

Podcast: *From Ceremony Up* presented by *On Being III*

Material Type: Promotional Video

Video Title: A word to our listeners on sitting with the stories in *From Ceremony Up* - FCU Conversation with Lyana

Release Date: February 2026

Website: <https://creativeentanglementcollaboratory.ca/podcaster-in-residence/a-conversation-with-lyana-patrick/>

Transcript

Emily:

At the end of each of the episodes from *Ceremony Up*, you end with a sign off. You know, if there's something that stood out to you in today's episode, I encourage you to reflect, stay curious and to get in touch. And so I'm wondering if you can share with our listeners who are feeling curious or even feeling uncomfortable as they listen to some of these themes of historic and ongoing colonialism, themes of community healing and themes of justice. What advice would you give to those listeners who are unpacking and unlearning and relearning as they listen?

Lyana:

Yeah thanks. Those ending words are important because there's always a range of reactions and responses that people have to hearing these stories, hearing these histories. you know, I've been reflecting on the time that we are living in currently, and it's a really, really challenging time for many people because of the politics of, you know, what's happening, obviously what's happening in the US, what's happening on, you know, in terms of the justice system, what's happening in terms of health systems, like, it can often feel like it's just crisis and conflict. And this is absolutely the case. There's a lot of crisis and there's a lot of conflict, you know, across, across Turtle Island, what we call Turtle Island. And I think because I was so inspired by folks who are working in these systems, particularly Indigenous frontline workers, I wanted to share that. I wanted to share that in the face of a lot of despair, you know, and, and I guess I've always been a fairly optimistic person and, a pessimistic optimist. I don't know. I wanted to, I just wanted there to be hope. I can't, and as Indigenous people, think, you know, having experienced, you know, the impacts, the ongoing impacts of colonial policies for many generations now, it's like, you, you got to get out of bed and you got to do the work. And so I think that it is through hearing these stories and I think they're they're inspiring.

So I think that that's what I hope that people can feel that if folks like the people that we spoke with, you know, who have gone through, you know, sometimes unimaginable things and deal daily with, you know, horrific crises and people have experienced such trauma, know, they continue to do that work and maintain a sense of humor. You'll hear a lot of laughter in the podcast. so I just hope that it inspires people to know that if those folks can continue to do this work, then we all have a responsibility. so that's why we say, if you're curious, remain so. Seek out information. Find your allies, find other people who are doing similar things. There's people doing amazing work all across Turtle Island, everywhere. you know, even the Native court workers, were holding, you know, public events to bring people from the larger community in to learn about harm reduction, to learn about, you know, the kinds of work that they're trying to do. There are many opportunities and it does take a lot. You know, our society ensures that it

actually takes a huge effort to find out about these kinds of things. So the fact that you have come across this podcast and you're starting to learn is a really great thing. It's a great sign. So just continue to educate, find your allies and know that grief is totally natural and normal to feel that or to feel even hopelessness. But to know that there is so much strength and love like this is just absolutely motivated by the most beautiful impulses of love and care and healing. and warmth and that's where you know we can all find a lot of sustenance and in very dark days.