

# Transformational Learning, Health and Healing



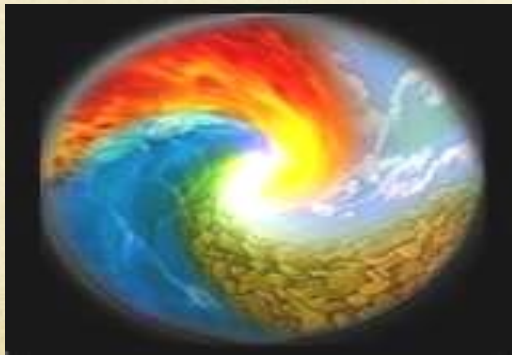
La Cultura Cura  
Culturally Rooted, Trauma  
Informed, Healing Based Service

Maestro Jerry Tello

# We ask permission to the directions of the universe

Our ancestors were connected to the forces of the universe, In a living relationship of reciprocity.

In all ancient cultures were requested permission from the creative energies of the universe, before a ceremony or to start the day, etc.



Nuestros ancestros estaban conectados a las fuerzas del universo, En una relación viva de reciprocidad.

En todas las culturas ancestrales se pide permiso a las energías creadoras del universo, antes de realizar una ceremonia, comenzar el día, etc.

# *La Cultura Cura*

*(The Culture Heals)*



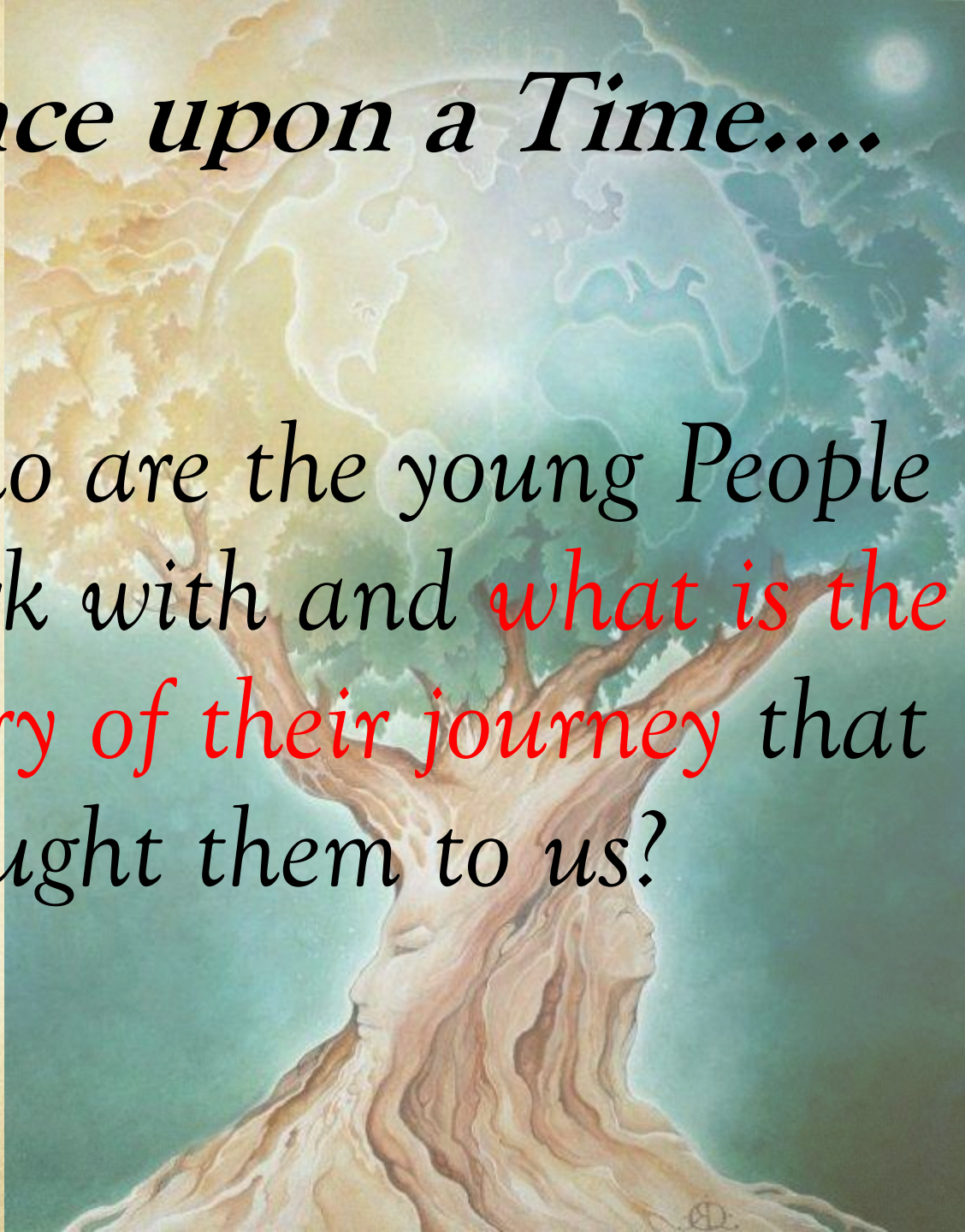
*“Within the collective wisdom of all people, exists the teachings, values, traditions and medicine for the growth, health and healing of all people.”*

