



# **EARTH: Empowering All Relatives to Heal Newsletter**



## **Almost Spring 2026 • EARTH Impact & Updates**

Dear Earth Relatives,

The winter's slower, darker days are transitioning to welcome new light, life, hope, and the growth of spring. With prayers of gratitude, we share a glimpse of the intersectional healing and connection that the EARTH community is supporting across our tribal, rural, urban, and international communities beyond borders.

In this newsletter, you'll find highlights from the impact of EARTH's recent programs and a featuring of members of our grassroots-to-global healing network.

As many of you are aware, our community of healers, practitioners, and beneficiaries living in Iran and other parts of the Middle East are going through a historic time of chaos, violence, and potential for rebirth. They seek our prayers and support in the midst of unimaginable atrocities impacting their lives, relatives, land, waters, culture, and spirit. Consistent with the other populations we support, their courage and bravery remains a teacher, tapping into the resilient and inspired potential within each of us. Over the past few months, and with your support, EARTH has quickly mobilized to support community-based healing circles for more than 1000 Farsi-speaking people across the globe. As old and oppressive structures fail and fall, the grass-root organizing and healing circles lift up the potential to create something meaningful, a light in the midst of utter darkness. Furthermore, Internet access has been shut off to silence the voices of the innocent people in Iran who are crying out for liberation, justice, and basic human rights. In an effort to raise up their voices, we invite you to explore one of these recent articles [here](#), [here](#), or [here](#).

May all our relatives experience liberation, good health, and access to culturally-congruent opportunities for deeper healing in community.

Letter from Co-Founder & President, Noshene Ranjbar, MD



## Ongoing Impact

### 2025-2026 Highlights

- Funded **four Indigenous** and **three Iranian** people to participate in [The Center for Mind-Body Medicine's Professional and Advanced Training Programs](#)
- In collaboration with [Association on American Indian Affairs](#), the oldest Native-led nonprofit, supported **nine 8-week long mind-body skills groups** for Indigenous peoples across the Americas
- Supported **75 workshops** with **>1000 Farsi-speaking people** during the 2026 crisis unfolding in Iran
- **Contributed to 7 new Indigenous and 10 new Farsi-speaking (Iranian & Afghan) facilitators** completing **Certification** in mind-body medicine
- Provided ongoing support for the [Oglala Women's Healing Circle](#) created and led by Cynthia New Holy
- Sponsored two inspired conferences serving Indian Country, see below
- Raised **\$46,000** to support these timely trauma-relief and healing efforts

# Iranian Health Sovereignty Updates

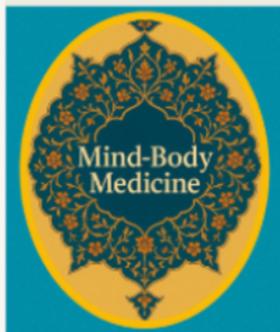
## From Emergency Response to Resilience Infrastructure

Iranian & Afghan communities are rooted in collective care. From Norouz to neighborhood gatherings, healing has always been communal. Yet years of political repression, war, displacement, & recurring massacres have systematically eroded safe spaces for that care to occur. When institutions failed, we built parallel support systems.



## Our Response

In partnership with [The Center for Mind-Body Medicine](#) (CMBM), [@TanoJan\\_me](#), [#CookForIran](#), & philanthropic allies, we have mobilized a decentralized, culturally fluent healing network operating across high-risk regions and diaspora communities. This evidence-based model combines trauma-informed methodology with cultural credibility - allowing access where conventional health systems are insufficient.



- **\$760,000+** collaboratively mobilized through grassroots & philanthropic channels
- **180+** trained facilitators across **15 countries** including Iran & Afghanistan
- **12,500+** individuals reached, including women, youth, activists, & displaced families
- Programs delivered in **Farsi, Dari, & other languages**
- **1000s** of hours of pro-bona services from 100s of individuals
- Operations sustained despite internet blackouts and security risks

## The Moment We Are In

Demand is accelerating. Repression continues. Digital shutdowns persist. Diaspora families carry layered trauma while fearing for loved ones at home. We are ready to scale - and scaling requires stability.



