

Introduction

The Earth is my Mother
The Sky is my Father
The Sun is my Grandfather
The Moon is my Grandmother
And upon this land is the blood of my descendants.

They sacrificed a lot –
They were stewards of the land
For a very long time before
The white eyes claimed it as their own
Now Euro-Canadians populate this sacred Mother
and claim Her to be theirs.

“How can one own the land?”
Said Chief Seattle –
It is a mystery to me –
It is a mystery to me as well
How can one buy or sell your Mother?

North (Physical Realm)

I must take good care of myself and
regain balance in **my** life
by developing and understanding
of the important connection
between the psychological, spiritual
and emotional parts of **my** existence
and not inflict pain (physically or emotionally)
on myself or others.

I must understand that change
is a process (I can't expect miracles overnight).

East (The Realm of Knowledge and Enlightenment)

I must reawaken to all of creation and
its beauty that exists in the world around me.

I must also commit to release
myself from a narrow view of life
and begin to grow, learn and
gain new knowledge.

I must remember that I have a Sacred
right to live my life as I wish
and the need to bring harmony
and balance to my existence
by respecting the life rights of others.

I must work on an understanding
the changes I must make in
order to achieve personal harmony,
balance and freedom.

South (Realm of Spiritual, Indigenous Peoples)

I must come to an understanding
of my special relation to Mother Earth
(release my pain to Mother Earth).

I must come to an understanding of
My special relation to Father Sky (Cosmos).

Seek a greater understanding
of this relationship.

I must reconnect with and
nurture my own Spirit.

West (The Realm of Introspective Thought)

Reminds me to speak honestly
with **myself** and look at my problems
and **my** accomplishments with a
willingness to commit myself
to positive change and growth.

I must examine the ways in
which I have tried to
manipulate, control or
manage the lives of my
fellow beings – make a
commitment to change this
unhealthy behaviour.

I must acknowledge that change
in my life must begin
with **me**.

I am happy to share these Sacred teachings.

Physically – we must have a sense of belonging.

Spiritually – one must give of one's natural gifts and talents.

Mentally – I always encourage my clients to 'walk their talk.'

Emotionally – most illnesses I've encountered are caused by emotional toxins.
– one must nurture self and family – extended family and community.

Creator gave us 2 eyes to make
doubly sure we view the situation appropriately.

2 Ears to ensure we listen.
“Listen with your heart”,
my Grandpa always said.

“You don't have to agree
but respect their voice
as they should respect yours.

After all we are all
connected – just like
a spider's web –
we are all connected.”

What are you teaching your children
And grandchildren?

The land is not yours to own.

The great Spirit (creator)
put us upon this planet
to fulfill a purpose.

To learn, grow and gain
new knowledge so
we may all live in
total Peace and Harmony.

My heart aches for where
your norms
have led us – destruction.

The 4 legged, creepy crawlers
the winged ones and the swimming
ones have also all been
dispossessed.

If I dishonour one
I dishonour all.

How can Euro-Canadians
take for granted that
we will just fade away
never to be seen or heard.

The invisible plexi-glass
will be lifted some day
as we aspire to
higher levels of consciousness.

Higher levels of being
higher levels of awareness.

The time is fleeting fast
the time is now.

Release us from bondage
poverty and third world living.

These teachings are from
an Ancient tradition
handed down orally from one
generation to the next
since time immemorial.

People have long forgotten these
sacred teachings in
this sophisticated, overly educated
totally withdrawn world of materialism.

In conclusion, our ancestors
predicted our people would
rise from the Holocaust/genocide.

Our Spirit to the land cannot
be removed - stolen or disposed of.
The Blood of the Indigenous
has paid its debt.

Would it not be easier if most took
the time to learn this beautiful, powerful
culture, traditions and teachings. Meegwetch.