*-Jerry Tello*

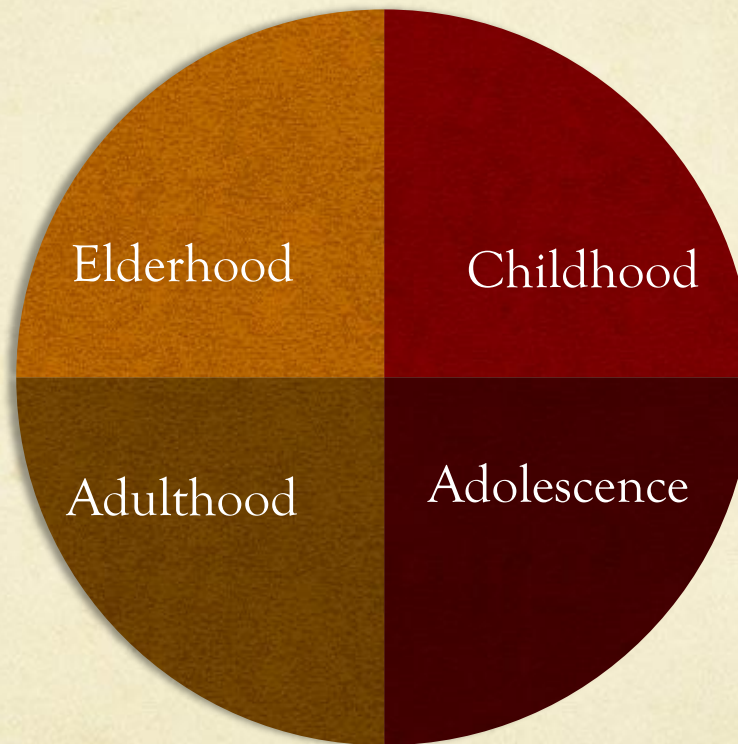
Tello © 2010

# *Once upon a Time....*

Who are the young People we  
work with and *what is the*  
*Story of their journey* that  
brought them to us?

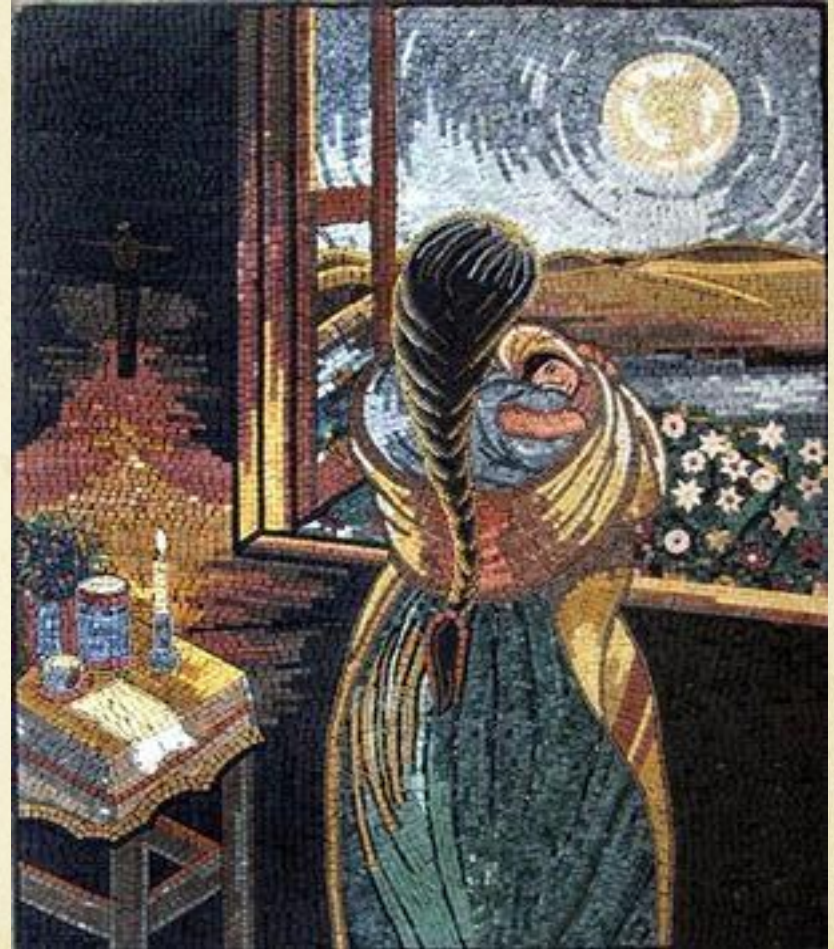


# CIRCLE OF LIFE



# ROOTED TEACHINGS

- You are **WANTED** (connected)... a **Blessing (DIGNITY)**
- You have a **SACRED PURPOSE (RESPECT)**
- You have culturally based teachings/*values*), and family, community **TEACHERS** (Rites of Passage) to guide you (**LOVE**)
- You have **SAFE, COMPASSIONATE** people and **SECURE** places to learn, heal, grow. (**TRUST**).



- WE LIVE IN A SOCIETY  
WHERE PAST AND  
PRESENT DAY INEQUITY  
AND INJUSTICE  
PRODUCES A STRESS AND  
TRAUMA AND IMPACTS  
OUR HEALTH, WELLBEING  
AND BEHAVIOR.

*We also recognize that  
we live today with the  
impact of generations  
and present day  
unresolved  
woundedness?*

# Mental Health Issues

Confusion- (depression)



Anger- (anxiety issues)



