

The Physical and Spiritual Benefits of Fasting with Dr. Lee. Brown



Watch Party Host Guide

Looking for opportunities to extend the learning and practice beyond Moose Hide Campaign Day within your community?

This guide will support you in planning and leading a meaningful watch party of **The Physical and Spiritual Benefits of Fasting with Dr. Lee. Brown** leading up to Moose Hide Campaign Day. You are invited to follow this guide and, also, to make an event your own in a way that will be meaningful for your community.

About the Moose Hide Campaign

The Moose Hide Campaign is an Indigenous-led grass roots movement dedicated to ending violence against women, gender diverse peoples, and children. Founded over a decade ago along the Highway of Tears, it has grown into a nationwide initiative uniting Indigenous and non-Indigenous communities, schools, governments, organizations and all sectors of society.

At its core, the campaign is grounded in Indigenous ceremony and traditional ways of healing. The **moose hide pin** symbolizes a commitment to honor, respect, and protect women, children and gender diverse peoples while standing against gender-based violence. Over seven million pins have been distributed across Canada.

Tips for Success

- **Be Prepared:** Run through the workshop yourself to note key moments and teachings:
 - Prepare a note-taking framework highlighting teachings and responsibilities for practice shared by Dr Lee Brown.
 - Consider venue and platform – in person, online etc. and whether people watch together or in advance of the debrief
- **Model Vulnerability:** Share your own reflections first to encourage deeper engagement.
- **Maintain Balance:** Ensure everyone has space—watch for dominant talkers or silent participants.
- **Manage Emotions:** If sensitive issues emerge, validate feelings and remind participants they can pause or step away. Anyone can call for a pause for the group to ground, recenter and refocus to the intention of gathering.
- **Ground in Purpose:** Periodically reaffirm the connection between safe spaces and ending violence.
- **Offer Resources:** Share links to Moose Hide Campaign events, pin orders, etc

Resource Links for Optional Exploration

- [Moose Hide Campaign](#) and [We Are Medicine](#)
- [National Inquiry into Missing and Murdered Indigenous Women and Girls](#)



- [A Dialogue Guide for Facilitators and Hosts](#)

Optional Agenda – 60 – 120 minutes	
10 minutes	<p>Welcome and Overview</p> <ul style="list-style-type: none"> • Acknowledge the First Nations territories you are on. • Ground the group with a moment of reflection, and a reminder of available counseling services. • Purpose: to support meaningful conversation about creating emotionally safe, culturally grounded spaces as part of the Moose Hide Campaigns movement to end gender-based violence. • Provide a refresh on the context of the Moose Hide Campaign and acknowledge Dr. Lee Brown, Cherokee, who explores the elements of spiritual and health fasting. Principles of healing surrounding the fasting process will be discussed in relationship to the four doorways of health and healing. The goals of fasting in relationship to our spiritual path will be presented in the context of the need to reduce violence in our communities. • Provide Moose Hide pins for participants who do not already have one. • Set the tone for a reflective and empowering watch party to cultivate respectful, inclusive, and courageous space by offering and inviting intention and agreements; maintain confidentiality, speak from “I” rather than “we”, listen deeply without interrupting, and permission to pass at any time. • Offer a moment of silence or a sip of water, connecting to his teaching that <i>“water is our first medicine.”</i>
10-15 minutes	<p>Introductions – Ice Breaker</p> <p>Invite Each Participant to Reflect or Share:</p> <ul style="list-style-type: none"> • Invite a quick round of introductions “what brought you here?” • Dreams are the energy of life. What is one dream, hope, or intention you are carrying with you today?
60 minutes	<p>Watch Party (either watch together or invite to watch in advance of this time)</p> <p>Play the video uninterrupted, encouraging participants to jot down notable points or emotional responses.</p> <p>https://youtu.be/i56FYmtNwtA?si=GRjYZHZiryOy77p</p>
30 minutes	<p>Reflect & Debrief</p> <p>Break into smaller groups if needed:</p> <ol style="list-style-type: none"> 1. Experiential Reflections (10 minutes) <ul style="list-style-type: none"> • What feelings or reaction did the workshop provoke?

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	<ul style="list-style-type: none">• Where there any moments that resonated personally or surprised you? <p>2. Framework Exploration (25 minutes)</p> <p>Dr. Brown explores fasting as both a spiritual and healing practice that helps us find balance, listen to our gifts, and connect more deeply with creation. Through stories, reflections, and circle practice, participants are invited to consider how presence, dreams, and service can guide personal healing and collective well-being (see Appendix a). Pick one and discuss.</p> <ul style="list-style-type: none">• Dr. Brown reminds us that our gifts whisper, and that fasting and stillness help us listen. What is something quiet in your life right now that might be asking for your attention?"• Dr. Brown shared that our presence with each other is our healing. What helps you feel most present—with yourself, or with others?• Connect insights to the Moose Hide Campaigns mission; how do these support anti-violence efforts? <p>3. Action Planning</p> <ul style="list-style-type: none">• He shared that our greatest path in life is service to others using our gifts. As you leave circle today, what is one way you hope to offer your gift—or your presence—to others?"
10 minutes	<p>Closing & Commitments</p> <ul style="list-style-type: none">• Invite each person to share a word or teaching from toady's circle you will carry with you into the week?• Express gratitude to participants for their presence and commitment.• Emphasize the importance of ongoing self-care and community care.• Encourage continued engagement with the Moose Hide Campaign and our shared vision to end gender-based violence.



