

TEN I LEARNED FROM LESSONS ELDERS I USE EVERYDAY

By Len Pierre

BE STILL

Train yourself to be physically, mentally, spiritually, and emotionally still as often as you can.

TAKE CARE OF THE PEOPLE WHEN YOU SPEAK TO THEM

When you speak you have a responsibility. You have a person's mind, their attention, their emotions, their interests at hand. Use that power to be kind, gentle, respectful, and if you can be humorous to keep it light.

GIVE THE PEOPLE HOPE

Hope, like love, is a gift, and is something people yearn for.

GIVE IT BACK TO MOTHER EARTH

It is a beautiful way of "letting go" or "processing" one's negative thoughts and energy.

YOU ARE A RICH PERSON

Our wealth is determined by relationships, history, access to language, storytelling, and tracing your lineage.



TRAIN YOUR MIND

Training your mind to work for you instead of against you

TRUST IN SPIRIT

Trust your spirit. You are not alone in your endeavours.

LISTEN TWICE AS OFTEN AS YOU SPEAK

We have two ears and one mouth for a reason - so that we might listen twice as often as we speak.

TELLING PEOPLE YOU ARE AFRAID IS BEING BRAVE

Being transparent with your fear is being brave and courageous

YOUNG PEOPLE HAVE HEAVY TONGUES

Practice the art and patience of speaking lightly and with humility.

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