

# "My Dream for the Future"

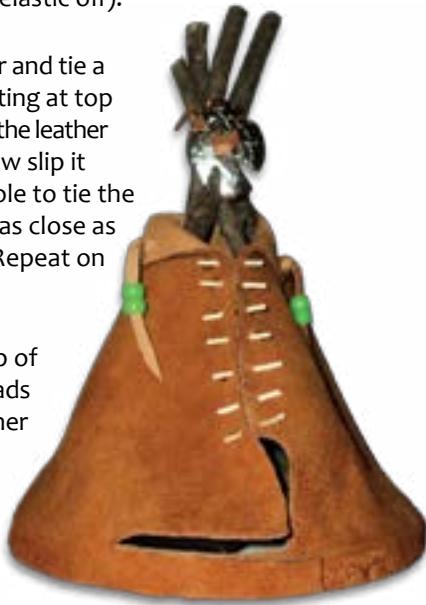
## TIPI Making Instructions

### Kit consist of:

- 4 pony beads
- 1 long tie
- 2 small ties
- 1 concho, 1 elastic
- 4 tipi posts
- 7 small sticks
- 1 round wood
- 1 bed, 1 note bag (with paper)



1. Place tipi posts in holes (if needed use elastic to gather posts at top).
2. Stick the double sided tape to the outside of the base (alternatively use glue or glue gun).
3. Stick the leather to the board, starting with the side without the door flap. Continue all the way around (if needed cut the excess material).
4. Press all the way around a few times, to make sure the leather is well stuck onto the board.
5. Use the longest piece of leather, wrap it around the top of poles and tie a knot. Leave a bit of a tail to fasten your concho to (Cut elastic off).
6. Take a strip of leather and tie a knot in one end. Starting at top of tipi from inside, slip the leather through the hole, now slip it through the other hole to tie the flap back. Tie a knot as close as possible to the tipi. Repeat on other side.
7. Fasten concho to top of tipi and put pony beads on the pieces of leather that are holding the top flap.
8. Slip small sticks into holes in front of tipi. It helps if you put two fingers in the tipi to hold leather still as you are pressing sticks against tipi. (Glue leather sides together for a more secure fit).
9. Uncurl the paper in the small cylinder pouch from the tipi kit and write a note to yourself. Write down what you want for yourself and your future children. List a few key values, principles, teachings or an encouraging quote that you want to carry with you into your dream future. Roll it up, put it back in the cylindrical pouch and place it in the tipi!
10. Place a couple of condoms in the small rectangular pouch (it makes a nice mini bed in the tipi).



## Cultural information

It is important to note that just like all traditional teachings, certain beliefs and values differ from region to region.

## TIPI

The floor of the tipi represents the earth on which we live, the walls represent the sky and the poles represent the trails that extend from the earth to the spirit world (Dakota teachings).

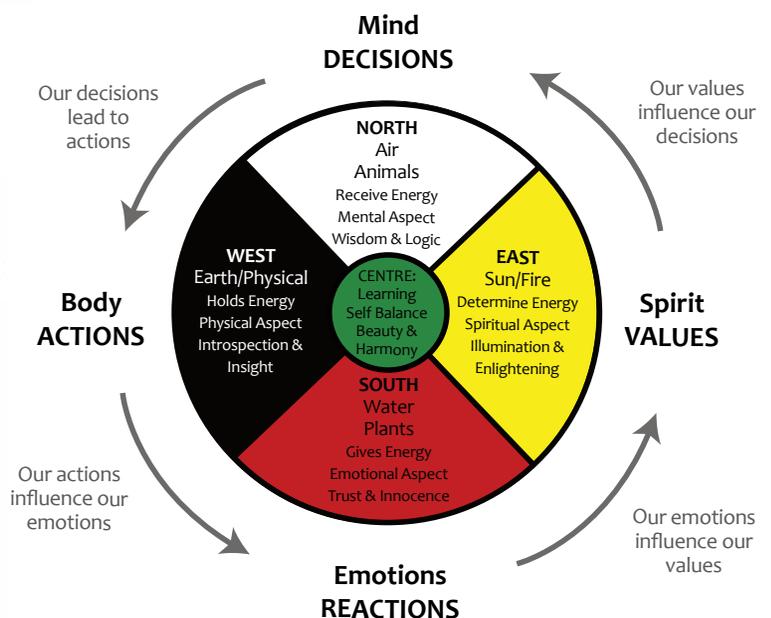
Tipis hold special significance among many different nations and Aboriginal cultures across North America. They not only have cultural significance, but also serve practical purposes (particularly when nations practiced traditional ways of living like hunting and gathering). Tipis provide shelter, warmth, and family and community connectedness. They are still used today for ceremonies and other purposes. There is special meaning behind their creation and set up.

