

# Seven Grandfather Teachings

## **Love**

Love is represented by the Eagle and its unique relationship it has with the Creator. The Eagle has the ability to see the furthest, fly the highest and be closest to the Creator. Eagles are loving and protective and it is their responsibility to watch over the earth and communicate with the Creator all that is happening. Love is an essential part of our being; without it nothing can grow or thrive. When we treat ourselves with love, unconditional love of all other beings becomes a natural occurrence.

## **Courage**

The teaching of courage is represented by the Bear because of its strength and natural ability to overcome challenges. To have courage is to be brave enough to hold your head up high, even through the darkest of times. It is to not give up because the Creator has set out the path for us to learn whatever it is that we need. In times of hardship, courage is necessary for survival.

## **Humility**

The giving nature and devotion of the Wolf is the reason he was chosen to represent humility. The Wolf is always watching out for the pack and putting himself first. To be humble means to give, without asking; to offer help without needing something in return. To be humble means to not talk highly of yourself, your gifts or your life; that is between you and the Creator.