

## The Seven Traditional Teachings

The traditional concepts of respect, honesty and sharing form the foundation of the First Nation way of life and are built around The Seven Traditional Teachings. These teachings were given to us by our Creator in order to help us live in harmony with Mother Earth. Each teaching honors one of the basic virtues essential to a full and healthy life: **Love-Eagle, Respect-Buffalo, Courage-Bear, Honesty-Dog, Wisdom-Beaver, Humility-Wolf, and Truth-White Buffalo and The Sun**. Each Traditional Teaching is embodied by an animal which offers a special gift as well as an understanding of how, we as people, should live our lives on Mother Earth. The idea is that “the animal world taught man how to live in unity with the earth”. As well as the connection which has been established between the animal world and that of man, this concept inspires a respect for all life in people who follow the Traditional Teachings.

The Seven Traditional Teachings provide practical and positive life strategies for our everyday life. The more we learn and apply them to our lives, the more natural they become in all areas of our existence. The teachings may carry different levels of significance for each person. Individuals determine how to apply these teachings to their lives and how they will influence them personally.

The W.A. Day community recognizes and honours these teachings as values that are inherent in the principles being taught in the 7 Habits of Highly Effective People.

### Love-Eagle

To feel true love is to know who we are as a person.

The Eagle teaches me to rise above to achieve my fullest potential by loving myself, my family, and my community. I will love the Earth and synergize with others to make our world a better place.

### Respect-Buffalo

The essence of respect is to give.

The Buffalo teaches me to respect all life on earth, and people of all races, by seeking first to understand then to be understood. I will celebrate diversity.

### **Courage –Bear**

Courage is listening to your heart and doing the right thing even when no one is looking.

The Bear teaches me to have the mental and moral strength to overcome fears that prevent me from being my true self. I will be proactive as I approach my life and learning with the same intensity that a mother bear demonstrates in protecting her cubs.

### **Honesty-Dog**

Honesty is being true to your word.

The Dog teaches me to have integrity by being loyal and honest. I will speak from my heart and be true to my word. I will think win-win when I balance courage for getting what I need, with the consideration for what others need.

### **Wisdom – Beaver**

Wisdom is using your gifts and talents to build a peaceful world.

The Beaver teaches me to be wise and use my gifts and talents for the benefit of others. I will synergize by sharing my gifts and talents with others to develop a peaceful and healthy community. I will always work towards the third alternative.

### **Humility – Wolf**

Humility is considering others before our selves.

The wolf teaches me to be humble by recognizing that all beings are equal. I will seek first to understand then to be understood. I will be thankful for the gifts that I have received.

### **Truth – White Buffalo and the Sun**

Truth is to know and understand true principles.

The White Buffalo and the Sun teach me to strive to find the truth in all things. I will align my thoughts, feelings and actions with true principles. I will live a balanced life and sharpen the saw so that I can be effective personally and within my community.