For spiritual purposes, the tipi's entrance faces the East and the back faces the West. This is to symbolize the rising and setting of the sun and the cardinal directions. The tipi's poles stretch high into the sky as a connection with the Creator and are firmly planted on the ground as a connection to the Earth. Each pole has a specific meaning based on each of the essential moral values of the tribe (specific naming of poles varies from place to place).

A tipi's exterior decorative paintings typically depict personal visionary experiences during which the individual, usually a man, earned the right to create the image. Beading or other ornamentation can also be done to the exterior of a tipi. The women who do the beading are also required to earn the right to do so. Today, however, tipi artwork and ornamentation can be done by anyone, but the visual aesthetics still have important value and meaning.

## Medicine Wheel

\* There are variations of the Medicine Wheel dependent upon the culture and/or the teacher. It is important when working with clients to be curious about which Medicine Wheel teachings they connect with so as not to make assumptions about their beliefs and values.



## The Seven Grandfather Teachings



The traditional concepts of respect and sharing that form the foundation of the Aboriginal way of life are built around the seven natural laws or sacred teachings. Each teaching honours one of the basic virtues intrinsic to a full and healthy life. Each law is embodied by an animal to underscore the point that all

actions and decisions made by man are manifested on a physical plain. The animal world taught man how to live close to the earth and the connection that has been established between the animal world and that of man has instilled a respect for all life in those who follow the traditional Aboriginal way.

### LOVE must be unconditional.

The Eagle represents love because of its unique relationship with the Creator; only the Eagle has the ability and strength to fly higher than any

other animal; therefore, placing it closer to the Creator than all others.

Eagles are loving parents and teachers to their offspring, protecting and guiding them.

An Eagle's feather represents the Creator's love for us and our need for greater understanding of ourselves and each other.

Native people hold the Eagle feather close to their heart and consider receiving an Eagle feather to be the greatest gift.

### RESPECT is the condition of being honoured.



The Buffalo represents respect because for as long as we have been here, we have sustained our lives through the Buffalo in terms of clothing, food, shelter and expressing ourselves through art.

North American Natives depended on the Buffalo for survival and used every part of the animal – hides for tipis and clothing, bones for tools and toys, meat for food, tendons and muscles for sinew and bow strings, horns for cups and spoons and brains for hide tanning. Today, the eyes are also used for liquid paint thickener and buffalo chips for fuel and baby powder.

The Buffalo is a tool of life guided by the Creator to live harmoniously with a sense of balance. Native people have seen the Buffalo driven to near extinction. With the renewal of Native traditions, there is a preservation and symbolization of the Buffalo that is alive and strong today.

### TRUTH is to know and understand all seven teachings given to us by the Creator and to remain faithful to them.



The Turtle represents truth because it is one of the oldest animals on our planet and is said to have witnessed Creation. The Turtle is grounded, methodical, careful and attentive to details – important qualities for those who speak the truth.

The laws of time and life are recorded on the back of the Turtle. There are 28 markings representing the 28 full moons and the 28 days between a woman's cycle for creating and bearing life. There are also 13 moons that represent the 13 times the Earth circles the Sun.

For Native people, the Turtle is a reminder of the Creator's teachings from the beginning of time.

### WISDOM is the ability to make decisions based on personal knowledge and experience.



The Beaver represents wisdom because it utilizes its gifts in ways that promote wellness to itself and its family.

Wisdom also means knowing what your limits are with respect to your body and the life around you.

The Creator gave the Beaver large teeth and the knowledge of how to build. This has enabled the Beaver to positively impact its environment and create a more sustainable world.

Native people understand that the Beaver is intelligent, productive and very much a family animal.

### COURAGE is the ability to face danger, fear or changes with confidence and bravery.



The Bear represents courage because of its strength and natural ability to overcome challenges. A mother bear, for example, will stand against a much larger, stronger male bear or other threat to protect her cubs.

Just as the Bear hibernates during the winter and reawakens each spring, we too need rest and rejuvenation. The Bear shows us how to live a balanced life, where there is a time to be playful and a time to be assertive and courageous.

Native people believe that the Bear calls them to awaken the potential within themselves and to stand up for what they believe in.

### HONESTY is speaking and acting truthfully and thereby remaining morally upright.



The Sabé represents honesty because it is closer to the Creator than to humans. It is believed that the Sabé used to walk among humans to remind us of the Creator's wish for us to remain true to our natural forms.

Actions such as being true to our spirit and accepting who we are will guide us in being honest.

Native people believe in the existence of the Sabé and honour it with acceptance and respect.

### HUMILITY is being humble, not arrogant.



The Wolf represents humility because of its giving nature and devotion to protecting and working for the good of the Wolf family and the welfare of the pack.

Wolves mate for life and are generous and loving parents, setting an example of what our communities and family systems should be.

Native people have great respect for the Wolf because of its love for family and its protective instincts.