

THE SACRED VIRTUES



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.

