Shared Knowledge







Kohtawān Principles

Miyō-Pimōhtēwin Walking in a good way



Kwēyask Itōhta

Do things properly.

The Spruce Tree is the tallest tree in our natural world. We learn to reach for the best we can be.

The roots go deep into the ground and are very strong. We learn our values can help us reach our goals.

The Spruce Tree stays green in all the seasons. We learn to focus on our blessings and use them to grow.

Oskititēyita

Learn new ways.

The Dandelion releases its seeds many times in one season. We learn to let ourselves grow and learn.

The roots become thicker each time the dandelion starts again. We learn sometimes we must start again to learn what we need to learn.

The Dandelion is a traditional medicine to heal addictions. We learn that sometimes we get stuck in our challenges and we need to move forward to learn.



Hāy Hāy

Nanāskomo. Be Thankful.

Water is one of the sacred spiritual elements. It is considered a blessing and essential to all life.

Water is used to cleanse the spirit in the sweatlodge.

Water is always moving through the land, it connects lakes, rivers underground canals.

Tapāhtēyimiso

Be Humble. All are Equal.

Everyone has their own journey and everyone is born with a purpose.

The Creator brings us together to learn from one another. We should recognize people of all ages.

Everyone is a teacher, a mentor and a leader. We have to look to see how we can learn from others. We must open our mind to see who is there to help us.



Āstēhiyihta

Leave Problems Behind You.

The Wind is one of the sacred spirits that helps us solve our problems-we learn to pray for help

Learn to start each day with a fresh mind and clean heart. Learn to forgive and ask for forgiveness.

We are problem solvers, not problem makers. We have to learn to find solutions to our challenges.

Wīcīhiso

Help Yourself.

Mother Earth grows plants that are traditional medicine. The land will grow the medicine we need.

We need to look for ways to become healthy. It is up to us to recognize what can help us become healthy.

Being healthy is allowing ourselves to grow in our thoughts, our words, our feelings and our actions.



Ākamēyimo

Keep Trying.

The Sun teaches us to keep going even when the skies are cloudy. The sun will continue to shine.

No matter how hard your job is, keep trying. Be thankful for the challenge, it is a time to learn.

The Sun does not stop in the middle of the sky to take a break. We learn to finish the job we start.

Nākatēyimiso

Be Aware of Yourself

The Grandmother Moon teaches us to be patient with ourselves. We recognize change is slow.

We are responsible for our actions. We choose our own words. We can not blame anyone for what we do.

The Creator gave each of us a medicine bag to help us on our journey. We all have gifts to use.

Embrace your Spiritual Being

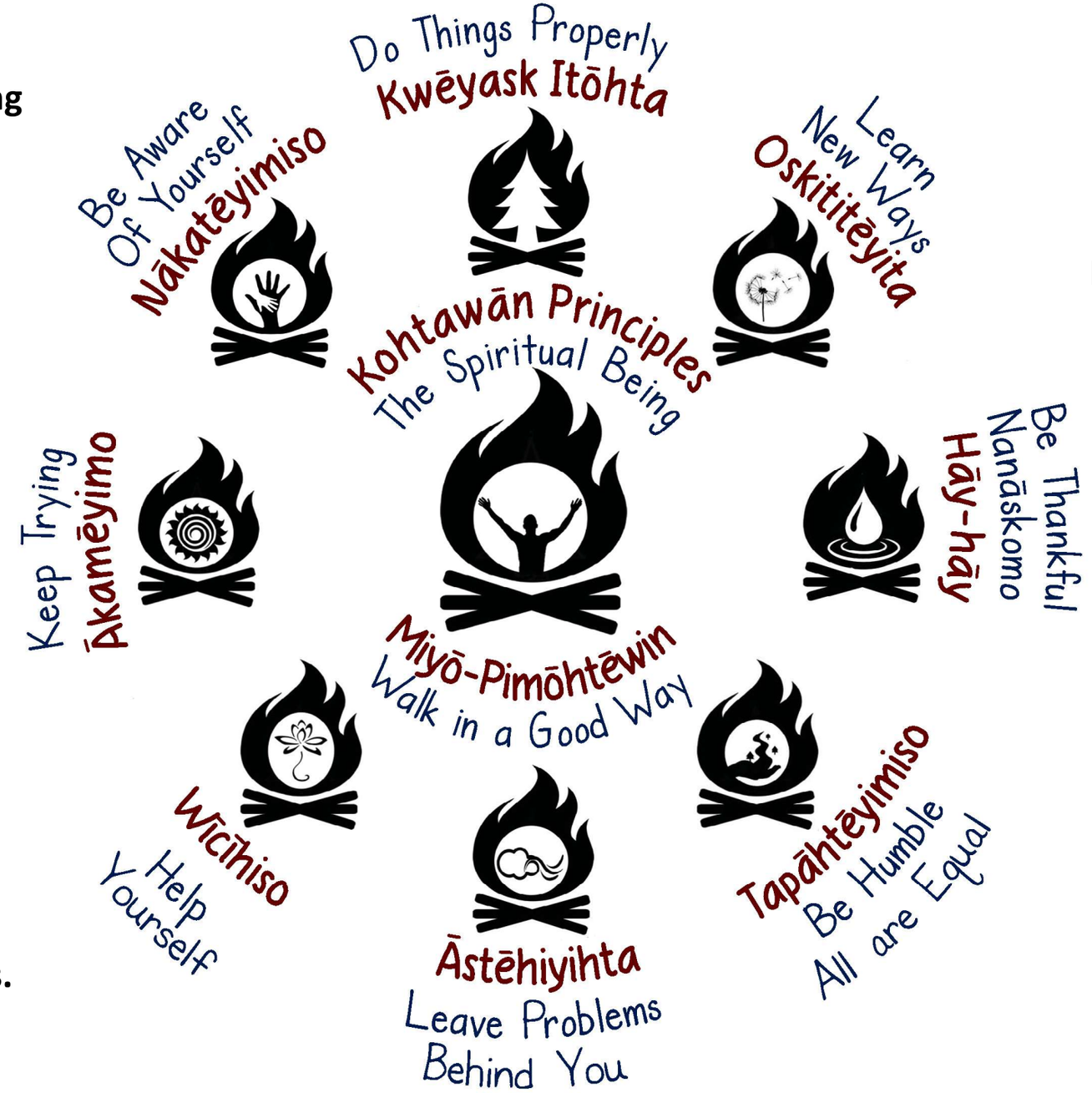
Learn responsibility

Validate development.

Explore your purpose.

Recognize your gifts.

Focus on positive outcomes.



Learn about yourself.

Learn control or strategies.

Understand your job.

Accept challenges.

Overcome obstacles.

Move beyond barriers.