## Investment Priorities

- Funding for facilitator training and modest stipends
- Resources to expand and securely scale healing circles
- Investment in long-term resilience programming
- Infrastructure to protect participants under digital repression

## Your Impact

- \$200 → 2 hour workshops, up to 100 People
- \$3,000 → 8-week training group, 10 people
- \$4,000 → Train a new facilitator
- \$5,000 → Complete certification program for a new facilitator

## Why This Matters

- This is more than crisis response.
- It is resilience and mutual support architecture rooted in culture.
- For communities that have endured decades of upheaval, collective healing is not optional, it is imperative protective infrastructure.
- With your partnership, we can move from surviving each crisis to building durable systems of care that endure beyond them.

## Recent Events + Context

Led by Helia Mojtavavi MD (an Iranian CMBM trained facilitator), the Instagram page [@TanoJan\\_Me](#) posts Farsi health education and practical content as well as flyers announcing pro-bono workshops (by donation only). Some of these workshops are sponsored in collaboration with [MedInfnit](#), [Spectrum](#), and other organizations serving Farsi-speaking people. Due to governmental manipulation of internet access and media coverage, and associated risks to life, many workshops and groups are being held privately and in person across various Iranian cities by the facilitators living in those areas. These facilitators continue to demonstrate incredible courage in the face of extreme trauma and violence and remain deeply committed to freedom, hope, and healing for Iranian people. We invite you to explore additional details on our [Iranian/Afghan Health Sovereignty branch of EARTH: Empowering All Relatives To Heal](#) and share it with those who may benefit from offerings.

Currently, more than 150 Farsi speaking individuals are on a wait list to begin CMBM training, and more than 50 trained individuals who have led multiple groups in the community over the past 4 years and are hoping to complete their CMBM Certification.

Check out [TanoJan\\_Me](#) on Instagram for new interview clips with several of our gifted facilitators in English and Farsi, as well as announcement of upcoming workshops.



