

Indigenizing. my WorkLife right Now. and my Last 40 years.  
Play with Our Food: Painting with Food Paint (Coffee, Beet, Onion, Turmeric)  
Inspired by CATA Workshop, April 10, 2021 By Fyre Jean Graveline

First a Coffee Pour. Left over in my Breakfast cup.  
Swirling around. Letting it run.  
Contemplating. Brown.ness on a White Page.  
Taking Brush. and catching Drips. and running Jagged Lines.  
Yes. That is more like it. not so Smooth.  
Kinda jumpy. and Sharp sometimes.  
Beet Red. jumps in Next. Encircling Brown.  
A quick Jagged Circle. Then Smoothing. Running.  
Melding in with Coffee Brown.  
i am. Sensing. Inner.Outer. Struggle.  
Daily. Day by Day. Year by Year. Lifetime by Lifetime.  
Envisioning. Imagining. Creating. a Red Healing Circle.  
Wrapped around. a White. Onion washed. Reality.  
Art Therapy Roots.  
reach Deeply into unExamined. unAcknowledged. Whiteness.  
Eurocentric Psychotherapy. Privileged. Patriarchal.  
Dominant. and Dominating.  
We are Circling. ReCreating.  
Resisting. Persisting. Transforming.  
As i am Know.ticing. Seeing.  
Face Emerges.  
my Eyes are Aching. could be my stuck Tears Streaming?  
i See. Feel. Weight of Whiteness overhead.  
"White Man's Burden." Once an Imperial Claim. to Fame. and Fortune.  
has now become mine.ours.  
Washing remainder of Page with Golden Yellow. Turmeric.  
i Ground. Center in my Hope.full.ness.  
i.We Struggle for our Ancestors. for our Youth.  
We will Live on. Survive and Thrive. With.In. our Creations.  
We know. Where we have been. Who We Are. Who We Are Becoming.

As I scribe for my Group I Hear:  
We have been quiet for so long.  
It is our time to Speak.  
We give Voice. for the Voiceless.  
We have so much to Say. Our Time is Now.  
We will Get Through It. Together.  
Please. Listen.  
We Will. Get Through It. Together.