

# Seven Sacred Teachings

There are Seven Sacred Laws or teachings that act as the foundation of the relationship we have with the land and with each other. Seven animals act as the keepers of these teachings. The Animal Nation has been given the responsibility by the Creator to give us these teachings.

I am going to tell you a story of a young man... what I am going to tell you is based on a true story.

A young boy was troubled by what he was seeing in the world. He saw how humans were not taking care of the land and were fighting with each other. Concerned about climate change, the wars, violence and hatred, he decided to approach his Grandfather and ask him what he could do to bring change to the world, so he went to his grandfather with a pouch of tobacco and a beautiful star blanket.

Happy to see his grandson, he noticed the boy was troubled. Elders always seem to notice those things. Grandfather accepted the gifts and smiled: "How can I help you, my Grandson?"

The boy with an expression of concern responded, "Why is our world in so much trouble and turmoil?" "Grandfather," he pleaded, "What can I do to help the Earth?"

Grandfather replied softly, "I am so happy that you ask such an important question. Very few are asking this question, because most are too busy trying to survive in the world that humans created, a world that is destroying them and the Earth we depend on for our survival. The question that you are asking can only be answered by going on a Vision Quest."



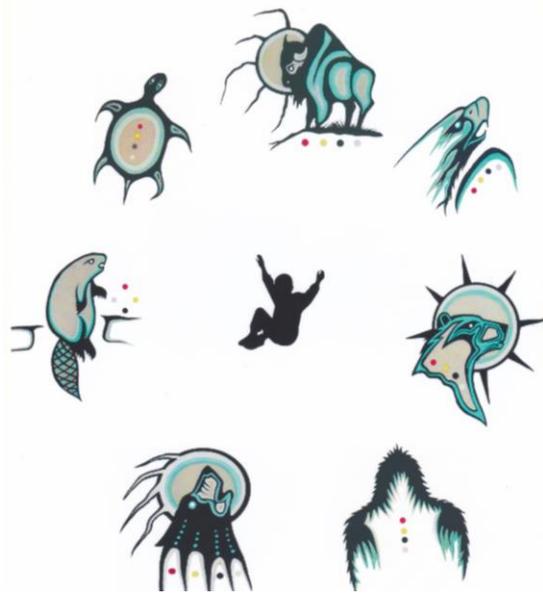
The young boy thanked his Grandfather and said he would return with his vision once he had received it. Grandfather offered a prayer for him on his quest to find himself.

The young boy arrived at the sacred site of his ancestors. He chose a place close to the pine trees. He placed his offering of tobacco in a circle and seated himself at the center.

Nighttime came quickly. He gazed at the beauty of the sky and the stars and slowly fell asleep. Suddenly, he was awakened by the sound of a howling wolf in the distance. He was a bit frightened, but as the sunrise came, he felt more at ease as the sun warmed him up. He heard the birds singing as if in joy seeing the sun rise again.

For three days and nights he could feel a transformation he was going through, by witnessing nature happening all around him and yet... there was no vision.

The fourth night came along, and he asked the Spirit for a vision. Then he drifted off to sleep. In a dream state, he suddenly found himself surrounded by seven animals, standing around within the circle he had made. Amazing how real it all seemed!

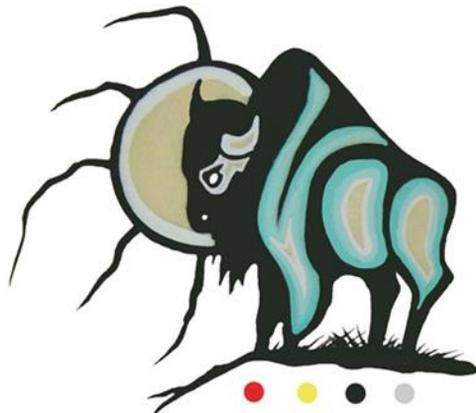


As he sat in the center of the circle, Buffalo stepped forward and spoke.

