

7 Grandfather Teachings



The Seven Grandfather Teachings

The Ojibway story of the seven grandfather teachings was passed down from parent to child for many generations. The teachings share some of the traditional values of First Nations people and encourage us to love and respect one another. The story goes...

- ▶ The Creator gave the seven grandfathers, who were very powerful spirits, the responsibility to watch over the people.
- ▶ The grandfathers saw that the people were living a hard life. They sent their helper six different times to find a person who could be taught how to live in a good way with all of creation. Finally the seven grandfathers' helper found a baby boy, who because he was just born was pure enough to receive the teachings and bring these teachings back to the people.
- ▶ The grandfathers were happy with the choice made by the helper. The baby boy is a symbol to people that it is important to start early when educating our young people and that they are already beginning to learn at a very young age. Babies are still very connected to the spirit world and understand this connection, which can be lost when people become adults.

While the boy was travelling with the helper they were visited seven times by spirits who told them about the gifts. Here is what they said:

Love: The Eagle



Self Care:

it is very important to care for yourself. The eagle feather is used to connect to the creator; you feel the unconditional love of all creation when you hold the eagle feather.

There are many teachings around the Eagle Feather...

The Eagle was chosen by the Great Spirit to represent this law, as the Eagle can reach the highest out of all the creatures in bringing pure vision to the seeker.

Share kindness. Living the good life helps us to care for others, and helps us to feel cared for by others. It is normal to disagree with people who we love, who we care for or who we are kind to

Truth: The Turtle



To know truth is to know and understand all of the original laws as given by the Creator. It is said that in the beginning, when the Creator made people and gave them the seven sacred laws, the Grandmother Turtle was present to ensure that the laws would never be lost or forgotten.

Practice the Seven Grandfather teachings, for a good life. Remember the teachings were given for people to share with each other. Work to live a good life make you a strong individual.

Bravery: The Bear

► The Bear provides many lessons in the way it lives, but bravery is the most important teaching it offers. Though gentle by nature, the ferociousness of a mother Bear when one of her cubs is approached is the true definition of courage. To have the mental and moral strength to overcome fears that prevent us from living our true spirit as human beings is a great challenge that must be met with the same vigour and intensity as a mother Bear protecting her cub.

► Share courage, not aggression. Share your thought and feelings with people who support living a good life. Believe that the work you do being kind and loving helps you live a good life



Respect: The Buffalo



The Buffalo, through giving its life and sharing every part of it's being, showed the deep respect it had for the people.

Value others for the goodness they share. Accept that each of us experience and understand life differently. Remember that each of us is special. We should never ask or force people to be different for us.

Humility: The Wolf

Be good to all living things, because each has a unique spirit within. Each of us carry special gifts that will help us live good lives. Know that each of us can learn from mistakes. Each of us can laugh to feel good about life, without hurting others. The Wolf became the teacher of this lesson. He bows his head in the presence of others out of deference, and once hunted, will not take of the food until it can be shared with the pack. His lack of arrogance and respect for his community is a hard lesson, but integral in the Aboriginal way.



► <https://www.youtube.com/watch?v=1Eh5BpSnBBw>

Honesty: The Sabe

► Long ago, there was a giant called Kitch Sabe. Kitch-sabe walked among the people to remind them to be honest to the laws of the creator and honest to each other. The highest honour that could be bestowed upon an individual was the saying "There walks an honest person. They can be trusted." To be truly honest was to keep the promises one made to the Creator, to others and to oneself. The Elders would say, "Never try to be someone else; live true to your spirit, be honest to yourself and accept who you are the way the Creator made you."

