



TVN Photo/Amy Wright

Stormy RedDoor explains how the physical presence of his ceremonial pipe acts as a reminder to him of the importance of telling the truth to others as well as being honest with himself. RedDoor visited RedDoor Rehabilitation in Driggs Thursday night and he talked about methods of clearing of the mind as well as achieving the ability to find peace within oneself.

Teaching ways to heal

By Rachael Horne

Laying in the dirt in his own vomit, Stormy RedDoor woke up realizing he had to change or he would die. That's what the Sioux-Assinbion medicine man told a group of listeners last Thursday at RedDoor Rehabilitation. RedDoor now lives in Germany helping people overcome all kinds of life obstacles, drawing on his own experiences and upbringing in Native American practices.

RedDoor now uses the changes in his life to help others overcome their own hurdles. He was raised on the Sioux-Assinbion Reservation. He traveled to Mexico, Los Angeles and New York and served a tour as a serviceman in Southeast Asia before ending up in Europe. When he returned from service in Vietnam, RedDoor was lost and confused. He entered a rehabilitation facility and upon completing that, he went on a "vision quest," he told the group. He returned to the reservation and after three days of fasting, sitting on a hill facing the north, he was healed by "the Great Spirit."

"I'm not a religious man," said RedDoor. "But I've found that if religion can help people, that's fine. You should use whatever tools you need."

What he helps people with now, he said, is to connect with both sides of their brain. He said that as a society the left-brain gets a lot of attention. The right-brain, the more spiritual

and artistic side, often doesn't get the same attention. He works on helping people quiet their minds, through sweat lodges, drums and other Native American practices.

RedDoor was visiting his sister last week. She runs RedDoor Rehabilitation in Driggs. She asked him to speak while he was here.

RedDoor landed in Europe through his art where he created "basrelief" stone sculptures. Once in Germany he found a new gift of song-writing and singing.

In addition to helping people heal through Native American practices, he is also a performer. Along with Holly Peterson, RedDoor is part of Blue Medicine Music.

The group's website says Blue Medicine Music is music medicine for cleaning our souls, for cleaning our aura and for freeing our spirits. The music will set moods, let your spirit travel, allow one to feel the inner emotions, and yet move one physically to the natural heartbeat of Mother Earth.

The lyrics speak of sacredness, spirituality, reality, brotherhood, love, hate, happiness and sadness, and other human emotions. Very often words and music are created spontaneously using guitars, nature sounds, Native American instruments and the mood of the moment.

We all get a little blue sometimes. Listen, heal yourself. There is hope for all who lives on the only blue planet in the universe.

