

# **All Nations Hope AIDS Network**

Aboriginal Peoples' Wellness in Canada

Margaret Poitras, CEO

March 2011



RED RIBBON PLACE

2735

## Elder's Meditation of the Day

*"My children, you have forgotten the customs and conditions of your forefathers. ... You have bought guns, knives, kettles, and blankets from the white man until you can no longer do without them; and what is worse you have drunk the poison firewater, which turns you into slaves. Fling all these things away; live as your forefathers did before you."*

**--Pontiac, ODOWA**

We need to think as our forefathers did. They knew the culture and the customs. The culture taught them how to live in harmony with each other. We need to think like this again. We must be God-reliant. We don't drink the firewater. This liquid is very destructive to our native people. It kills the spirit. Our Indian people are happiest when we are spiritual. When we depend on anyone or anything else, we get off track. We need to talk to the elders and find out what the old ways were. We need to ask them to teach us the culture, the tradition, and the customs. This will help us become whole again.

**My Maker, guide my path as you did my ancestors**

# The Seven Sacred Teachings

**ty** -To achieve honesty within yourself, to recognize who and what you are, do this and you can be honest with all others

**ty** -Humble yourself and recognize that no matter how much you think you know, you know very little of all the universe

To learn truth, to live with truth and to walk with truth, to speak truth

**m** -To have wisdom is to know the difference between good and bad and to know the result of your actions

Unconditional love to know that when people are weak, they need your love the most, that your love is given freely and you cannot put conditions on it or your love is not true

**ct** -Respect others, their beliefs and respect yourself. If you cannot show respect, you cannot expect respect to be given

**y** -To be brave is to do something right even if you know it is going to hurt you

# Knowledge lives within the community

**Stories are told to teach, to heal and to transfer beliefs, but all stories come from human experience and need to be understood.**

**Engagement with the communities results in effective knowledge translation.**

**The exchange of knowledge between all partners in a research project requires a high level of communication and participation, not only to share the researched knowledge but to come up with a plan and implement future strategies.**

# Teachings

- Diseases are here to teach us something
- Pray to the Creator for guidance & wisdom
- Ceremonies of healing and celebrations
- Western and traditional

## Spirituality

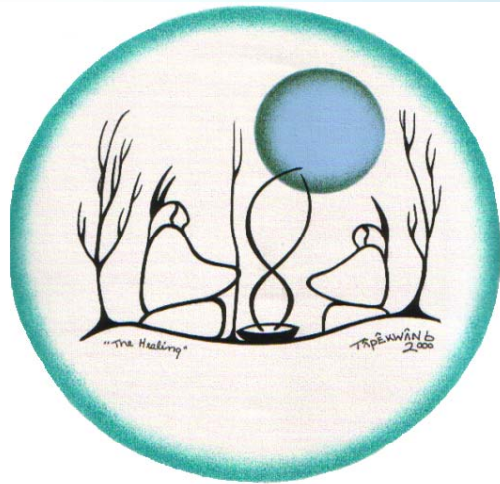
- Ask the Creator in all things
- Research brings life to the people
- Building a strong foundation
- Restoration of all nations
- Leadership

## Conclusion



# In Honour & Remembrance





# Sharing the Knowledge

2735 5<sup>th</sup> Ave.

Regina, SK S4T 0L2

Phone: 924-8424

Toll Free: 1-877-210-7622

Email: [allnationshope@sasktel.net](mailto:allnationshope@sasktel.net)

Website: [www.allnationshope.ca](http://www.allnationshope.ca)