

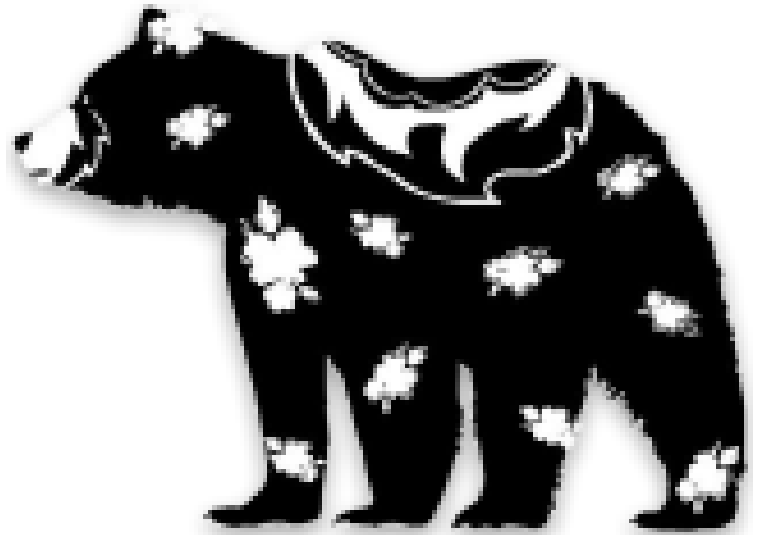
The Seven Sacred Teachings

“Of all the North American Indigenous teachings, the Seven Sacred Teachings, also known as Seven Grandfather or Seven Grandmother Teachings, are the most commonly shared from coast to coast. Many Indigenous organizations and communities have adopted the seven guiding principles, in one form or another, as a moral stepping stone and cultural foundation. Each community has adapted the teachings to suit their community values. Despite where the teachings may have originated, they share the same concepts of abiding by a moral respect for all living things.”

The teachings in Ojibwe (Anishinaabe) cultures have been traditionally passed down from generation to generation orally through stories and ceremonies. Historically, this was done by the elders who carry the stories and traditions. Today the oral traditions are being shared by those who carry the knowledge of such things. The teachings of all Indigenous cultures encompass the morals, values, structures, ceremonial practices, and spiritual beliefs of the group. These teachings also ensured the survival of the people. The teachings vary from nation to nation, because of the geographical placement of each particular group. However, the sacred teachings commonly come from the same root and share a similar message.

Source for the above quote is unitingthreefiresagainstviolence.org website, which is the basis for the teachings in this resource. Illustrations for the Sacred Teaching panels come from ecampusontario.pressbooks.pub website and are used with permission

Bravery



Bravery is represented by the bear.

The mother bear has the courage and strength to face her fears and challenges while protecting her young. The bear also shows us how to live a balanced life with rest, survival and play.

To face life with courage is to know bravery.

Find your inner strength to face the difficulties of life and the courage to be yourself.

Defend what you believe in and what is right for your community, family, and self.

Make positive choices and have conviction in your decisions.

Face your fears to allow yourself to live your life.

Honesty

Honesty is represented by either the raven or the sabe. They both understand who they are how to walk in their life.

“Sabe reminds us to be ourselves and not someone we are not. An honest person is said to walk tall like Kitchi-Sabe... Like Kitchi-Sabe, Raven accepts himself and knows how to use his gift. He does not seek the power, speed or beauty of others. He uses what he has been given to survive and thrive. So must you.”
From: *The Seven Sacred Teachings of White Buffalo Calf Woman*, by David Bouchard & Dr. Joseph Martin.



To walk through life with integrity is to know honesty. Be honest with yourself.

Recognize and accept who you are.

Accept and use the gifts you have been given.

Do not seek to deceive yourself or others.

Humility

Humility is represented by the wolf.

The wolf is strong and powerful alone, but finds its greatest strength when part of a pack.



Humility is to know that you are a sacred part of creation.

Live life selflessly and not selfishly.