Tan va Jaan | تن و جان

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posts

834

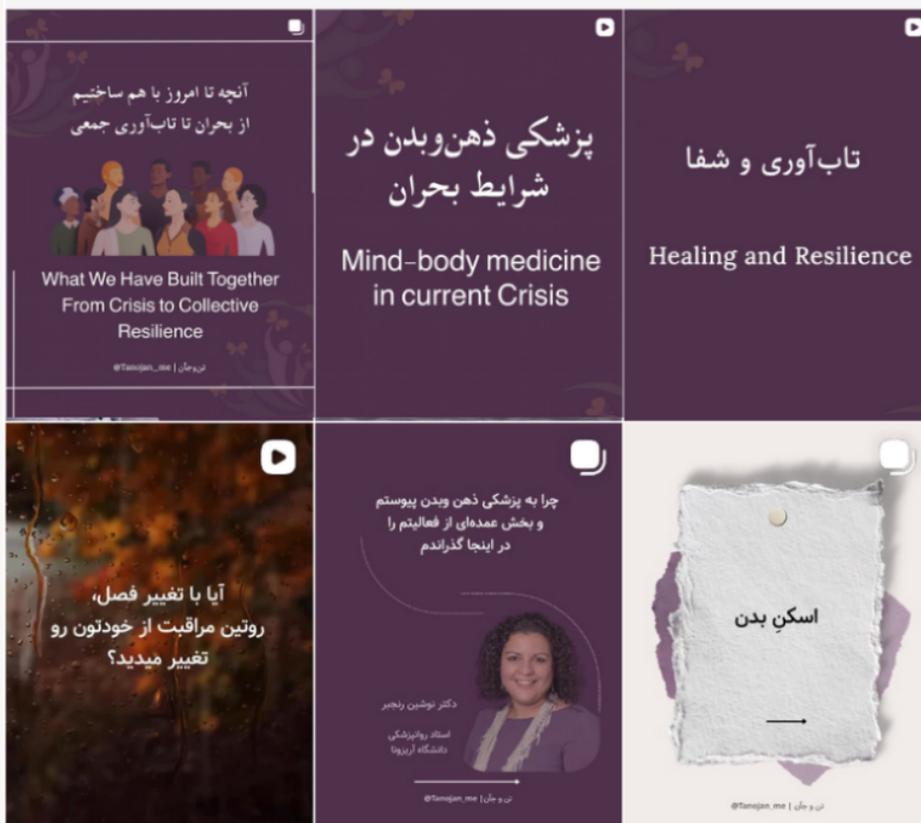
followers

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مراقبت یکپارچه از بدن و روان با رویکرد مبتنی بر شواهد  
Mind-body Medicine | پزشکی ذهن و بدن |  
اطلاعات کارگاه‌های تک‌جلسه‌ای را در پست‌ها دنبال کنید.  
See Translation

🌟 Empowering All Relatives to Heal



If you wish to support these efforts with a donation, you may do so [here](#). Funds allow us to provide an honorarium to facilitators, coordinate grassroots efforts, and/or to support scholarships for those seeking additional training at CMBM.

If you are an individual, organization, or funder interested in supporting the health and well-being of persons from Farsi-speaking backgrounds, please connect with us!

## Community Impact & Resilience

**Interested in Trauma-Informed Communities? Interested in supporting health and well-being in relation to climate-ecosystem-biodiversity challenges?**

Across the Southwest and beyond, EARTH is working on developing a regional hub for transformational resilience, especially in the Borderlands. Through our community-based participatory approach, we:

- Walk alongside communities as they navigate grief, stress, and ongoing systemic challenges, including in relation to climate change and natural disasters.
- Center Indigenous and ancestral teachings that restore relationship to land, culture, and one another.
- Offer practices that support nervous system regulation, collective care, and long-term well-being.
- Collaborate to develop a TRCN - Transformational Resilience Coordinating Network - in partnership with the [International Transformational Resilience Coalition](#) and [Campaign for Trauma-Informed Policy and Practice](#).

The depth of connection and healing we witness is rooted in the power of grassroots networks grounded in humility, reciprocity, and trust. If you are involved in climate health and/or trauma-informed systems in general, we are seeking people from the Tucson/Southern Arizona region to join our Advisory Council to advance our TRCN. Please [email us](#) to connect and explore building a community-based participatory action movement to strengthen our resolve and capacity.

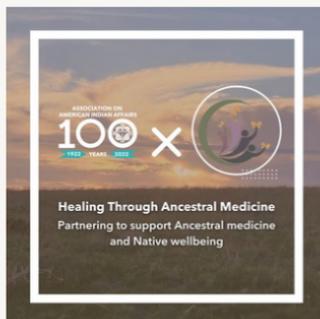


## Almana House Word Medicine Circle

Every week from September through January 2026, a group of 6-8 healers from across Turtle Island came together for the Almana House Word Medicine Circle, a unique blend of Mind-Body Medicine, poetry and self-expression. This group was led by writer, journalist, creative artist, poet and CMBM Certified facilitator, Andreana Elise. The most beautiful and profound writing was created and shared. "This is healing," said one of our Indigenous sisters. "Our circle is a river of gold," another Iranian sister expressed. Deep gratitude to EARTH for spreading the word and supporting this sacred space!



## Partnership with the Association on American Indian Affairs to support Native Mind-Body Facilitators in training



Empowering All Relatives to Heal (EARTH) is proud to partner with the [Association on American Indian Affairs](#) to support Native relatives in learning Ancestral medicine to enhance health, well-being, and Native sovereignty. Through this partnership, trained facilitators receive support as they earn training hours and strengthen the facilitation skills required to complete certification in Ancestral medicine through The Center for Mind Body Medicine. We share healing by helping Native peoples and allies tap into these medicines to enhance their own health and well-being. To support this important work, make a donation [here](#).

