

Ningwanuk Meshquajese - Wings of Change

Seven Sacred Teachings

Buffalo • Respect



Treat all your relations as you wish to be treated - we are all related - the four-legged, the two-legged, the winged ones, the ones that crawl, the plant nation, the rock nation. All My Relations.

Wolf • Humility

Be humble and walk Mother Earth in unpretentious simplicity with benevolence and modesty.



Eagle • Love

Has no conditions or borders. Is to give, to receive and to share.

Turtle • Truth

Speak with sincerity, walk with integrity; you will be truth.



Sabe (Bigfoot) • Honesty

Show fairness in word and action; be genuine and virtuous. Let honesty be your guide and you will live in honour and happiness.

Bear • Courage

Be strong, 'walk your talk'. Live by your beliefs, work for the good of all and bring harm to none. These are courageous ways.



Beaver • Wisdom

Common Sense is practical wisdom - it is found everywhere; in the words of the Elders and the wind in the trees.

