

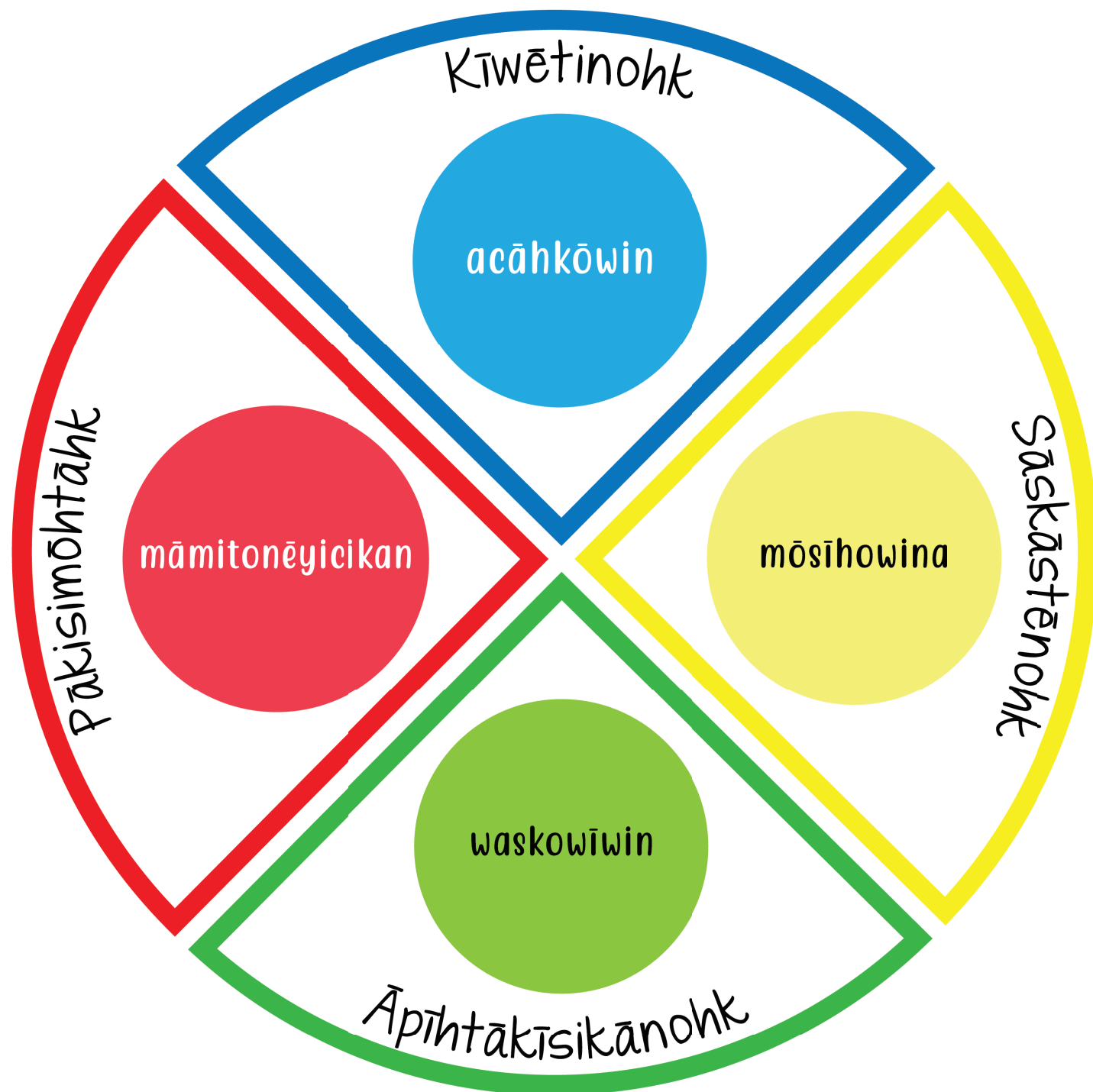


UNDERSTANDING THE
NĒHIYAW WAY
OF BEING

Personal Growth

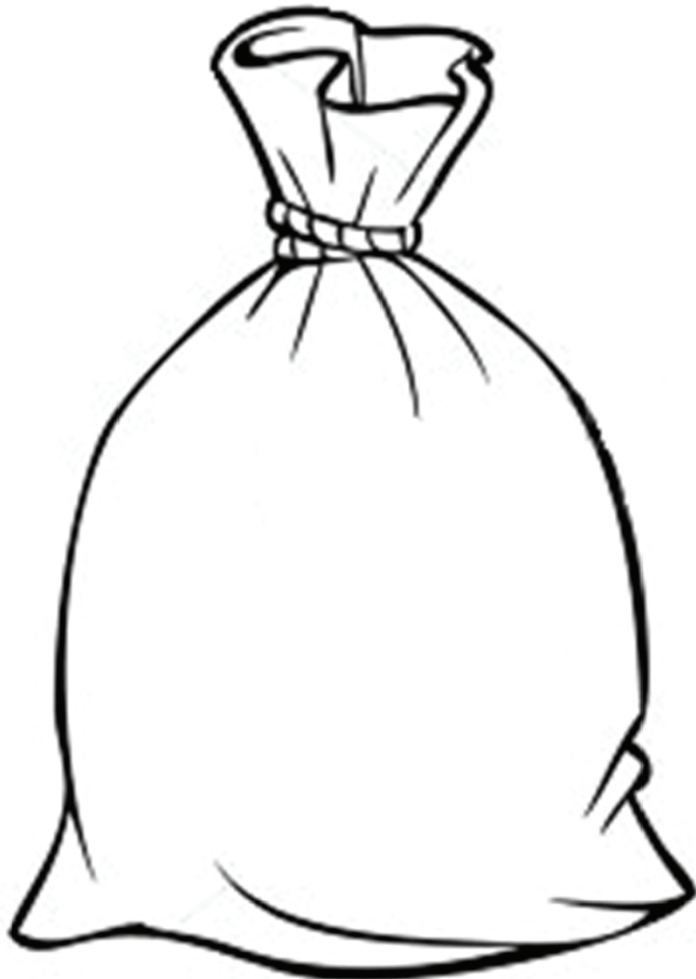
An elder once said that before you can have healthy relations with anyone else, you must have healthy relations with yourself. Try get to know yourself.

pāmiyēs awiyak kotak ka-miyō-wākōmat, poko anima nikān kiya ka-miyō-wākōmisoyan. Nistawēyimisowin kakwē-ayā



Ē-pakitiniċōsiyahk ōta askTy

Asay ē-pē-wawēyikōwisiyahk kitatoskēwinaw



hide

*What is in your
medicine bag?*



share

The Creator gives us the privilege of living on this land - our life is loaned to us, we should not take it for granted.

We are prepared for our Life's Journey before we come to this land. We carry all the tools we will need to do the work we came to do, we must remember to thank the Creator for each day loaned to us.