

Tsúlhaka7 Á7xa7 Stsunámcal Seven Sacred Teachings

1

Xzums: xzums ti tmícwa7

Respect: show respect for the earth.

2

**Gelgelálcken: ulh7ú7lhecw lti scwákwekw swa
Cman ku páqu7nilh ti megmíga**

Courage: let the light into or to flow through your heart, summon the divine light.

3

Wenácw ʔu: amamíntsut

Honesty: being human, look at everything inside you and accept it, self-acceptance. Personal connection.

4

Xawńílc: ken kánim kéntsa7

Humility: understand your role in creation, what am I here for? What is my purpose? Pride. Connection to the world around you.

5

Wenácw: ákstum ti á7xa7a

Truth: connecting to a higher source, divine light glows through me.

6

Sxwez: tákem ʔu7 wa7 sxwez l wa7 nmimlénácw

Love: unconditional, flowing, growing love, a place of abundance.

7

**Léxlex: sléxlex lhkálha wa7 lhíkekstum lhel ki ʔagémsta
stsunámcal**

Wisdom: wisdom is formed from all six other teachings.

Ucwalmícwts translated and transcribed by
Xázil Priscilla Ritchie and **Sésʔwet Veronica Bikadi**
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