

Seven Sacred Teachings

Also called

Seven Grandfather Teachings

1. **Humility:** Begin the journey in the Spring, in the East. East is where all life begins and yellow best represents this teaching. Every day, the beauty and power of creation are ignited in the east. We are humbled by the strength and brilliance of the rising sun. There is something much stronger than us out there. Accept how small and insignificant we are for the betterment of ourselves and all Creation as we strive to be humble.

Look to the wolf for humility. See how the wolf does not live for himself but for the pack. Watch how he bows his head in the presence of others. He does this out of deference, not fright.

Learn this kind of humility. Learn not to be arrogant. Do not think too highly of yourself.

2. **Honesty:** In summer we travel south where the sun is at the highest. We learn honest there. The sun is red hot and we are living in our youth. This is the mid day of our journey. Now is the time to be honest with ourselves. We see and accept ourselves for who we are. Once we do this we are able to accept others for who they are.

Be honest with yourself as well as others. When you speak, speak truthfully.

3. **Respect:** In the fall we travel west. The sun sets in the west and the earth becomes dark. We need to look to buffalo for the one who shows respect and honour him. The buffalo offers himself to sustain us. It does not make his life any less than our own. It makes it more.

When these buffalo roamed the west, it was said that they would be no more if they were not respected.

Do not waste. Use all things wisely. Never take more than you need and always give away that which you do not use. Treat others as you would have them treat you.

3. Courage: