

Ellam-iinga (The Eye of Awareness): Recovery, Healing and Wellness from Yup'ik Cultural Values [Book in progress] by Mary Stachelrodt

The following 3 symbolic images were developed in 1986. The central symbol of the model of the universe was drawn by Kanaqlak George P. Charles. Mary Stachelrodt was an alcoholism counselor who is now retired in Ketchikan with her husband, Jon. She is Yup'ik from Bethel, Alaska.



"Ellam-iinga" — Self-Addiction

SPIRITUAL

Loss of
Self-Identity

Feeling
Separate

Unable to
make
healthy
choices

MENTAL

PHYSICAL

Physical
Illness

Shame

Suicide

Violence

Secrets

Fear

Depression

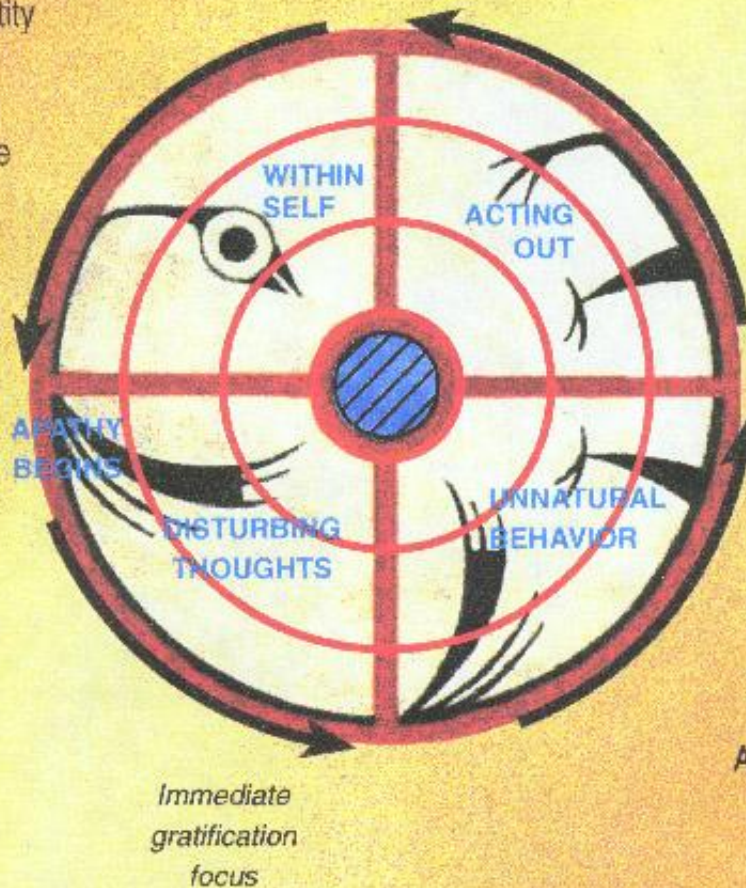
Loneliness

Repressed
Emotions

Aggression Begins

Guilt Driven

EMOTIONAL



SELF-ADDICTION PROCESS—The ego is the driving force for human survival. As the ego protects itself (from changing), the eye of awareness begins to close. It is a learned response. It is an unnatural response. Our job in life is to begin to open that part of us that needs to grow, be nurtured and expand.

The closing of the eye of awareness is loss of self. Self losing Self. The locked part of ourselves becomes the cause of addiction. In desperation, one seeks to fill that need through external sources. Alcohol, drugs, gambling, sex, relationships, food, violence, etc., until the ultimate soul murder happens — suicide. The spiritual goes against the natural process of growth and collapses within itself. In this self-addiction process we become addicted to the very behavior that fights to keep the ego itself alive.

The ego is never fragile. It works to survive at whatever the cost to the individual.

"Ellam-iinga" — Re-Awakening

**HOPE
REVISION**

Regeneration
of Pride
Self
Empowerment
*see things in
a "new" light*
inner peace
*sharing
awareness
with trees*

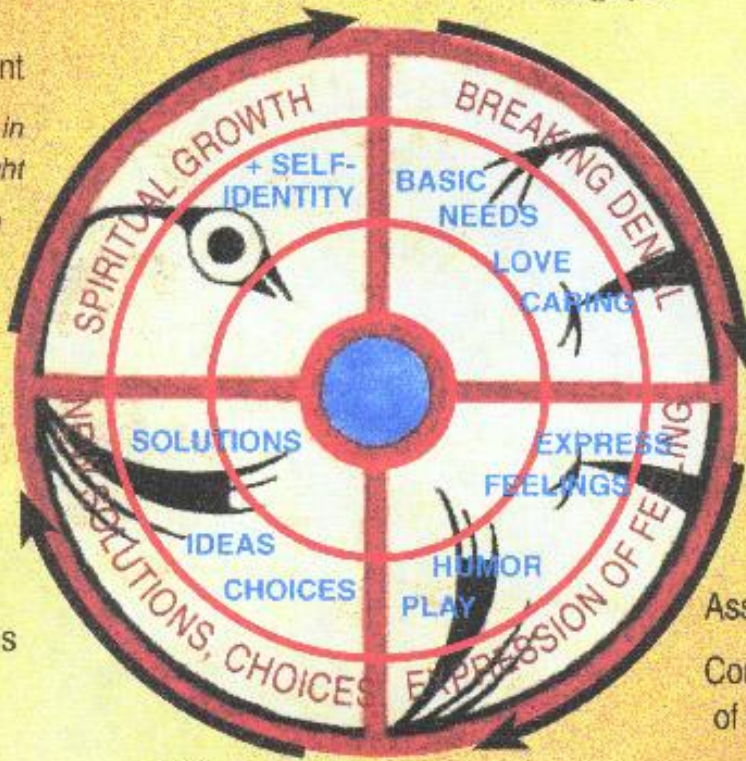
Trust Others
Redefine
Goals/Values
Healthy Relations

Creativity

Forgive Others
New Solutions

NEW IDEAS

Continuity
Admission
Inspiration
Choice



+ skills
building

Begin to Trust Self
and Forgive Self

Commit to Change

**CALL FOR
HELP**

Intervention
Desire
to Change
Awareness
Physical
Needs Met
+ hygiene
+ self care

+ education

Becomes
Valuable

Self
Assessment
Come Out
of Hiding

Return to a
Sense of Order

Begin Support System

EXTERNALIZE

PROCESS OF RE-AWAKENING — begins when we become aware that the self-addictive behavior has caused some harm to ourselves or others. For some it hits like a bolt of lightning to realize that it all comes down to the core... Ego protecting EGO and the learned response can be examined and changed.

The EGO does not want to change, so it changes the personal environment to adapt to the EGO DYSFUNCTION. Now with full awareness that a change can take place, the work begins. It is difficult to admit, to commit and then to begin to change the behavior... so it becomes the inspiration and "we come to believe" that a positive change can occur. Balance and wholeness become the goal. To feel good about oneself, self-empowerment is the TRUTH and to take a fearless and moral inventory of self becomes evident.