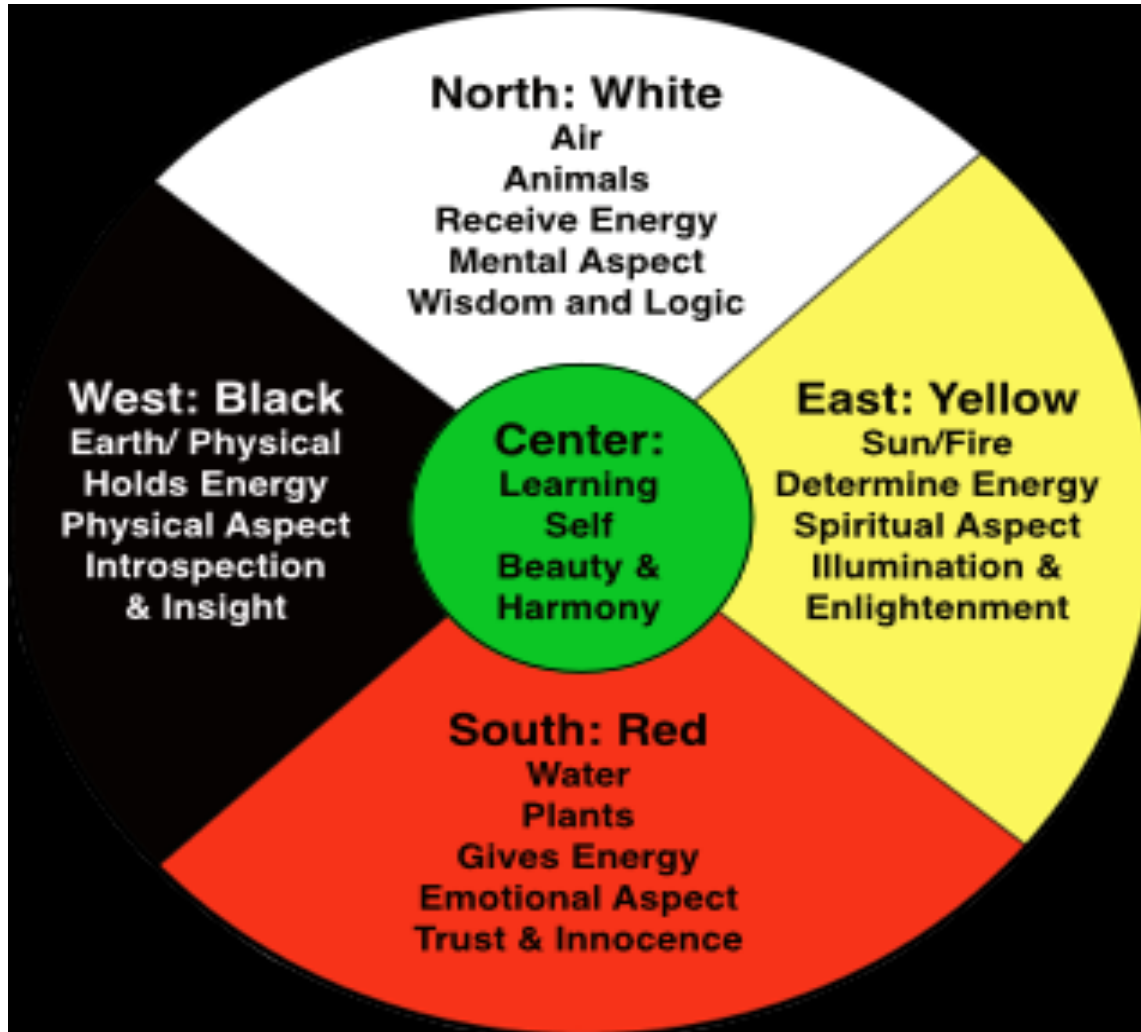


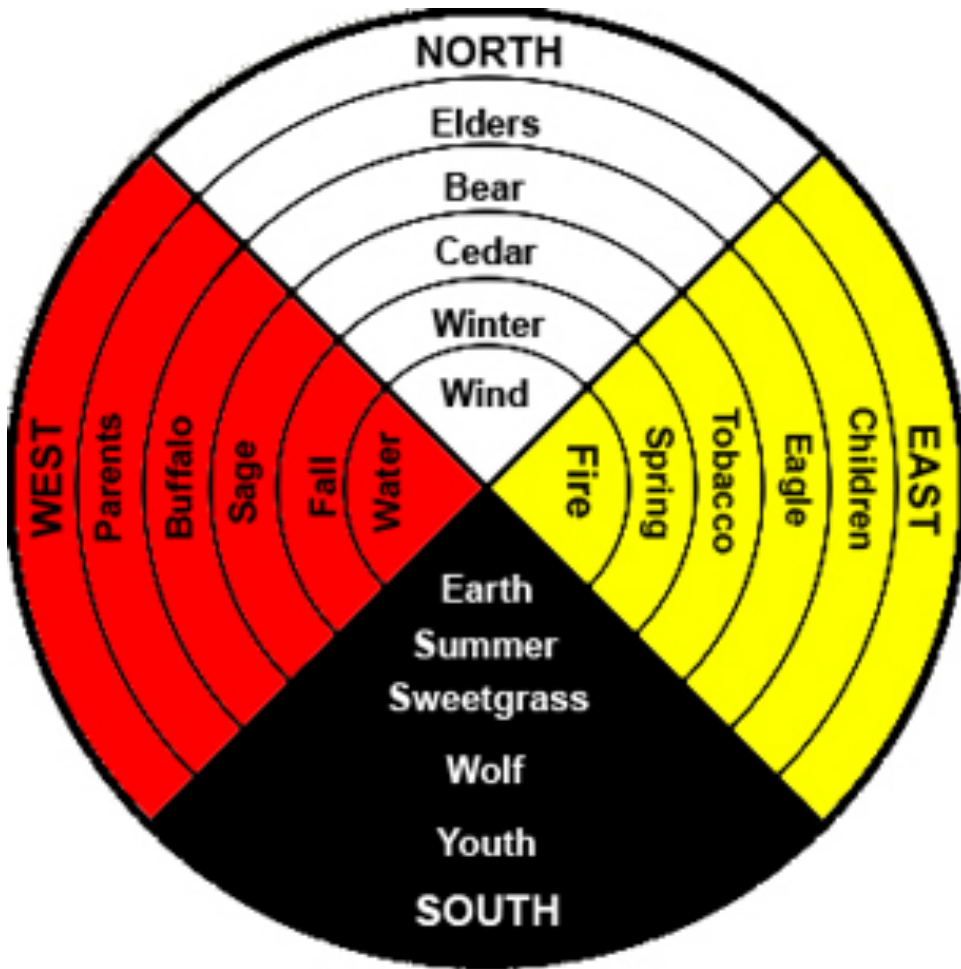
