

Ningwanuk Meshquajese — Wings of Change

7 Sacred Teachings



Respect

Treat all your relations as you wish to be treated – we are all related – the four-legged, the two-legged, the winged ones, the ones that crawl, the plant nation, the rock nation. All My Relations.



Humility

Be humble and walk Mother Earth in unpretentious simplicity with benevolence and modesty.



Love

Has no conditions or borders. Is to give, to receive and to share.



Truth

Speak with sincerity, walk with integrity; you will be truth.



Honesty

Show fairness in word and action; be genuine and virtuous.

Let honesty be your guide and you will live in honour and happiness.



Courage

Be strong, 'walk your talk'. Live by your beliefs, work for the good of all and bring harm to none. These are courageous ways.



Wisdom

Common Sense is practical wisdom – it is found everywhere; in the words of the Elders and the wind in the trees.

Sacred Teachings and Me

7 Sacred Teachings + 3 Workers Rights = Workers Path to Health and Safety

The 3 Rights of Workers

- to know about workplace hazards
- to participate in health and safety committees
- to refuse unsafe work

Two teachings that come naturally in my life and work.

Two teachings that are a struggle for me in my life and work.