained.



wáphiyapi - **Doctoring**

This picture is an alternate Lakota version of the Caduceus or Rod of Asclepius. Asclepius was the ancient Greek god of healing. The Rod of Asclepius, with its singular focus on healing, has been widely embraced by the medical community, but the Caduceus is also commonly used in medical emblems and industries associated with medicine. This image also contains a reference to Pejuta (the Lakota word for medicine), the medicine wheel, the 4 colors, and the eagle's ability to carry prayers skyward to heal the people.



(zaníyan) wókčhiglakapi – **(Healthy) Talk**

This picture is of a mother and daughter speaking with one another on hard to talk about subjects. Healthy communication skills involve effectively exchanging thoughts and feelings with friends and relatives, emphasizing active listening and respectful interactions. Doing so in a respectful and open manner helps grow understanding and respect with each other.



zaníyan čhantéyus oh'ánpi – **Emotionally healthy behaviors**

This picture is of a young man dealing with his emotions by spending time in song and dance. He is learning and continuing to dance through past traditions and culture. Dancing is a way of life, and it is said the sound of the drum is the heartbeat of our nation. Using your spare time in healthy ways, rather than turning to alcohol and drugs, are healthy and healing behaviors for oneself and sets a positive example for others to live by.



thewíchañilapi – **Loving**

This image depicts an unci (grandmother) holding her grandson (takoja). The love a parent or grandparent has for the younger generation is important to our community's health and healing. This grandparent wants nothing bad to happen to her grandchild. She wants the child to have the best upbringing so he doesn't have to struggle as she once did.

After receiving these great images, Mobridge Regional Hospital had them die-cut on vinyl panels. Each image is made up of 4 panels: three 4' x 8' panels and one 2' x 8' panel for an image that looks like it is 8' wide by 14' tall. Our Maintenance Staff, led by Ritchie Davis, hung the panels on the maintenance shed sidewall facing our new in-patient rooms. They paid a ton of attention to detail, and helped make this project financially possible for our organization to pull off!

We hope you and all of our future in-patients find joy and healing in these pieces.