"I am the spirit of the Buffalo. I bring you the teaching of Respect. Respect is all about giving and sharing, one of the greatest secrets to a good life. I will give you every part of my physical being to provide you with food, clothing, and every part of me to use in your life. Use my hide for the sacred drum you will hold to carry your hopes and prayers.

The Buffalo said, "I come to let you know you must now serve your people – be a helper. This is what respect is – to give yourself to the people using the teachings we bring you. The greatest gift you can give your Nation is yourself, being a model of the Seven Sacred Teachings."

Buffalo returned to his spot in the circle.



Then an Eagle slowly made his way to the young boy and said, "I, the Eagle, bring you the Teaching of Love. This love I bring is the heart of the Great Spirit. Love is at the core of all in Creation. Love is the essence of your own spirit. Mother Earth is filled with this love, giving you all that you need to survive because of the love she has for all of life. Return that love to her by first loving yourself and who you are."

Eagle said, "I can help heal your spirit. We all need love to heal properly. In love you will defeat all that is evil in your world. Every act of kindness and love will change the universe and change your world. All the universe needs is for one to begin this change. Will you be the one?"

The Eagle then returned to his place in the circle.



The Bear then stepped forward. "I, Grandfather Bear bring you the teaching of Courage. In life you will need courage to overcome your fears, live your true spirit, and take victory over the evil you will find in the world created by humans. To walk in courage is to do the right thing - to always take the high moral road. You will need courage to live your true spirit that is your identity, who you truly are.

The Bear said, "I will give you the courage to become close to Mother Earth who will teach you."

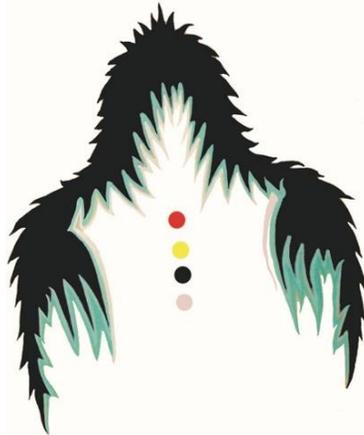


As the Bear returned to his spot, the Sabe stepped forward toward the young boy and said,

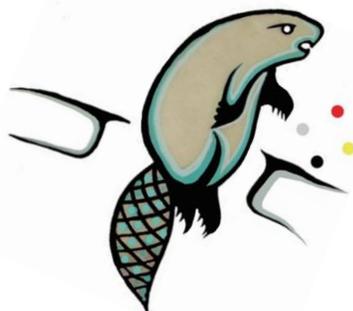
"I am Sabe. Some call me Bigfoot or Sasquatch. I bring you the teaching of Honesty. As you reach to live a good life, always be honest with yourself and others. To be honest is to speak from your heart. Be honest with who you are, and whatever you speak, but make sure your words show kindness for all of Creation. Don't deceive yourself or others with lies, gossip or words that could hurt anyone. Do not judge or condemn others. This will not change them, this only leads to anger, and will delay the teachings that they have to learn. Just be true to yourself in following the teachings we bring you."

Sabe said, "I am the Sabe. I live in the trees, watching and listening to see if you are honest. I bring medicine from the land to keep you strong and healthy. I am always there to help you."

The Sabe touched the boy on his head with his furry hand before he returned to his spot.



The Beaver then stepped forward and said, "I, the Beaver, bring you the teaching of Wisdom. Wisdom is knowing your gifts and using these gifts to serve your fellow human beings. Living your gifts will define your identity and purpose in life. Your gifts were given to you to help build a world connected to the teachings we have bring, for peace and balance. To know wisdom is to know yourself. If I did not use the gift that I have been blessed with, my sharp teeth, to build dams, my teeth would grow long and I would get sick and eventually die. The same is true for you. If you don't use your gifts, it will affect your health and life. Stay true to your identity and gifts. Now is the time to bring them forward to help build a new world. What are your gifts?"