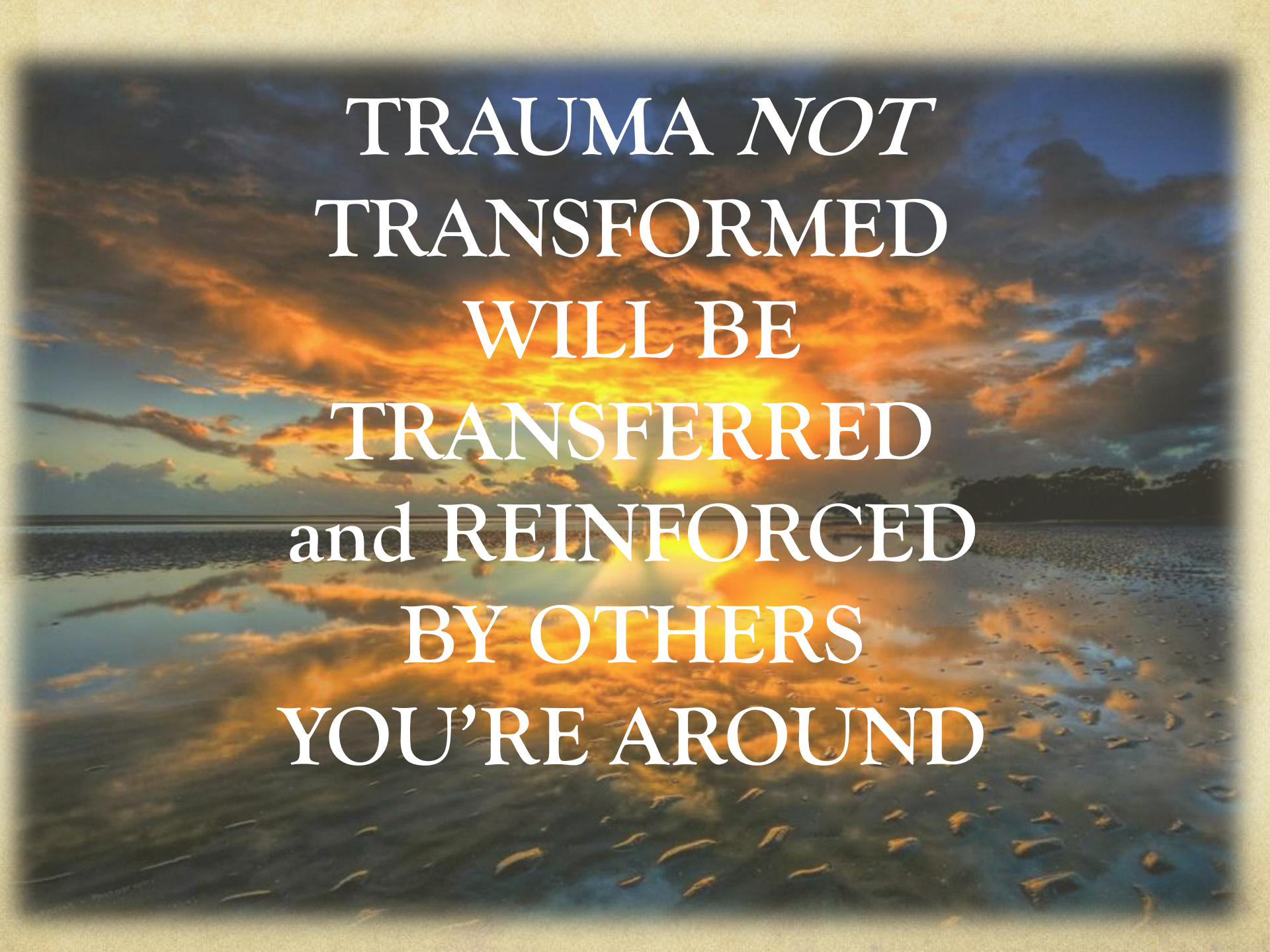
Hate- (Impulsive/reactive)



Self-hate- (self sabotaging)

