

Slálem Turtle La tortue Lexwsthe'it Truth La vérité

The teaching of Truth is represented by the Turtle. Our motherland is referred to as Turtle Island. To know and live truth is to walk and live all the Seven Sacred Laws. Living truth means living in the spirit of Respect, Love, Courage, Honesty, Wisdom, Humility and Truth. It is when we live truth that we will know peace and find the truth of our humanity. Our spiritual constitution is written on the turtle. The turtle lives in the water and on the land to remind the whole world of the truth we should be living by. (Turtle Lodge)

The turtle teaches us about the ability to stay grounded, even in moments of disturbances and chaos. With the present situation in life where there is so much hurry, the turtle teaches us patience and slowing down, to pace ourselves. The ability to know oneself and knowing our truth is done through emotional strength and understanding. These teachings come from ancient wisdom and the ability to seek the truth. Through all the challenges in life, the turtle teaches us determination and persistence to reach our destination. (From: Mikisew Cree First Nation)

Grandmother Turtle says, *“On my back are thirteen markings, representing the truth of the thirteen moons of the journey Mother Earth makes around Grandfather Sun, a symbol of Great Spirit. Thirteen also represents the nine moons it takes to be created in the womb of your mother, plus four. The four seasons you must follow. The four elements of life – earth, air, water and fire. The four elements of your human nature – spirit, emotions, body and mind. The Four Directions where Grandfathers and Grandmothers sit in the spirit world.”* (A Story of the Seven Sacred Laws, by Elder Dr. David Courchene and illustrated by Skylar Courchene, 2021)

