**The Seven Grandfather Teachings (Anishnaabe/Ojibwe culture)**

1. **Gitche Manitou** (The Great Spirit) created the spirit of all people
2. Spiritual people followed **Midewiwin** – a religion that taught the beliefs of the Ojibwe people
3. The Seven Teachings were created by seven spirits to take care of the Anishnaabe people

* **Nibwaakaawin—Wisdom**:

To cherish knowledge is to know Wisdom. Wisdom is given by the Creator to be used for the good of the people. In the Anishinaabe language, this word expresses not only “wisdom,” but also means “prudence,” or “intelligence.”

* **Zaagi’idiwin—Love**:

To know Love is to know peace. Love must be unconditional. When people are weak they need love the most. In the Anishinaabe language, this word with the reciprocal theme indicates that this form of love is mutual.

* **Minaadendamowin—Respect**:

To honor all creation is to have Respect. All of creation should be treated with respect. You must give respect if you wish to be respected.

* **Aakode’ewin—Bravery**:

Bravery is to face the foe with integrity. In the Anishinaabe language, this word literally means “state of having a fearless heart.” To do what is right even when the consequences are unpleasant.

* **Gwayakwaadiziwin—Honesty**:

Honesty in facing a situation is to be brave. Always be honest in word and action. Be honest first with yourself, and you will more easily be able to be honest with others. In the Anishinaabe language, this word can also mean “righteousness.”

* **Dabaadendiziwin—Humility**:

Humility is to know yourself as a part of Creation. In the Anishinaabe language, this word can also mean “compassion.” You are equal to others, but you are not better.

* **Debwewin—Truth**: Truth is to know all of these things. Speak the truth. Do not deceive yourself or others.