Wisdom: The Beaver

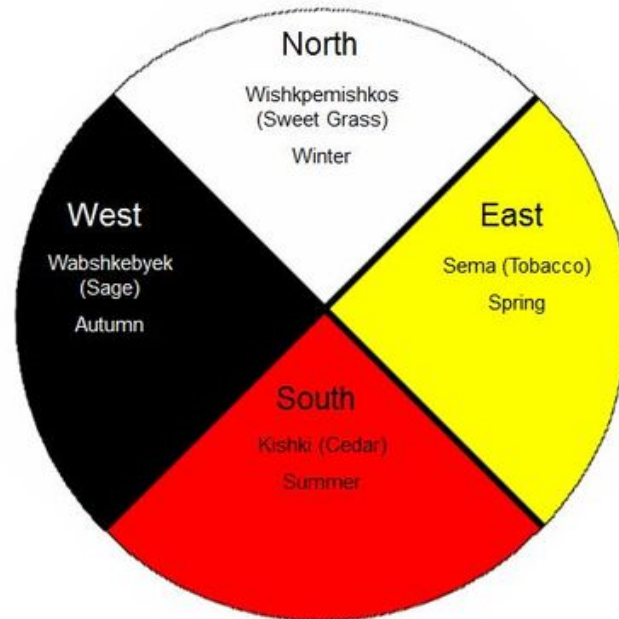
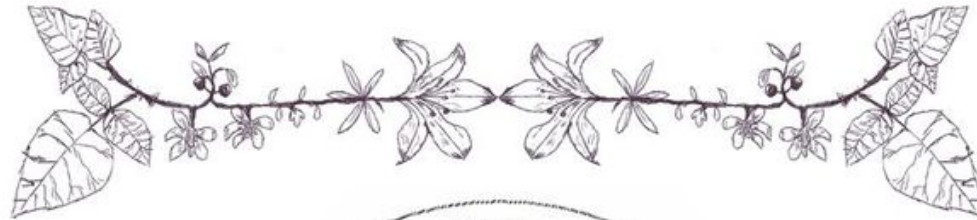