✔ Summary Checklist

Task	✔ Before	✔ During	✔ After
Review video	✔		
Set safety agreements	✔	✔	
Share context	✔	✔	
Facilitate debrief		✔	
Collect commitments		✔	
Provide resources links	✔	✔	✔

Thank you for hosting a **Physical and Spiritual Benefits of Fasting with Dr. Lee. Brown** and for being part of this movement toward healing and change. By incorporating Dr. Brown's to restore balance of mind, body, heart, and spirit, which he names as the foundation for harmony, peacefulness, and alignment. His guidance on fasting, dreams, and presence encourages us to slow down, listen for our gifts, and release emotional blockages like grief, anger, and fear—opening space for resilience, gratitude, and meaningful connection. By centering presence, service, and connection to creation, his teachings offer both personal pathways of healing and collective practices that can shift communities toward nonviolence, wholeness, and lasting change.

We would love to hear from you on how it went, please take a few minutes to let us know; cognitoforms.com/MooseHideCampaign/MooseHideCampaignWatchPartyFeedback

Appendix A.

A Note on Western-Centricity

This guide presents Len Pierre's teachings in a structured Western format (bullets, categories, "must-know" lists). Indigenous knowledge systems are rooted in oral tradition, story, ceremony, and relationship. This summary cannot fully capture that spirit. It is offered as a bridge for

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learners in Western institutional contexts, while naming that the deeper teachings live in relationship, community, and land.

1. Personal Story and Context

- Dr. Lee Brown (Cherokee, Wolf Clan) introduces himself, his name *Seust* meaning “messenger,” and shares about his sobriety—50 years free from alcohol and drugs.
 - He connects his life story of surviving violence and losing his daughter to violence with his support for the Moose Hide Campaign and his teachings on fasting.
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2. Teachings on Fasting

- Two types of fasting:
 - Spiritual fasting – for vision, clarity, and finding one’s gift.
 - Healing fasting – for physical health and cleansing.
 - Healing insight:
 - When the stomach is empty, energy goes to healing instead of digesting.
 - Fasting helps clean the body and strengthens it, especially when supported by water.
 - Intermittent fasting and one-day fasts are recommended for health.
 - Spiritual fasting helps discover:
 - Who we are.
 - Why we were born.
 - What our gift is.
 - Emphasis that gifts “whisper,” so quiet (fasting, solitude, dreams) is needed to hear them.
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3. Dreams and Gifts

- Dreams are the energy of life and can reveal one’s gift.



- Advice: keep a dream journal, even just writing down feelings if you can't remember details.
 - Dreams may carry teachings from ancestors.
 - A person's gift brings joy and a sense of timelessness, never misery.
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4. Teachings on Healing

- Emotional blockages (grief, anger, rage, jealousy) create illness—physically, mentally, spiritually.
 - Healing requires emotional maturity: becoming parents, grandparents, children, nieces, nephews again—returning to relational wholeness.
 - Presence with one another is healing. "Our presence with each other is our healing."
 - Illness (big or little) is also a teacher. Small illnesses (like colds) are opportunities for ceremony and rest; ignoring them can lead to bigger illnesses.
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5. Teachings on Balance

- Medicine wheel model: four parts of being—mind, body, heart, spirit. Balance means tending to all four.
 - Pathway of achievement:
 - Balance → Harmony (parts of self get along) → Peacefulness → Alignment (straightness of being) → Connectedness (to creation).
 - Connection to creation is the highest achievement—illustrated by the story of an elder whose passing was mourned by eagles.
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6. Teachings for Daily Life

- Drink water first thing in the morning (to cleanse after nightly fasting).
- Eat moderately: one-third food, one-third water, one-third air.
- Food and medicine:
 - Water is the first medicine.

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- Food is the second medicine.
 - Herbs are the third medicine (e.g., sage, juniper).
 - Presence and service: The greatest path in life is service to others using your gift.
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7. Reflections on Loss and Resilience

- After his daughter's death, Dr. Brown went through a "seven-year crushing." His teacher advised: *stay down, don't try to return to who you were; let transformation come.*
 - Grief, when fully felt, expands the capacity for greater joy.
 - His survival through trauma, cancer, and loss reaffirmed his gratitude for life and the need for humility and service.
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Core Messages:

- Fasting is both physical and spiritual medicine.
- Dreams and gifts guide us—listen quietly to them.
- Healing requires presence, balance, and emotional maturity.
- Service through one's gift is the greatest path.
- Connection to creation is the highest achievement of life.