

# 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.

## Honesty

Honesty is an important value, represented by Sabé (Bigfoot/Sasquatch). When we are honest with ourselves, the universe makes life simple. It becomes easier to be honest with others, and to forgive, even in times of hardship and pain. We must be honest with ourselves, in order to be honest with others.

## Respect

The Buffalo has provided sustenance for the people, providing food, clothing, shelter, medicine and art. The Buffalo was used for survival, and every part of the animal was used, to show respect. Respect is all about attitude. It means listening, helping, sharing, caring and honouring. Listen to those around you, elders, parents and even little ones. We all carry a gift and a purpose; everyone comes into our life with a reason, and has something to teach us.