

2020 Edition



# 7 Grandfather Teachings

The Basics

## The Seven Grandfather Teachings

Traditionally teachings have been passed down from generation to generation orally through stories and ceremonies. Historically, this has been done by the elders that carry the stories and traditions. Today, oral traditions are being shared by those who carry the knowledge of such things. The teachings encompass morals, values, structures, ceremonial practices, spiritual beliefs of the Native American people. These teachings also ensured the survival of the people. The teachings vary from nation to nation, because of the geographical placement of each particular group. However, the teachings commonly come from the same root and share a similar message. These spiritual teachings impact our exterior world and inner selves. Along with providing guidance toward our actions, on how we should treat one another today.

# 1. Wisdom

## The Beaver represents Wisdom

Because the beaver uses its natural gift wisely for their survival. The beaver also alters its environment in an environmentally friendly and sustainable way for the benefit of its family. Cherishing knowledge is to know wisdom. Use your inherent gifts wisely and live your life by them. We must also always remember that Wisdom comes in all shapes, sizes, forms, and ages.



## 2. Respect

### **Respect is represented by the Buffalo**

The buffalo gives every part of it's being to sustain the human way of life, not because it is less, but because it respects the balance and needs of others. To honor all creation is to have respect. Do not waste anything and be mindful of everything by sharing and giving away what you do not need. Treat others as they would like to be treated.



### 3.

## Truth



Truth is represented by the turtle as it was here during the creation of Earth. Truth is having knowledge of cultural teachings.



The truth gives us the ability to act without regret. We all have our own truths. Your truth may be different than mine.



We must always speak from a truthful place. You can lie to yourself and believe your own lie. It is important not to deceive yourself.

## 4. Humility

### **Humility is represented by the Wolf**

For the wolf, life is lived for its pack and the ultimate shame is to be outcasted. Respect your place in life and carry your pride on your back. Always consider yourself equal to others. Be aware of the balance and equality with all of life, including plants and animals.



## 5. Bravery

### **Bravery is represented by the Bear**

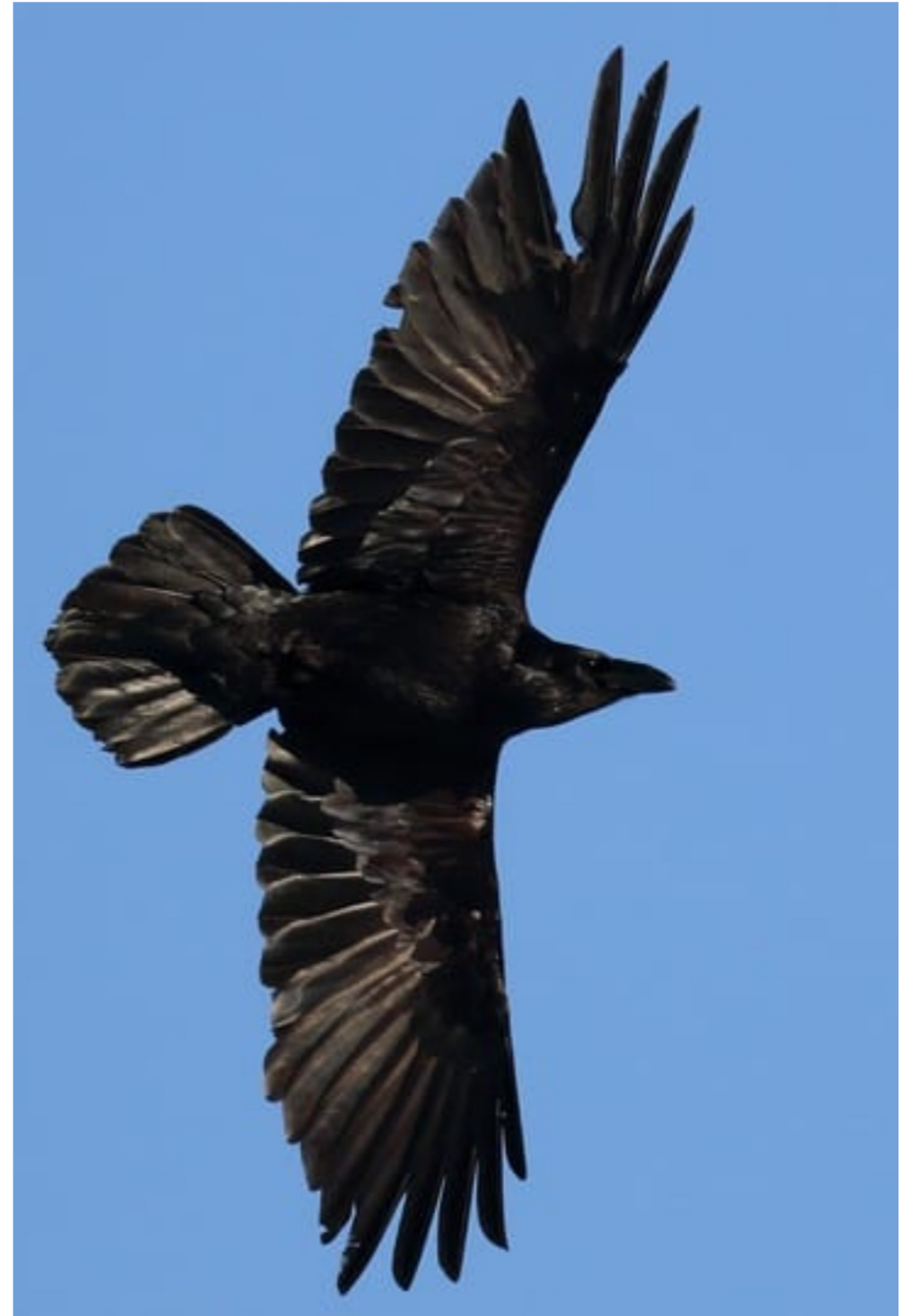
The mother bear has the courage and strength to face her fears and challenges while protecting her young. Finding her inner strength to face the difficulties of life. Defending what she believes in and what is right for her family.



## 6. Honesty



Honesty is represented by the raven. The raven recognizes and accepts who it is and allows truth to be its guide.



Truth gives us the ability to act without regret. We want to know who we are in our hearts. By knowing that, we also know the truth.



## 7. Eagle



### **The Eagle represents Love**

Because the eagle has the power to carry all of the Seven Grandfather Teachings. The eagle can fly the highest and closets to the Creator and the significance of sight to see all the ways of being. That's why the eagle's feather is considered the highest honor and a sacred gift. Love means to 'give' to others without expecting anything in return, not even a thank you. Only wanting others to benefit.

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