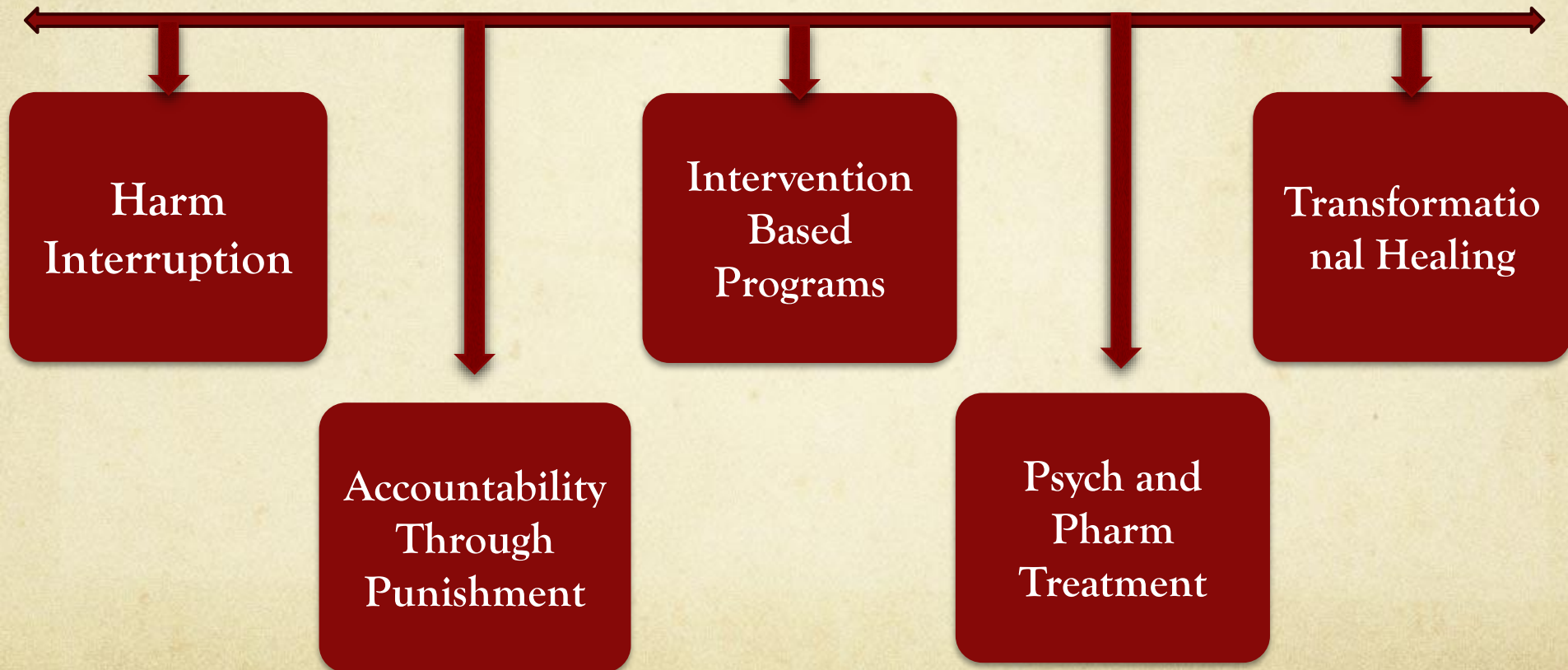


Rage (addictive/suicidal)

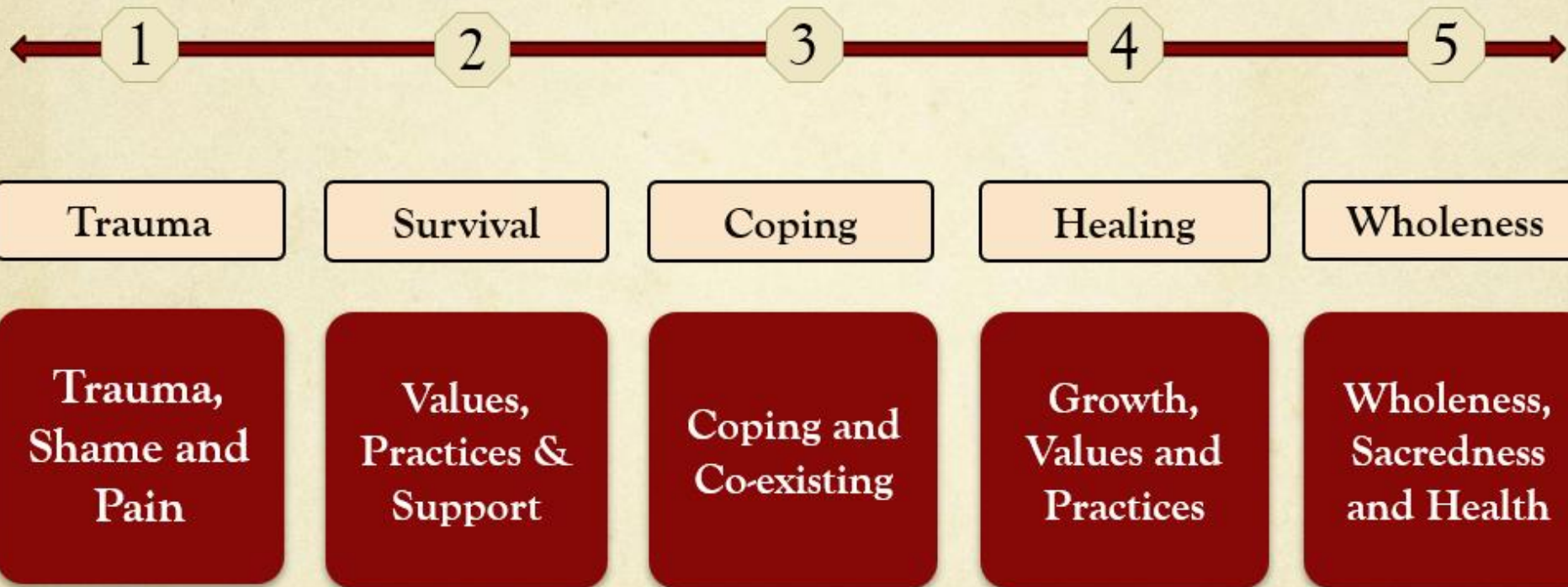
A sunset over a beach with the text "TRAUMA NOT TRANSFORMED WILL BE TRANSFERRED and REINFORCED BY OTHERS YOU'RE AROUND" overlaid. The sun is low on the horizon, casting a golden glow across the sky and reflecting on the wet sand. The sky is filled with soft, colorful clouds in shades of orange, yellow, and blue. The beach is visible in the foreground, with the wet sand reflecting the light from the sky. The text is centered and written in a white, serif font, with "and" in a smaller font size than the other words.

