

# THE SACRED VIRTUES



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

## TRUTH • KÎCIPKISKWÊWIN 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.

