

Elder Teachings – All My Relations Teaching

Speaker: Elder Blu Waters

Every part of creation, not just our physical Ancestors, all things on the earth, are our relations. The atmosphere gives us oxygen, the waters give us life, the soil provides for the plants to grow that nourish and sustain us. We need all these relations, not just the people that we are biologically connected to. All these relations are the families of the heart. They are all sacred parts of creation that keep us in balance and look after our wellbeing. All my human relations exist because of the land, and so without the land I have no relations. Everything is interconnected. Everything is in relationship with everything else. The plants, the animals, the water, the air, the medicines, us, we are all interrelated. Without our relationship with the land, we do not exist. It is in living in gratitude and reciprocity with all my relations that I live life in a good way. If we are disconnected from all our relations, we are not going to be receiving the good medicines that we need to live within the balance of the Medicine Wheel. This is a two-way relationship, a give and take. We are always either creating or destroying in our actions. To be a good relation we need to choose to learn the teachings of the land, to receive the medicines from the land, but also to give back to our relations as we take good care of the resources around us. To be a good human being is to be in relationship with all my relations and doing so involves being out on the land, observing, and receiving teachings from the land. If we see the land as all my relations, we form a reciprocal relationship that sustains both humans and the land. This also connects with the teaching of considering seven generations back and seven generations forward. These are not just human generations, but all creation, all my

relations. This means we think about what we are going to take from the land, and what we are going to leave behind for our children and the ones still to come.