## Events & Gatherings We Have Supported

In alignment with our mission to uplift people, communities, and the environment, EARTH has been honored to support healing-centered spaces in partnership with local and regional relatives. Each gathering is shaped by the wisdom of the community itself, with EARTH practitioners offering facilitation, tools, and accompaniment.

### The Warrior Spirit Conference



On August 28th-29th, 2025, several EARTH relatives gathered in Window Rock, Arizona, for the 2025 Warrior Spirit Indigenous Sovereignty Conference. The event was co-sponsored by [EARTH](#), the Warrior Spirit Movement, [The Center for Mind-Body Medicine](#), and the [Campaign for Trauma Informed Policy and Practice \(CTIPP\)](#), with the invitation to Indigenous peoples everywhere to define our own holistic, Indigenous perspective on Sovereignty, providing Hope and Healing for Humanity.

The conference featured celebrations of life and tributes to Kenneth G. White Sr. (Dine) and the late Daniel S. Press by CTIPP, a discussion on the benefits of the recent federal approval of the traditional healing policy under the Center for Medicare and Medicaid Services, trauma-informed care, culturally rooted healing, and health policy.

Speakers included author Dr. Coleen O'Neill, Dr. Iya Affo, Jacob Press, Jesse Kohler, Dr. Noshene Ranjbar, Kenneth G. White Jr, Dr. Alta Piechowski-Begay, Erin Dixon, Aaron Lopez, Contessa Big Crow Jenkins, Cynthia New Holy, Kurtishia Flannigan, Bitahnii Wilson, and Emily Si'al. Photography was provided by Ryan Moreno Si'al (Tohono O'odham).



## What is the Warrior Spirit?

By Kenneth G. White Jr

All Indigenous people have the Warrior Spirit within themselves. It is a gift and blessing from our Creator. Male or female, young and old, all races and ethnicities, from every tribal nation, we are all warriors for the people in humanity.

The Warrior Spirit is a physical, mental and spiritual understanding and state of balance, harmony and way of life.

It unconditionally recognizes, honors, and embraces one's Native essence, identity, and historical and traditional foundation.

It is an intrinsic, all encompassing, embedded character, behavior, and spiritual way of humbling, healing, and empowering oneself.

It is a recognition of our universal unwavering duty and responsibility to meet the needs and ensure the wellness of Native people and Mother Earth.

It is eternal, timeless and always present as defined by the Great Spirit from the beginning of time, to today, and in the future.

The Warrior Spirit is far beyond three dimensions, and is always ready to take on any challenge. The Warrior Spirit is righteous, kind and patient. It is full of indigenous love, grace, wisdom and power.

The Warrior Spirit never or gives up until the goal is achieved.

It is a gift and blessing to you from our Creator.

Find and embrace the Warrior Spirit within you.



