**Weekly Reflection Template**

Describe what you thought about the week's content and/or how it made you feel.

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| In this week’s topic we looked deeper into the 7 grandfather teachings. I thought it was very interesting that although there are 7 different teaching (Respect, Humility. Courage/Bravery, Honesty, Love, Wisdom, Truth) they are all interconnected. I also found the story of having 7 grandfathers/grandmothers teach one child different teachings due to the action of people. We talked about why each animal represents the teaching. For example, the buffalo represents respect due to the dependency that many indigenous people had in its resources therefore the honour and respect of the buffalo allowed for its sustainability. I thought it was nice how the 7 teaching have a way to turn something that may be viewed negatively by society into a sacred lesson for instance the beaver. It can be seen as destructive for the environment blocking water flows but Indigenous teachings teach that the beaver represents wisdom because it uses it natural gift wisely for its survival making it’s job important for indigenous teachings. |

Develop a question(s) from the week's content that makes you interested in further inquiry.

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| What is the difference between the grandfather teachings of honesty and Truth? |

Answer the following question: How can you bring forward what you have learned in your personal and/or professional life?

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| Aside from the buffalo and respect I learnt the wolf represents humility, just likes wolf moves in pack humility is needed to be able to move in the “packs” we form in our life. Courage is the bear (which represents many things in indigenous community hence some don’t eat it), it represents living of the heart or spirit, they are seen as teachers protectors and healers who also have a calm and gentleness to them, just like how a bear will appear to seem big to protect their cub. Love is for eagles because they can fly great distances and closer to the creator. The beaver represents wisdom because it uses it natural gift wisely for its survival. Honesty represented by big foot or the raven it teaches to be able to live authentically as you are even if it feels like you may be out of place for instance the big foot leaves on 2 legs instead of 4. Truth is represented by the turtle because of the teachings that involve the turtle since according to indigenous culture the turtle was present during the creation of Earth. All these teachings I learnt are things that I can apply to my personal and professional life. For example, by showing respect and honesty I can gain people’s trust and build good relationship with coworkers, patients and friends. With humbleness and courage, I can gain people’s respect and build a comfortable atmosphere for people to be in. By showing Love and wisdom I can bring peace with me wherever I go and counsel people if necessary. |