"When a man moves away from nature, his heart becomes hard."
— Lakota Proverb
Mikinak-Wajiwing Nindoonaajibaa
The Medicine Wheel

North
Air
White Skinned People
Stars
Midnight
Death
Winter
Intellect - mind
Animal
Sweetgrass

East
Fire
Yellow Skinned People
Sun
Dawn
Growth
Spring
Emotional - heart
Mineral
Tobacco

West
Earth
Black Skinned People
Earth
Dusk
Maturity
Autumn
Physical - body
Human
Sage

South
Water
Red Skinned People
Moon
Noon
Birth
Summer
Spiritual - soul
Plant
Cedar
An old Cherokee chief teaching his grandson about life...

“A fight is going on inside me.” he said to the boy. “It is a terrible fight and it is between two wolves.

One is evil, he is anger, envy, sorrow, regret, greed, arrogance, self-pity, guilt, resentment, inferiority, lies, false pride, superiority, self-doubt, and ego.

The other is good, he is joy, peace, love, hope, serenity, humility, kindness, benevolence, empathy, generosity, truth, compassion, and faith.

The same fight is going on inside you and inside every other person too.”

The grandson then asked his grandfather, “Which wolf will win?”

The old chief simply replied “The one you feed.”
THE SEVEN SACRED TEACHINGS
**NIBWAKAANWIN—WISDOM:** To utilize knowledge is to know wisdom. Wisdom is given by the Creator to be used for the good of the people. In the **Anishinaabe language**, this word expresses not only "wisdom," but also means "prudence," or "intelligence." In some communities, **GIKENDAASOWIN** is used; in addition to "wisdom," this word can also mean "intelligence" or "knowledge."

“There is a difference between knowing the path and walking the path.”

—Morpheus—
AAKODE'EWIN—BRAVERY OR COURAGE: BRAVERY IS TO FACE THE FOE WITH INTEGRITY. IN THE ANISHINAABE LANGUAGE, THIS WORD LITERALLY MEANS "STATE OF HAVING A FEARLESS HEART." TO DO WHAT IS RIGHT EVEN WHEN THE CONSEQUENCES ARE UNPLEASANT. SOME COMMUNITIES INSTEAD USE EITHER ZOONGADIKIWIN ("STATE OF HAVING A STRONG CASING") OR ZOONGIDE'EWIN ("STATE OF HAVING A STRONG HEART").

"Fear leads to anger, anger leads to hate, hate leads to suffering"
- Master Yoda-
MINAADENDAMOWIN—RESPECT: TO HONOR ALL CREATION IS TO HAVE RESPECT. ALL OF CREATION SHOULD BE TREATED WITH RESPECT. YOU MUST GIVE RESPECT IF YOU WISH TO BE RESPECTED.
ZAAGI’IDIWIN—LOVE: TO KNOW PEACE IS TO KNOW LOVE. LOVE MUST BE UNCONDITIONAL. WHEN PEOPLE ARE WEAK THEY NEED LOVE THE MOST. IN THE ANISHINAABE LANGUAGE, THIS WORD WITH THE RECIPROCAL THEME /IDI/ INDICATES THAT THIS FORM OF LOVE IS MUTUAL.
GWAYAKWAADIZIWIN—HONESTY: HONESTY IN FACING A SITUATION IS TO BE BRAVE. ALWAYS BE HONEST IN WORD AND ACTION. BE HONEST FIRST WITH YOURSELF, AND YOU WILL MORE EASILY BE ABLE TO BE HONEST WITH OTHERS.
DEBWEWIN—TRUTH: TRUTH IS TO KNOW ALL OF THESE THINGS. SPEAK THE TRUTH. DO NOT DECEIVE YOURSELF OR OTHERS. IT IS SAID THAT THE SPIRIT OF GRANDMOTHER TURTLE IS HERE LISTENING AS THESE TEACHINGS ARE HANDED DOWN. TRUTH HAS TO DO WITH WHAT YOU PUT INTO THE WORLD.
DABAADENDIZIWIN—HUMILITY: HUMILITY IS TO KNOW YOURSELF AS A SACRED PART OF CREATION. IN THE ANISHINAABE LANGUAGE, THIS WORD CAN ALSO MEAN "COMPASSION." YOU ARE EQUAL TO OTHERS, BUT YOU ARE NOT BETTER.

"Without challenge There can be no Growth"
–Everett LaFromboise–
CIRCLE OF COURAGE FROM "RECLAIMING YOUTH AT RISK" BY MARTIN BROKENLEG
<table>
<thead>
<tr>
<th>SHAME</th>
<th>GUILT</th>
</tr>
</thead>
<tbody>
<tr>
<td>“I am bad”</td>
<td>“I did something bad”</td>
</tr>
<tr>
<td>SHAME</td>
<td>HUMILIATION</td>
</tr>
<tr>
<td>“I deserved that”</td>
<td>“I didn’t deserve that”</td>
</tr>
<tr>
<td>SHAME</td>
<td>EMBARRASSMENT</td>
</tr>
<tr>
<td>“I am alone”</td>
<td>“I am not alone”</td>
</tr>
</tbody>
</table>
DISSONANCE

- **dis·so·nance**
- 'disənəns/
- *noun* Music
- noun: **dissonance**; plural noun: **dissonances**
- lack of harmony among musical notes.
- "an unusual degree of dissonance for such choral styles"
- a tension or clash resulting from the combination of two disharmonious or unsuitable elements.
- "dissonance between campaign rhetoric and personal behavior"
THE FOUR SACRED MEDICINES

- Tobacco = Translates need
- Sage = Cleanses
- Cedar = Protects
- Sweetgrass = Calls the “good ones”
THANK YOU = MIIGWECH

Everett LaFromboise

“Put Your Purpose into Practice”

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