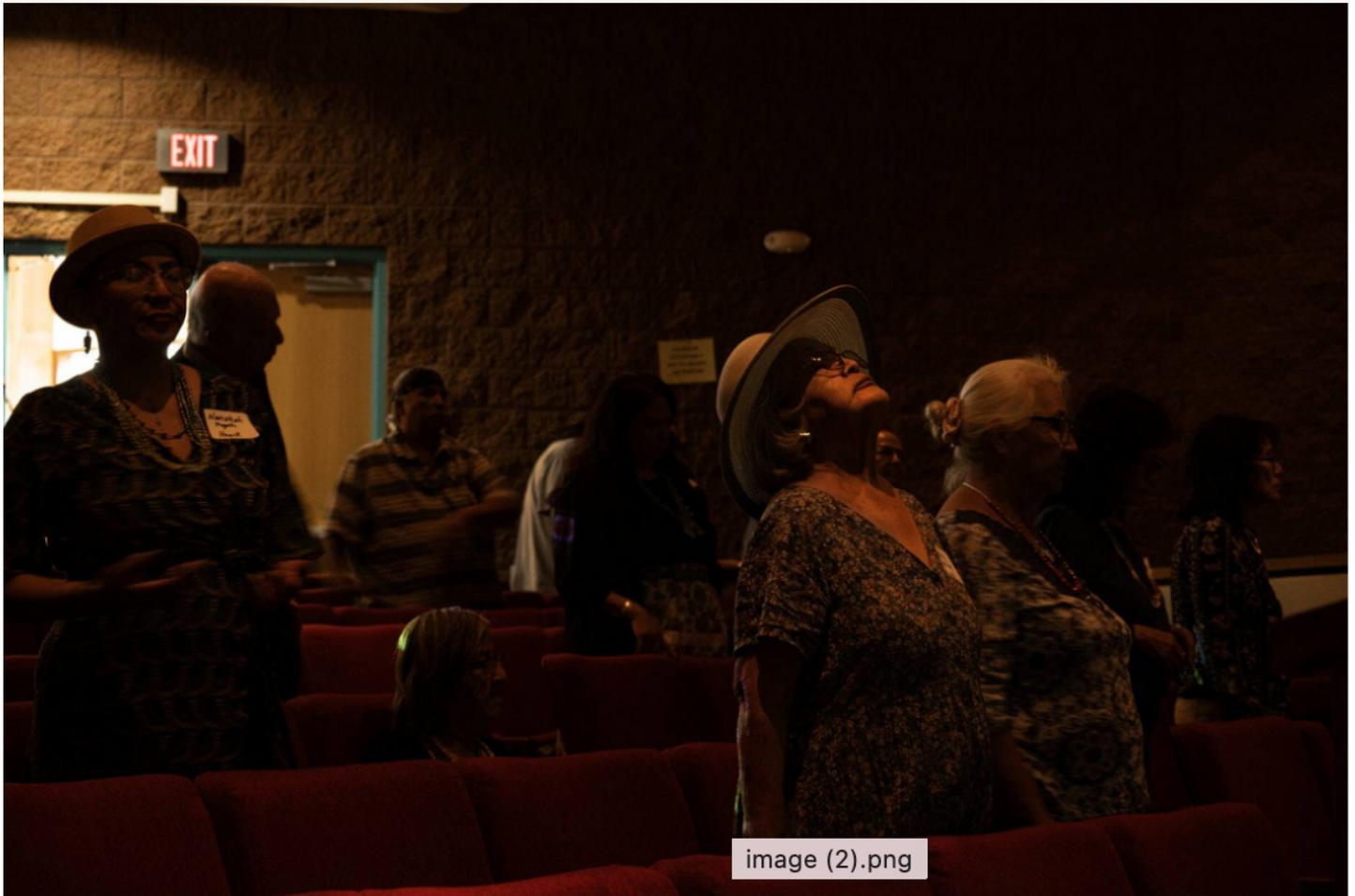


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## EARTH Ceremony at the Hozho Voices of Healing Center

Hosted graciously by EARTH Board Member Alta Piechowksi-Begay (Diné) and her husband Terrel at the [Hozho Voices of Healing Center](#), a nonprofit focused on regenerative agriculture and traditional food sovereignty, the EARTH community gathered with one another on the land and partook in a traditional Diné Ceremony on August 30th, 2026. The event was co-sponsored by the Hozho Voices of Healing Center, EARTH: and CMBM.





The **Hozho Voices of Healing Center**, located on 1,722 acres at Borrego Pass, NM, is a nonprofit organization dedicated to advancing sustainable living within the Diné community. Their mission encompasses a diverse array of initiatives aimed at promoting environmental stewardship and self-sufficiency. Through programs focused on Diné regenerative agropastoralism and Mind-Body Healing, they strive to empower healthy lifeways. Please visit their site and make a donation to their collaborative work today!



## 2nd Annual Native Men's Circle of Wellness Gathering



Created by Waylon "Pee" Pahona, EARTH is a proud sponsor of the 2026 Second Annual Native Men's Circle of Wellness Gathering hosted on January 17th & 18th, 2026.