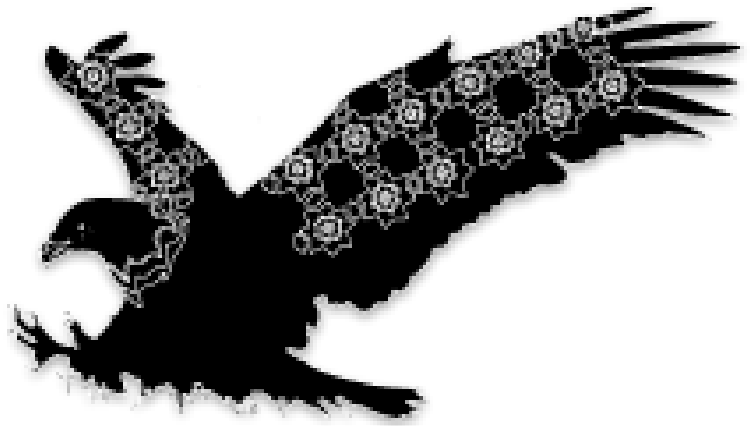
Respect your place and carry your

pride with your people and praise the accomplishments of all.

Do not become arrogant and self-important.

Find balance within yourself and all living things.

Love



The eagle represents love because it has the strength to carry all the teachings. The eagle has the ability to fly highest and closest to the Creator and also has the sight to see all the ways of being from great distances.

The eagle's teaching of love can be found in the core of all teachings, therefore an eagle feather is considered the highest honor and a sacred gift.

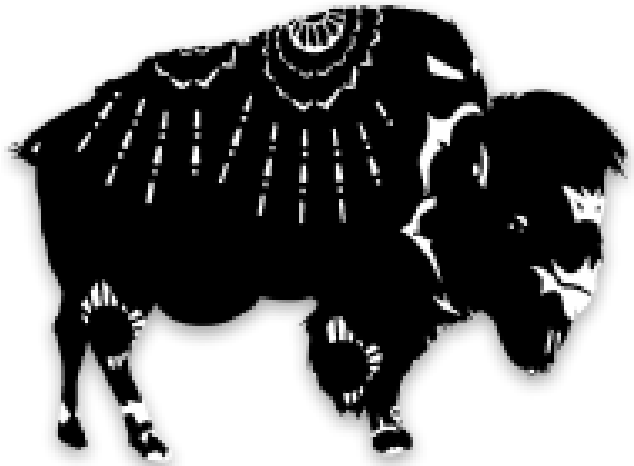
To know love is to know peace.

View your inner-self from the perspective of all teachings.

This is to know love and to love yourself truly.

Then you will be at peace with yourself, the balance of life, all things and also with the Creator.

Respect



Respect is represented by the buffalo. The buffalo gives every part of its being to sustain the human way of living, not because it is of less value, but because it respects the balance and needs of others.

To honor all creation is to have respect.

Live honorably in teachings and in your actions towards all things.

Do not waste and be mindful of the balance of all living things.

Share and give away what you do not need.

Treat others the way you would like to be treated.

Do not be hurtful to yourself or others.

Truth



Truth is represented by the turtle as it was here during the creation of Earth and carries the teachings of life on its back.



The turtle lives life in a slow and meticulous manner because it understands the importance of both the journey and the destination.

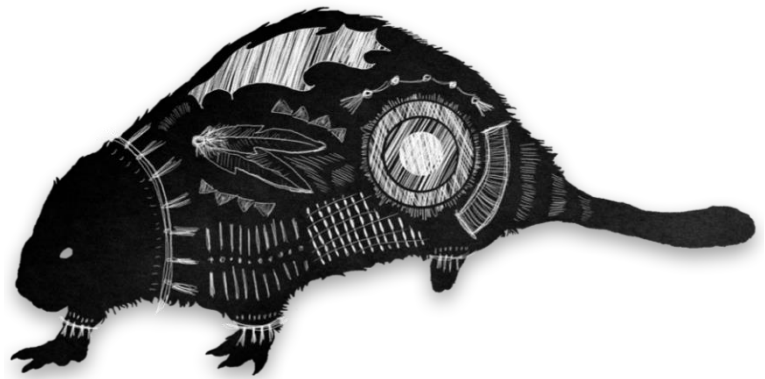
Truth is to know all of these things. Apply faith and trust in your teachings.

Show honor and sincerity in all that you say and do.

Understand your place in this life and apply that understanding in the way that you walk.

Be true to yourself and all other things.

Wisdom



The beaver represents wisdom because it uses its natural gift wisely for survival. The beaver also alters its environment in an environmentally friendly and sustainable way for the benefit of his family.

To cherish knowledge is to know wisdom. Use your inherent gifts wisely and live your life by them. Recognize your differences and those of others in a kind and respectful way.

Continuously observe the life of all things around you.

Listen with clarity and a sound mind.

Respect your own limitations and those of all of your surroundings.

Allow yourself to learn and live by your wisdom.