

Elder Teachings – Seven Ancestor Teachings

Speaker: Elder Blu Waters

The Seven Ancestor Teachings, or the Seven Sacred Teachings, are the Original Instructions that came to us through creation. All the truths about how to live life in a good way are taught through these seven ways of being—honesty, humility, truth, wisdom, bravery, love, and respect. When we talk about the Seven Ancestor Teachings, we must take into consideration the current time, this time of building solidarity, and opposing colonization. We need to be brave when we come up against opposition and to share the wisdom of our Ancestors from a place of love and respect. We want to be honest and speak our truth, share our different perspectives, but be humble in knowing our own understanding may not be everyone's understanding. In sharing our truth with someone and being honest with them we do so with good intentions. Being in relationship with one another is about sharing our gifts as we all have strengths and weaknesses. Together though, we can share our love and support one another. It takes bravery to come together, knowing our differences, but still be willing to sit down with one another and form solidarities that resist the colonial ways of separation. In this way we can come together with one mind. Those Seven Ancestor Teachings really help us to be good human beings, but we must do our part. We each need to develop our own ongoing relationship with those seven words: honesty, humility, truth, wisdom, bravery, love, and respect. They must become a part of us and be the focus of everything we do. They must be infused in our whole self. We need to work with them each day and see how we can incorporate them into our lives, see how we can learn from each one of those words in

everything we do. Before we act, before we speak, before we reach out to each other, we need to make sure we are doing so in a brave, wise, loving, respectful, honest, truthful, and humble way.