This event was co-sponsored by EARTH, OMAUW Resource Center, Native Health, Seventh Generation Fund, and Rudy Construction, and hosted by the Gila River Indian Community at the Wild Horse Pass Resort on the south side of the Phoenix Metro.

Pee and the others involved in this event have an ability to synergize head, heart, and spirit together towards healing, presence, and balanced masculinity - something deeply needed in a wounded world.

This event was attended by EARTH's Youth Cultural Ambassador, Ryan Moreno Si'al (Tohono O'odham). He shared "*It was a deeply moving experience...to be in a place where everyone understands who you are and what you've been through because they've been through the same.*"

View a storytelling video of the event [here](#) and follow [Waylon](#) on Facebook to learn more about his journey and ongoing creative and powerful work.

### Featuring Our EARTH Relatives

EARTH strives to hold (and is held by) a network of healing practitioners, culture bearers, and community organizers who bring their own lineages, teachings, and lived experience to this work. Our members offer Mind-Body Medicine and depth-oriented practices in ways that honor local cultures and protocols, bridge ancestral wisdom with contemporary science to support whole-person and whole-community wellbeing, and root their work in relationship with land, ancestors, youth, elders, and future generations.

We are grateful for each relative who carries this work forward.

## Erin Dixon at Shining Stone Wellness

Meet EARTH community member, Erin Dixon (Diné)! Erin is a dedicated holistic health and wellness practitioner in Farmington, New Mexico, and the founder of [Shining Stone Wellness](#). With a deep commitment to fostering connection and confidence within her community, Erin specializes in mind-body medicine and integrative healing practices designed to support individuals through various life transitions and recovery journeys.



Erin's approach to wellness is rooted in the belief that healing is a personal "story of becoming." She is a Certified CMBM Practitioner and also serves as a CMBM Faculty Member and Supervisor. Her diverse professional background includes:

**Perinatal Wellness:** Certified Doula and Perinatal Educator, providing essential support for prenatal and postpartum wellness.

**Energy & Sound Healing:** Certified Master Reiki Practitioner and Teacher (Usui Shiki Ryoho Method), as well as a practitioner of Sound Healing (Levels I, II, & III).

**Yoga & Mindfulness:** Certified 200-hour Yoga Teacher (YTT), incorporating movement and breathwork to aid in emotional and physical restoration.

Be sure to check out and subscribe to Erin's YouTube channel [here](#).



## Celebrating Dr. Kimber Olson

EARTH Board Member, Dr. Kimber Olson (Chiricahua Apache), completed her PhD in Grief Counseling with an emphasis on Indigenous Ways of Knowing and Healing. Dr. Olson, founder of [Juniper Pine Consulting](#), is dedicated to indigenizing mind-body medicine and uplifting healing pathways for all our relations. Her dissertation, "INVITING THE SACRED WOUND INTO CIRCLE: RE-STORYING AN INDIGENOUS MIND-BODY MEDICINE FRAMEWORK FOR HEALING" explored wisdom from Indigenous knowledge and lifeways within the evidence-based CMBM framework. The results substantiated the inherent neuro-informative nature of Indigenous healing, elevating stories from co-researchers with extensive lived experience to discover something equally emergent and restorative. Please join us in celebrating Dr. Olson on these powerful accomplishments!



