

Indigenous Wisdom FOR DAILY LIFE



1 FIND YOUR GIFT

Your gift is your purpose in life. How you can be of service to others. It's for you to discover and share. *Ojibwe* Midwestern US & Canada

2 HONOR MOTHER EARTH

We don't own the land, the land owns us – the way we treat the earth, air and water directly impacts us. Be respectful of the natural world. *Aboriginal* Australia

3 CONNECT WITH the SPIRIT WORLD

Look for your spirit animal, the one that you are drawn to or you see in nature. An animal sighting is a direct message from Great Spirit to guide you in life. The owl symbolizes wisdom, intuition, insight, freedom and vision. The hummingbird represents joy! *Lakota* North & South Dakota

4 THINK WITH YOUR HEART

We are one heart beating. We are all connected to each other and the heartbeat of Mother Earth. *San* Namibia

5 SLOW DOWN & BREATHE

Life is sacred. Live moment to moment with mindfulness. *Monpa* Bhutan

6 NOURISH YOURSELF

Eat a healthy diet with plenty of organic, non-GMO foods. Plants are good for your health and can be medicinal in healing your body, mind, and spirit. *Shipibo* Peru

7 WE ARE ONE

We are all interconnected. Know that you are never alone. Whatever challenges you may face, we're in this together. *Kogi* Colombia

8 WE ARE NATURE

Spend time in nature, observing the trees and plants around you. Show gratitude for the forest, as they give us life and without them we would cease to exist. *Mbuti* Congo

9 UNDERSTAND "ALL OUR RELATIONS"

We are all one – living on this one planet. Together we can create political, spiritual and ecological transformation. *Navajo* Southwestern US

10 LISTEN TO INDIGENOUS PEOPLE

Recognize native people as living treasures, for they hold wisdom for all of humanity. *Tharu* Nepal