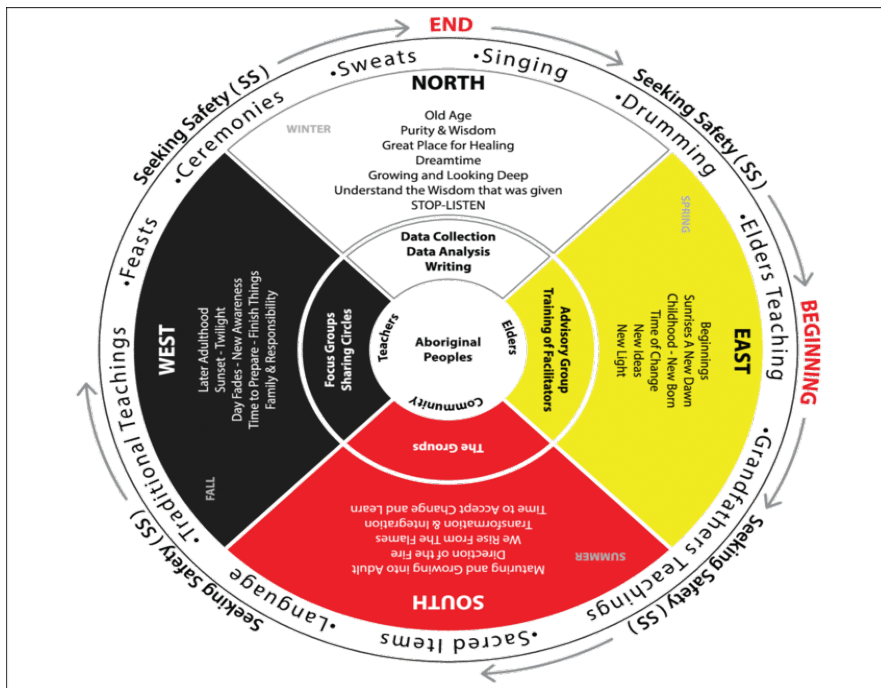


# Indigenous Wisdom

Prior to the arrival of our relations from across the great lake, First Nation peoples had an integrated understanding of spirituality and everyday life, which is represented by the teaching of the Medicine Wheel.

The Wheel holds sacred teachings passed to our people from Creator, through our Ancestors, as a way of guiding us along our journey; preparing us for the ups and downs of what is known as life.



Lately, life has challenged us in unimaginable ways. Pushing us to distinguish between what is in our control and what is not. By utilizing the Medicine Wheel, we enter a journey through the Eastern Direction of contemplation.

A chance to examine the world around us, gather courage, insight, humility, and wisdom towards an integrative peace, Indigenous People see as the Northern Direction:

## Ask yourself:

- Where am I within my own Medicine Wheel as it pertains to our healthcare demands?
- Is that a place of comfort or challenge?
- Which sacred teaching/s can I turn to for guidance and strength

## SOMETHING TO WATCH OR LISTEN TO

[Sacred Teachings of the Seven Grandfathers](#)

[New Made-in Manitoba Animated Series Brings Sacred Indigenous Teachings to Life](#)

## SOMETHING TO READ

[Native Peoples' Concept of Health and Illness](#)

## SOMETHING TO DO:

[Tobacco Offering to Mother Earth](#)

[Relaxing River Sounds – Peaceful Forest River](#)