

# THE SEVEN SACRED TEACHINGS

This is a initiative of  
Thunder Bay Police Service Aboriginal Liaison Unit



*Thunder Bay District*

**CRIME STOPPERS**

*1-800-222-TIPS*



# THE SEVEN SACRED TEACHINGS

The Seven Sacred Teachings, each represented by an animal, are important laws in Aboriginal culture; they honour spirituality and connect us to the land. Each animal offers a special understanding of how we should live in harmony with our Creator, ourselves, with one another, and with Mother Earth.

**Love (Eagle)** - Always act in love; love the Creator and Mother Earth. Love yourself, your family, your community and Mother Earth's creatures.

**Truth (Turtle)** - Always pursue truth; living in truth means existing in the Seven Teachings.

**Courage (Bear)** - Listen to your heart; it takes courage to do what is correct.

**Honesty (Sabe / Sasquatch)** - Be honest with yourself and others; speak from your heart. Be true to your word.

**Humility (Wolf)** - Think of others first, and exhibit humbleness to the Creator by being thankful.

**Wisdom (Beaver)** - Everyone has special gifts; embody wisdom by using your gifts for goodness and harmony.

**Respect (Buffalo)** - Respect life on Mother Earth; honour Children, Youth, Women, Men and Elders of all races through kindness and charity.



**Thunder Bay Police Service's  
Aboriginal Liaison Unit**

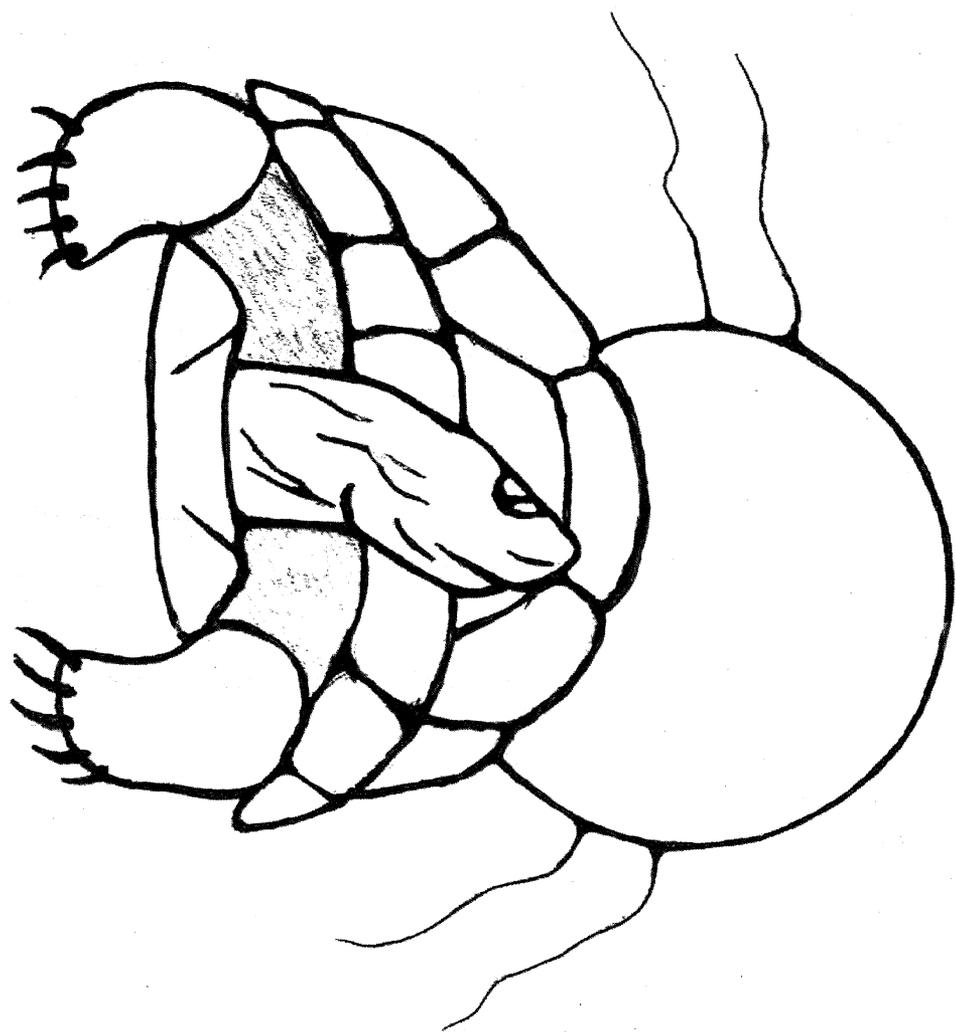


Visit "Diversity" at:  
[www.thunderbaypolice.ca](http://www.thunderbaypolice.ca)

Artist, Patrick Cheechoo, invites you to:  
[patrickcheechoo.myknet.org](http://patrickcheechoo.myknet.org)



