

# THE SACRED VIRTUES



Photo by Don Wise on Unsplash



## LOVE • SAKIHÎTOWIN EAGLE • MIKISEW

The eagle is frequently associated with wisdom and freedom. There are many teachings from the eagle that teaches us about intuition, creativity, strength, courage, hope, resilience, healing, and vision.

The eagle mates for life, and this teaches us about relationships, love, and valuing what is important. The eagle teaches us about unconditional love for oneself first, which then gives us the ability to love others.

The eagle demonstrates what it means to rise above, make choices carefully and wisely, and how to stick it out in good and bad.

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Photo by Kara Eads on Unsplash

## RESPECT • MANACÎTOWIN WOOD BUFFALO • SAKÂW-MOSTOS

The buffalo is seen as primarily a symbol of provision, abundance and prosperity. Buffalo survive through harsh winters, floods and many environmental disasters, which shows a strong will to survive against all odds. The buffalo is also a determined animal, and nothing can sway them once they stampede away from predators or hunters. The buffalo gives the teaching of how to make clear and resounding decisions, that allows you to see through the completion of your goals.

Respect is an attitude, and we get respect when we give it first. It teaches us to honor Elders, parents, teachers and all those that come into our journey in life.

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Photo by Michael Mazzone on Unsplash

## HONESTY • KWÂYAS-ÎTATISOWIN WOLF • MAHIHKÂN

The wolf teaches us about having sharp intelligence and deep connection with our instincts. The wolf offers teachings on how to take the role of the guide and teacher, trailblazer and pathfinder.

Wolves show strong loyalty and guardianship to their family and group, a good protector. The wolf teaches us how to appreciate people who speak and act from their heart.

The wolf teaches how to work with supreme confidence with loyalty, freedom and companionship.

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Photo by Chris Geirman on Unsplash

## COURAGE • SÔHKÎMOWIN BEAR • MASKWÂ

The bear teaches us about strength and confidence in all aspects of our lives. It shows us the importance of solitude, quiet time and rest when needed.

The bear teaches us about standing against adversity, taking action, and leadership. This comes from having strong grounding forces.



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Large photo by Zdeněk Macháček on Unsplash, small by Grant Durr

## WISDOM • ÎYINÎSOWIN FROG • AYÎKIS

The frog speaks of transition and transformation. It urges us to make changes, whether within ourselves or in our lives.

Teachings from the frog are about learning how to listen and becoming good advice-givers. Through the ability to listen and relate, we have genuine empathy for others by helping those in need.

The frog teaches us about looking after ourselves, the land and the water.



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Large photo by Cygnus 921 on Flickr, small photo by Cristian Enciso

## TRUTH • KÎCIPIKISKWÊWIN TURTLE • MISKINÂHK

The turtle teaches us about the ability to stay grounded, even in moments of disturbances and chaos. With the present situation in life where there is so much hurry, the turtle teaches us patience and slowing down, to pace ourselves.

The ability to know oneself and knowing our truth is done through emotional strength and understanding. These teachings come from ancient wisdom and the ability to seek the truth.

Through all the challenges in life, the turtle teaches us determination and persistence to reach our destination.



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Photo by Jakob Soby on Unsplash

## HUMILITY • TAPAHTÊYIMSOWIN SPECKLEBELLY GOOSE • CAKÂPASÎS

Teachings from the goose empower us with strong leadership skills. They provide their families with the right direction. They offer teachings on how to be a good communicator, and quick to rise-up in defence of truth and justice.

The goose never leaves a member of the flock behind, therefore teaching us to be loyal to friends and family.

The goose gives teachings on how to live life free from arrogance, and to have a modest sense of your own worth.



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Photo by Gary Bendig

HAPPINESS • MÎWÊTAMOWIN  
CANADA GOOSE • NISKÂ

The goose teaches us about loyalty, devotion and fearlessness.

The goose offers us teachings about taking care of family and friends and comradeship. They remind us to remember our roots, and to appreciate people you have met on your life's journey.



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Photo by Adam Muise on Unsplash

## KINDNESS • KISÎWATISOWIN MALARD DUCK • IYNSIP

The duck totem has a strong sense of community, and it is a very social being. As the duck floats so freely to its destiny, it teaches us to have confidence in our destiny and take charge of our life, letting go of the insignificant things from the past.

The duck symbolizes clarity, family, love, vigilance, intuition, nurturing, protection, feelings, self-expression, balance, adaptation, grace, and strength.

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Photo by Adam Muise on Unsplash

**KINSHIP • WÂHKOTOWIN**

**RED-WINGED BLACKBIRD • MÎKO-CACAKWÂNIS**

Red-winged blackbirds have the most beautiful connection to nature, and their singing is immaculate.

Teachings from the red-winged blackbird are about having to go through a generous number of adjustments in life. We must take a close look at life to see where the changes will hit.

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Photo by Shivam Kumar on Unsplash

## COMPASSION • KITIMAKÎMOWIN MOOSE • MOSWÂ

Moose teachings are about integrity, and always staying true to oneself in making decisions and life choices.

The moose offers teachings on how to nurture a wide range of relationships and not demand too much from our partners and friends.

The moose teaches us to focus on what is in front of us and not bother with the endlessness of lost options. The more we focus on what is front of us, the more perspective we gain, and with that we can see the whole picture.

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Photo by Zdenek Machacek on Unsplash



## GENEROSITY • MÎYOTWÂWIN SILVER FOX • SONIYÂW-ÂKÎSIS

The fox teaches us about mischief, opportunity, playfulness, agility, cleverness and wisdom. Life is not about all work; there is a time to enjoy your life as well. Laughter is good medicine.

The silver fox offers teachings on how to gain physical and mental responsiveness. Seeing through deception: a call to be perceptive. The ability to find your way around, and to be swift in tricky situations.