### PROFOUND GRATITUDE

to those who served as Subject Matter Experts

Dennis Yellowthunder  
Erin Dixon  
Contessa BigCrow-Jenkins  
Victoria Juanita Zadroga  
Julie Kilpatrick  
Dr. JoAnne Riegert  
Alta Piechowski  
Erendira Gonzalez Flores  
Liliana Cajiao  
Cynthia New Holy  
Donna LaChapelle  
Noshene Ranjbar  
Janay Young  
Matt Erb

To oral and editing contributors:

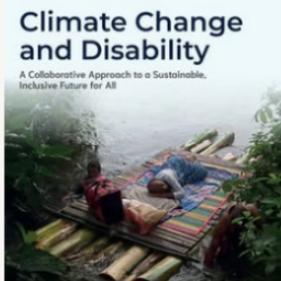
Dr. Tracy Stewart, Leona Schick, Maria Yraceburu  
Dr. Grandma Barbara Mann, Dr. Ruby Gibson, Dr.  
Nicole Bowman, Eden Huntington, Dr. Betsy  
Barnum, Wayne Dage, Dr. Jessica Sangaq Ullrich  
Teresa Campbell, Elder Tina Armstrong, Dr. Eduardo  
Duran, Elder Dr. Art Martinez, Maya Chacaby

and to those who have walked on:

Grandfather Ten Bears      Elder Uncle Walter Soboloff  
Dr. Bob Morgan              Grandma Dr. Rita Pitka Blumenstein  
Grandma Dr. Rita Pitka Blumenstem      Alice Abraham Miller  
Diane Pavne                      Diane Payne



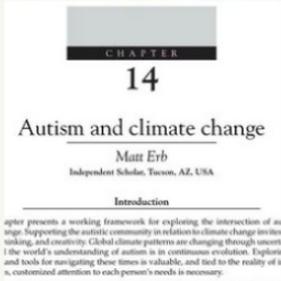
## Climate Change and Disability Publication



### CLIMATE CHANGE AND DISABILITY

A Collaborative Approach to a Sustainable, Inclusive Future for All

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Sustainable Futures



EARTH community member Mathieu Erb authored a chapter on Autism in a new book exploring the intersection of climate/ environmental change, health, and disability. Access the book and read more [here](#). Mathieu is working to develop EARTH programs tailored to serve the Autistic and larger neurodivergent community. If you know of funders and partners interested in collaborating, [please reach out](#).

## EARTH Youth Ambassador Progresses to Jack Kent Cooke Semi-Finalist



EARTH Youth Ambassador and Media Specialist, Ryan Moreno Si'al (Tohono O'odham) was announced as a semi-finalist for the highly competitive [Jack Kent Cooke Scholarship](#). Ryan is a student at Tohono O'odham Community College and Pima Community College with goals to combine Traditional Architecture and Modern Building Science to build healthy, sustainable homes on Native nations.

Selected from a pool of more than 1,300 applicants, this year's 485 semifinalists represent 224 community colleges across 37 states. Each was chosen through an evaluation process that assesses academic ability and achievement, perseverance, and leadership.

Ryan shared: "I would like other Native youth and students to know that these opportunities are available and within reach, as I could never have imagined myself getting this far academically."

We are rooting for Ryan in the next selection round!

## EARTH Member selected for Fireweed Fellowship for Indigenous Women



EARTH founding board member Emily Shoteen Si'al (Tlingit/Haida) was selected as the **2026 Fireweed Fellow** by the [Storyknife](#) Writer's Residency Program to deepen her poetry work informed by Haida Oral Literature. Congratulations and thank you for all you are and bring, Emily!



### Sustain EARTH's Grassroots Healing Work

As a 501(c)(3) nonprofit, EARTH relies on donations and grants to keep our programs accessible to communities who need them most. If you are able, your contribution helps us continue offering culturally grounded healing spaces, especially in underserved and frontline communities.

**Every gift—of resources, time, advocacy, connection, and prayer—nourishes this network of relatives.**

**Miigwech, pelamayaye, merci, ahéhee, gunałchéesh, háw'aa, gracias, thank you...**



EARTH believes when we as individuals heal in relationship to one another, and to the culture, community, and land from which we arise, we contribute to the healing, strengthening, and renewal of the whole.

To connect with EARTH, learn more, or explore partnership, please visit [earthrelatives.org](http://earthrelatives.org) or call +1 (520) 276-9893.

EARTH: Empowering All Relatives to Heal • 501(c)(3) Nonprofit • EIN 33-4528846

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