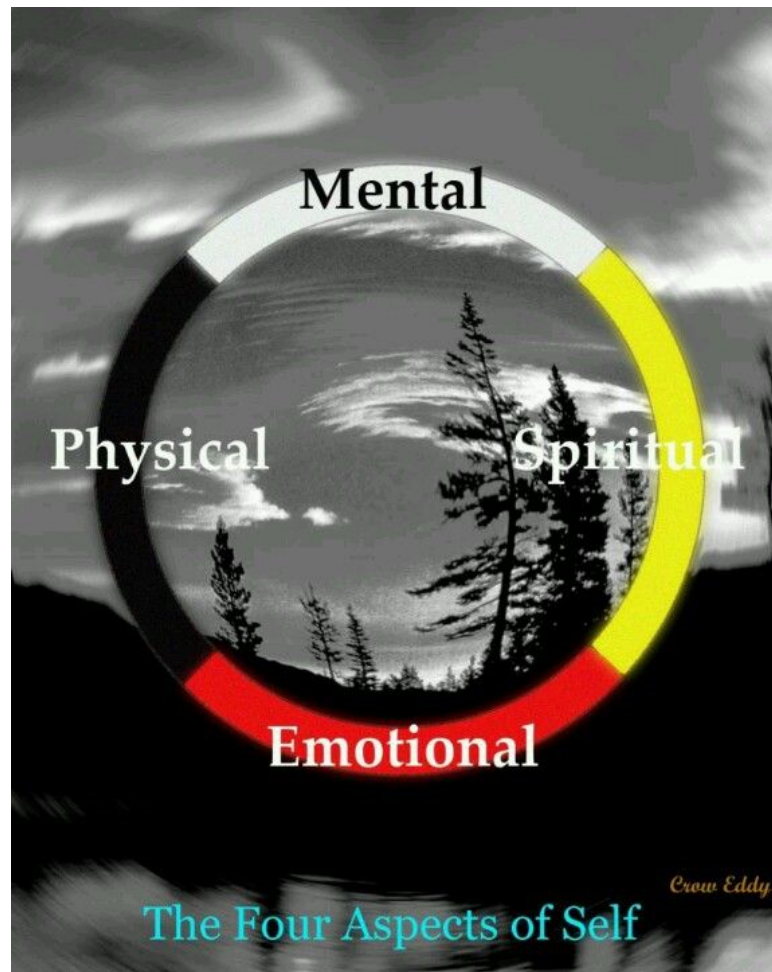
The building of a community is entirely dependent on gifts given to each member by the creator and how these gifts are used. The Beaver's example of using thier sharp teeth for cutting trees and branches to build his dams and lodges expresses this teaching. If they did not use his teeth, the teeth would continue to grow until they became useless, ultimately making it impossible for them to sustain themself. The same can be said for human beings. One's spirit will grow weak if it is not fulfilling its use. When used properly however, these gifts contribute to the development of a peaceful and healthy community.