LOVE



TRUTH



BRAVERY



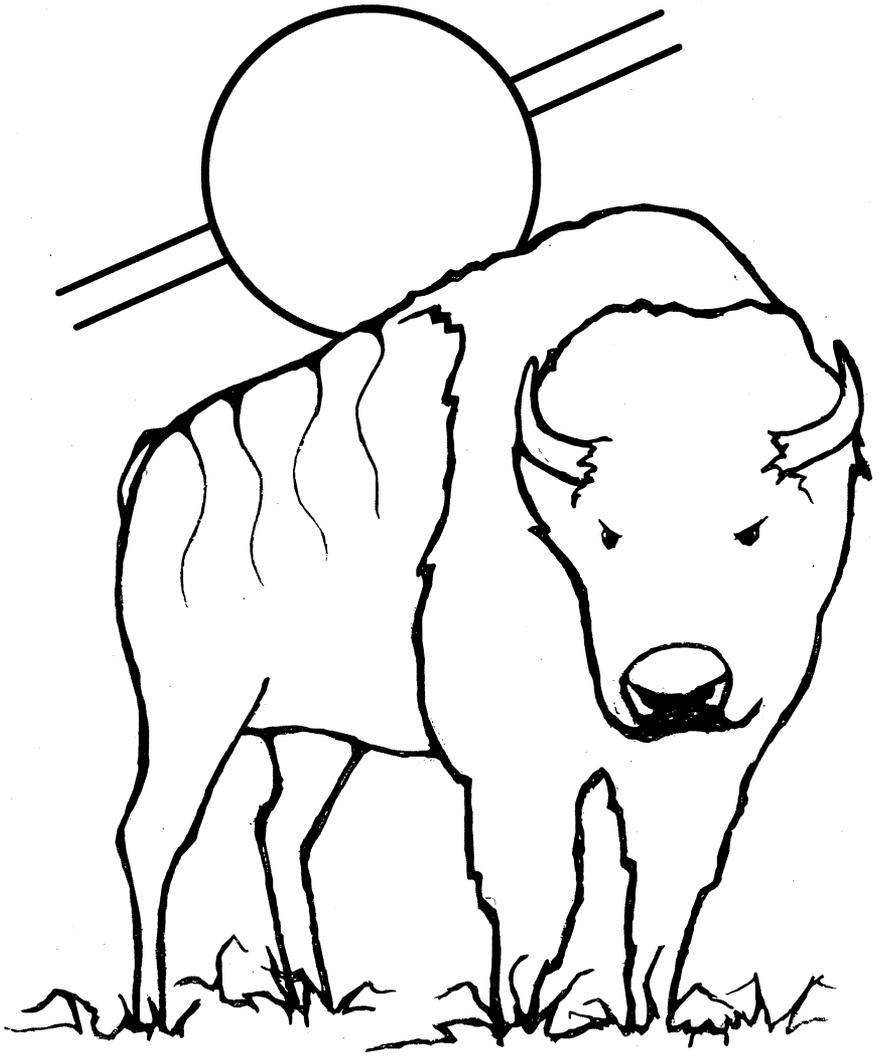
HONESTY



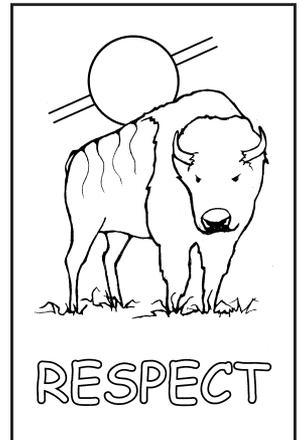
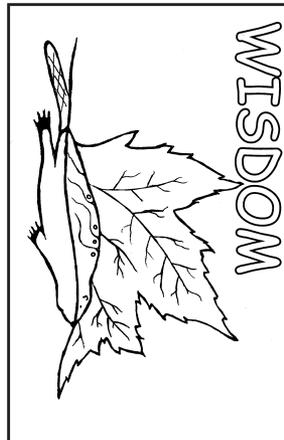
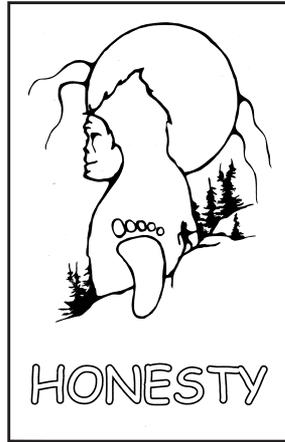
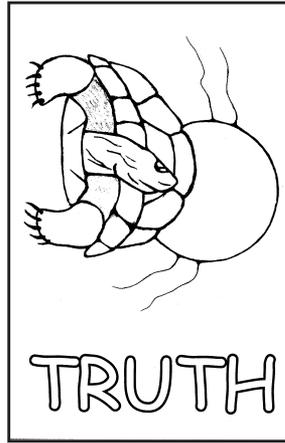
HUMILITY

WISDOM





RESPECT



**Artist:**

Patrick Cheechoo

**Biography:**

Mr. Cheechoo was born in Hearst, ON in 1968 and is a proud member of Constance Lake First Nation where he lived until pursuing his education in Thunder Bay, North Bay and Sudbury. He is a Lakehead University graduate with a Bachelor of Administration degree. Patrick has five children aged from 15 to 23 and currently resides in Thunder Bay with his lovely wife, Keri. He is the Manager of Financial Advisory Services and Quality Assurance for Matawa First Nations Management.



Patrick has been painting since 1985 and has since expanded his passion for visual arts to carving, antler jewellery and photography; however, he is most passionate about painting and has been able to reach an international audience. He has also enjoyed computer art and design for over 15 years and has been honoured by having his designs chosen for the Nishnawbe Aski Nation Veterans Flag, the NAN Women’s Council, Oshkaatisak (NAN’s Youth Council) and Ontario’s “OurTimeOurHealth” initiative.

Mr. Cheechoo is inspired by family, Cree culture and Mother Nature’s bounty. He aspires to paint dynamic imagery (images that humans rarely get to see up close) – for example, an Eagle swooping down on a fish, Bull Moose in battle or a Hummingbird feeding. Colour and symbolism are at the heart of Patrick’s works of art – both are used to portray themes, teachings and the exhibit the Cree spirituality.

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