Then the Wolf stepped forward, bowing his head in humbleness for being in the presence of a human being. He said, "I, the Wolf, bring the teaching of Humility. In life you must walk in humbleness. Never put yourself above any of your fellow human beings and never put yourself above Nature because she is our Mother. Always show gratitude for the blessings you receive in life."

The Wolf said, "You must live these teachings we bring you in a most humble way and we will always be here to answer your call. Walk gently on Mother Earth. Treat everyone as your brother and sister with humbleness and kindness."

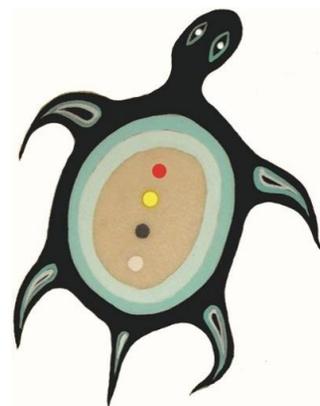
The Wolf returned to his place in the circle.



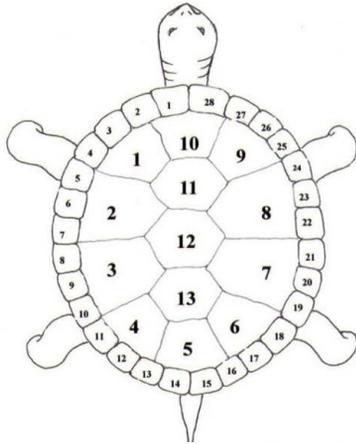
Finally, the Grandmother Turtle slowly made her way to the young boy. "Beautiful Grandson," she said, "I bring you the teaching of Truth. You ask, what is Truth? Truth is walking *all* the teachings that have been brought to you by all the spirit animals that came before me. We are Spirit Grandfathers and Grandmothers who sit at the Central Council Fire - who oversee all of Creation and provide spiritual help. At times we will come to you in dreams or visions.

Sometimes we will give you strong feelings, and put words in your mind to speak. When you are able to walk all Seven Sacred teachings is when you live and walk in Truth."

"I, Turtle, represent Woman, the giver of life - your Mother Earth, and your own mother who gave you life. I bring you the ways of your ancestors, who walked with these teachings. There is so much suffering today because the people have forgotten these teachings and are walking another path that has taken them into darkness. When the human beings walk with the Seven Sacred Teachings, then there will be peace."



“On my back are thirteen markings, representing the thirteen moons of the journey Mother Earth makes around Grandfather Sun. There are 28 sun rises and sunsets between each moon. Thirteen also represents the nine moons it takes to be created in the womb of your mother, plus the four seasons, the four elements of life – Earth, air, water and fire, the four elements of your human nature – spirit, emotions, body, and mind, and the four directions where the Grandfathers and Grandmothers sit in the spirit world – east, south, west and north.”



“Follow this trail I made for everyone, a trail made by the Seven Grandfathers. When you are able to do this, you will become free to live what your ancestors lived - a good life.”

The young boy suddenly awakened, knowing he had received his vision. He was excited to return to see his Grandfather.

Grandfather said, “It is now your choice whether to answer the call of the Spirits, my Grandson. You are free to make your choices. The Seven Sacred Teachings can make you free. If you live in opposition to these teachings, you will be out of balance. Your troubles began when you lost touch with the Earth, the Original Mother to all life. Humans became cold in the heart and allowed themselves to ignore their gifts and so damage to Mother Earth is happening, wars are happening, hatred for each other is happening.”

Grandfather looked closely at the boy. “Within the Earth sit the spirits of the Seven Grandfathers who can guide humans to find their own spirit again. Only then will they wake up. Humans must begin by going back to the land, the mother, who will help awaken anyone who searches for the truth.”

You have been given your vision, Grandson. What will be your choice?”