TRAUMA *NOT*  
TRANSFORMED  
WILL BE  
TRANSFERRED  
and REINFORCED  
BY OTHERS  
YOU'RE AROUND

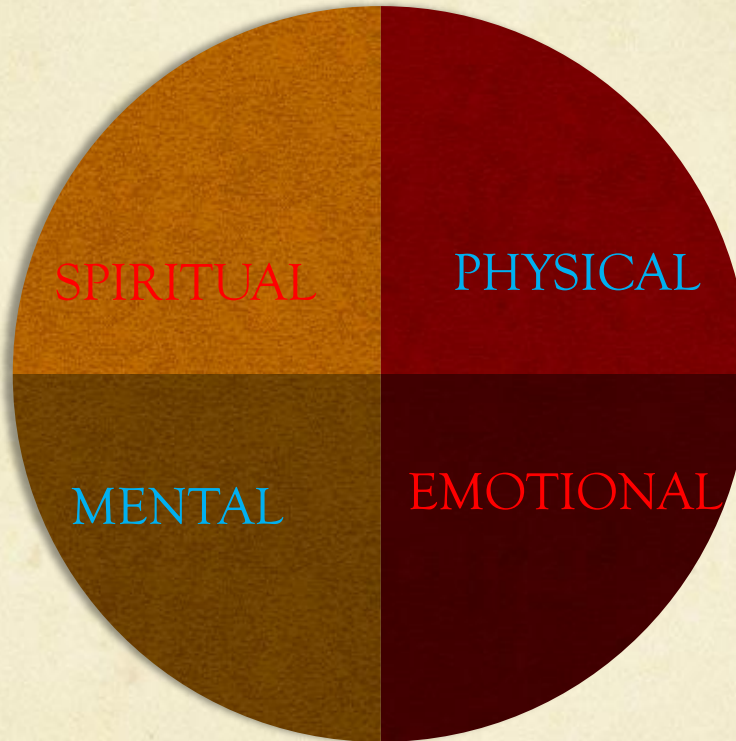
# From Harm Interruption to Transformational Healing