The Medicine Wheel









Wholistic View

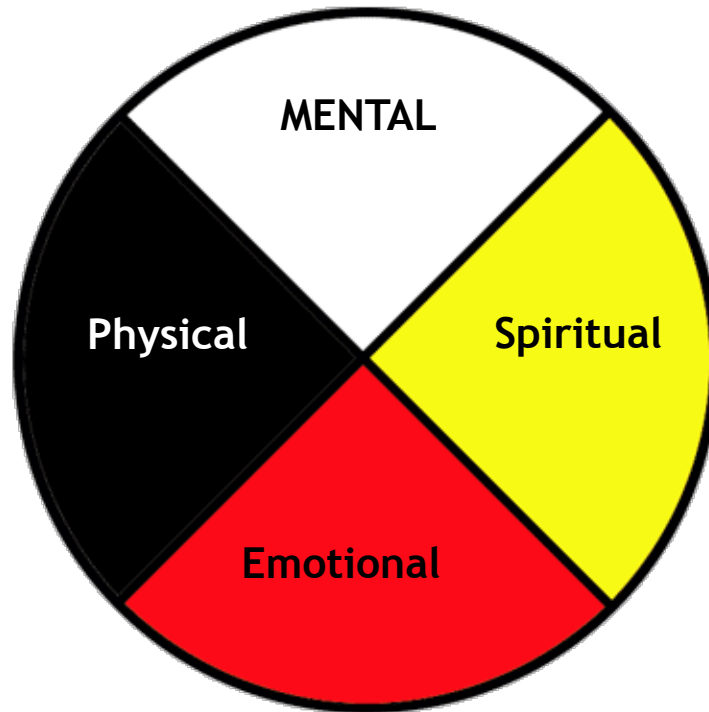
The four parts of self represent the four parts of one's being:

- 🌈 Body
- 🌈 Mind
- 🌈 Emotions
- 🌈 Spirit

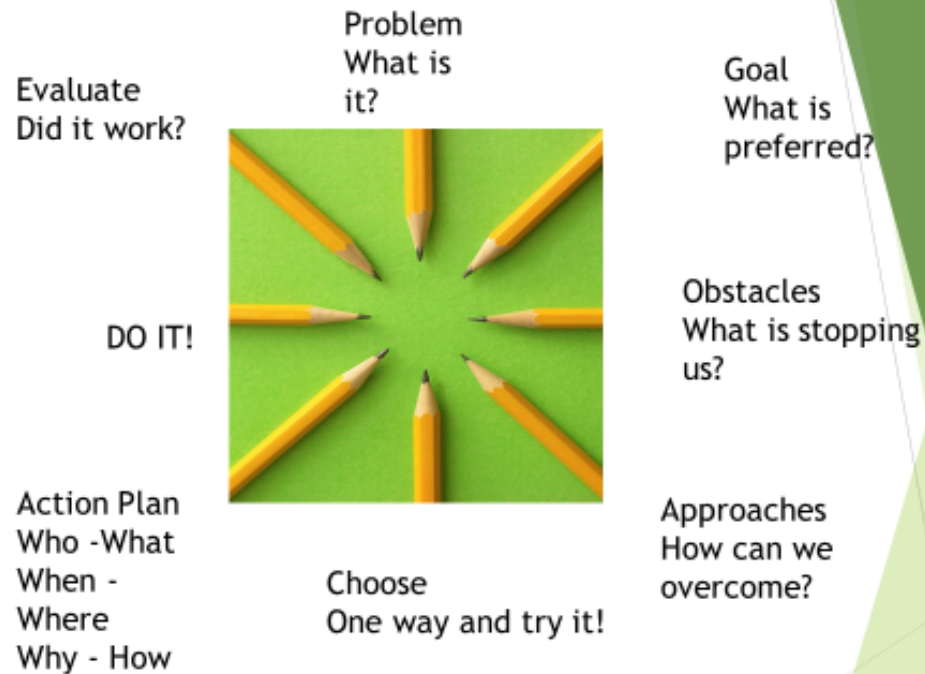
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Problem Analysis Wheel

prepared by Theresa Sims

Q & A

- ▶ Thank you for taking this time to participate in this presentation.
- ▶ We strive to share our teachings, knowledge and experiences with you with respect and humility.
- ▶ We do not profess to know everything as there are many different variations of 'ways of knowing'.
- ▶ Chi-Miigwetch! (Big Thank you!)



Ska:na Family Learning Centre
Windsor, Ontario