



# TRADITIONAL TEACHINGS OF THE GOOD MIND

A workshop for students, staff, faculty and community members

**Monday, October 14, 2019**

210 Student Union

11am-1pm

Light lunch will be served

## MICHAEL MARTIN

### Native American Community Services

Michael Martin is an Onondaga of the Beaver Clan from the Six Nations of the Grand River territory in Southern Ontario, born and raised in Buffalo. Mr. Martin is a graduate of Babson College (MS) and SUNY Buffalo State College (BS). In February 2004 he was named Executive Director of Native American Community Services of Erie and Niagara Counties. In 2016, he was named by his Clan Mother as a Faithkeeper for his Onondaga, Beaver Clan.



During this session we will explore universal principles of a Good Mind and the relationships of our minds to thoughts, behaviors and wellbeing. An overview of traditional teachings about a Good Mind will be provided, and an understanding that the opposite of a Good Mind is not a bad or evil mind, but rather a clouded mind. Attendees can learn how to increase awareness of what clouds our minds and how we may rise above or remove the clouds. Finally, we'll discuss how to maintain our Good Minds and how we can harness our collective power, known as Orenda, when Good Minds come together.

This space is wheelchair accessible and lunch will include vegan, nut-free, and gluten-free options

For other access needs and any questions, please call Health Promotion, 716-645-2837

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