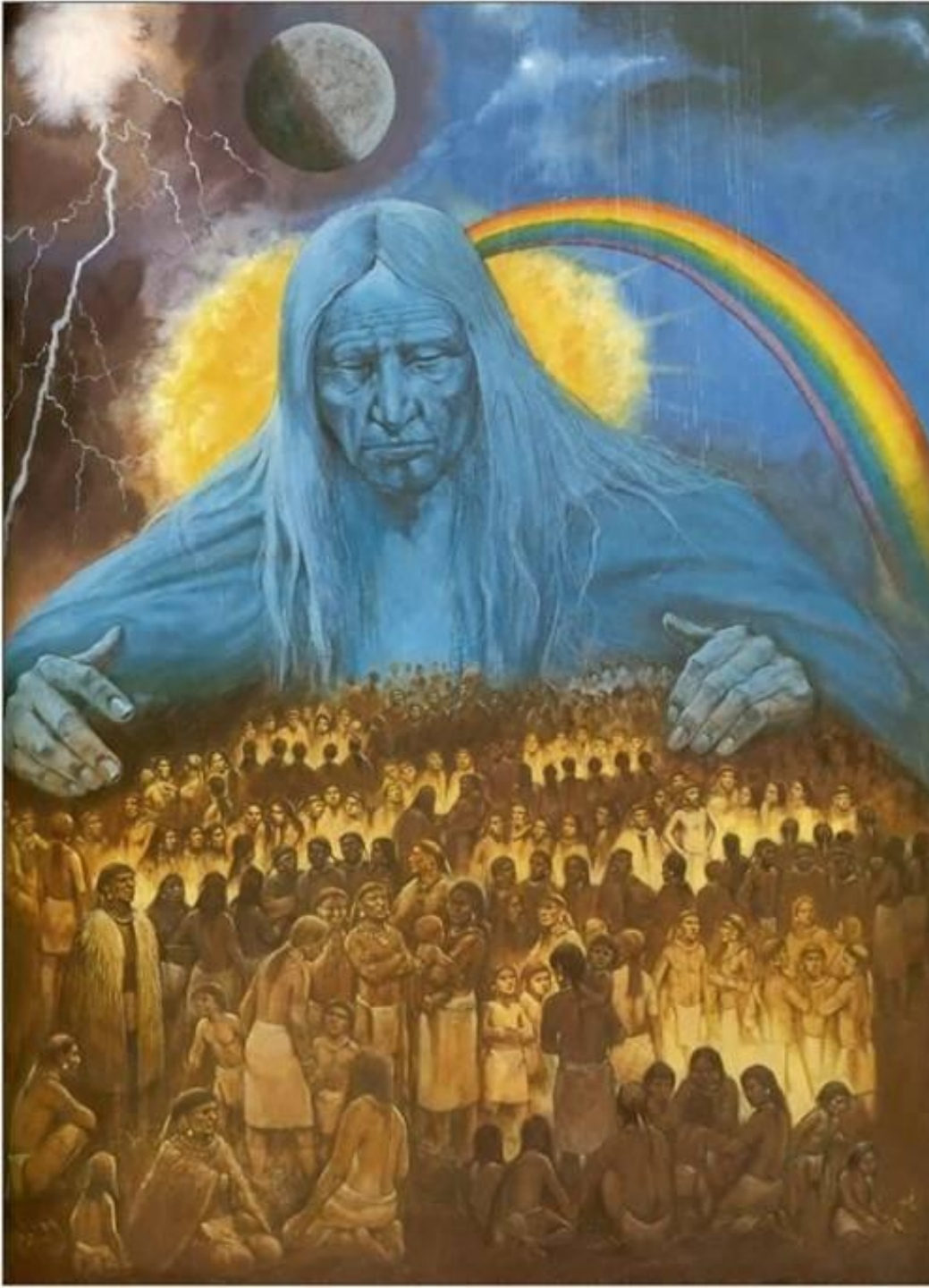


# From Harm Interruption to Transformational Healing



# CIRCLE OF HEALING





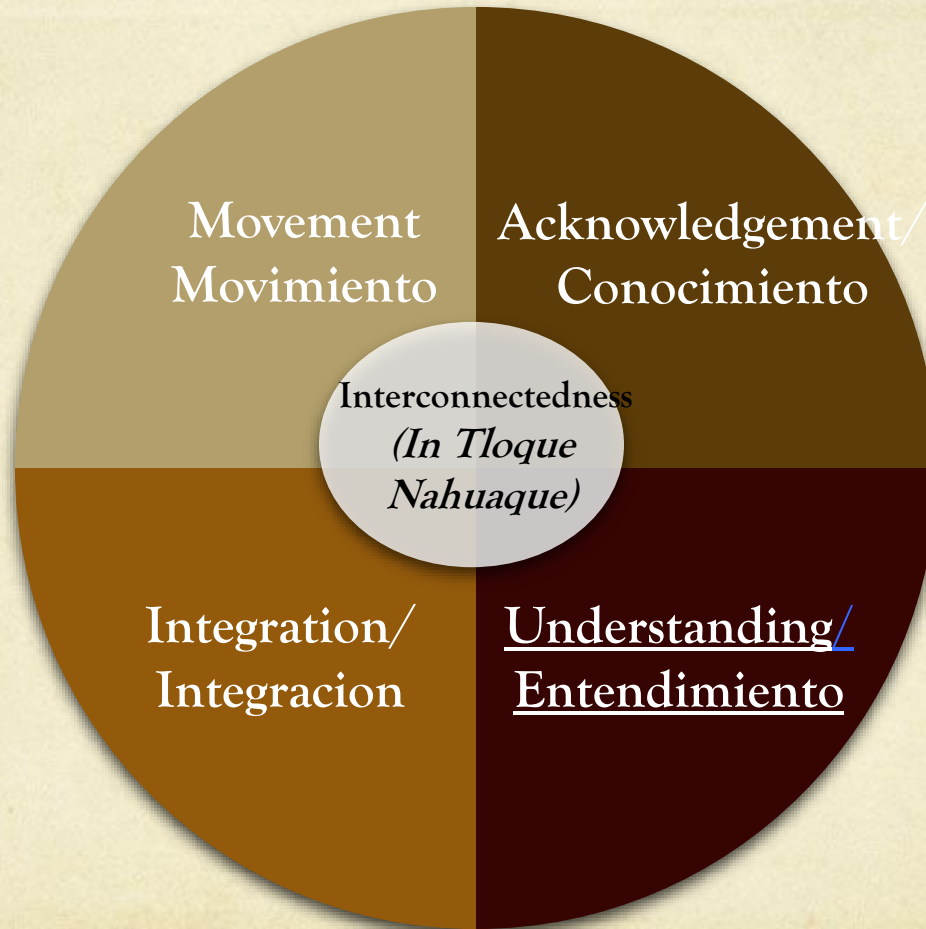
# TRANSFORMATIONAL HEALING ♦♦♦

*begins with US as Service  
Providers.*

We must first begin our own process to 1. balance our own issues (wounds, insecurities, biases etc) 2. be clear on our intentions 3. Commit to the process of Guiding the youth towards *Transformational Healing.*

# Transformational Healing Process

## *La Cultura Cura*



A sunset over a body of water with a reflection in the foreground. The sky is filled with orange and yellow clouds, and the sun is low on the horizon. The water in the foreground is shallow and reflects the sky and the sun. There are some rocks and small plants in the water.

In lak Ech  
Tu Eres Mi Otro Yo  
You Are My Other Me

I SEE you, You SEE me,  
You are ME, I am YOU we are  
Relation

# Current NCN - OYCR Partnership



Joven Noble

Circle Keeper

Girasol

Webinars

Policy Brief

Rites of Passage Program – Male Identifies Youth

Healing Centered restorative justice process training

Character Development Program – Fem identified youth

Trauma informed and healing centered conversations

Partnership between – CERES, OYCR, BOEN, UCLA and NCN



# Curriculum Trainings



Girasol – San Diego



Circle Keeper- Los Angeles



Girasol – Los Angeles



Joven Noble – Sacramento

# Transformational Healing



## La Cultura Cura

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Listen to us on our HEALING GENERATIONS PODCAST on all major podcast platforms

Book: *Recovering Your Sacredness*

*By Jerry Tello*



**Linktr.ee/JerryTello**

**@MaestroJerryTello**

A Linktree profile card for Jerry Tello. The background is a dark teal color. At the top right is a white circle with three dots. Below it is a circular profile picture of Jerry Tello wearing a hat. Underneath the picture, the name "Jerry Tello" and the handle "@MaestroJerryTello" are displayed. Below the name are icons for Instagram and Facebook. A list of links follows, each with a small circular icon on the left and text on the right: "Shop", "Website", "Blog", "Bio/Headshot", "Healing Generations Podcast", and "National Compadres Network". At the bottom right, the Linktree logo is visible.