ᓂᐦᐃᔭᐤ ᑭᓯᑲᐤ

Nēhiyaw kīsikāw

Cree Wisdom

Ċ>ᐊ·ᑫᓯᑊᑕᒧᐃ·ᐣ

ᐱᑯ ᑲĊ>ˣᑫᓯᒥᑐᔭˣ ᐁᑲ· ᑲᒪᒥᓯᑐĊᑐᔭˣ, ᑲᑕ>ᐊ·ᑫᓯᒫᔭˣ ᐁᒪᒪĊᐃ·ᓯᐟ, ᐁᑳᑮᓯᒧᐊ·ᔭˣ ᐁᑲ· ᐁᒥᔭᑯᔭˣ ᓱᑊᑭᓯᐃ·ᐣ ᑲᒥᔭᐊᓯᓯᓂᐃ·ᔭˣₓ

ᑳᑊᔭᒥᑊᓕᐊ·ᑎᓯᔭˣ, ᐁᐊ·ᑯ ᐱᑯ ᑲᐱᒧᑊĊᑕᒪˣ ᑕᑊᑐᑮᓯᑳᑊₓ ᓇᒧᔭ ᐃᐱᔮ ᐊᑦᑳᑊ, ᒫᑲ ᑕᑊᑐᑮᓯᑳᑊₓ

ᓇᒧᔭ ᐃᐱᔮ ᐯᔭᐧ ᐊᔭᒥᑊᓕᐃ·ᑮᓯᑳᑊ; ᑭᐱᒪᑎᓯᐃ·ᐣ ᐊᓂᒪₓ

tāpowakēyihtamowin

piko katāpohkeyimitoyahk ēkwa kamamisītotātoyahk, katapowakēyimāyahk emamātāwisit, ēkākīsimōstawāyahk ēkwa ēmiyikoyahk sōhkisiwin ka-miyo-ayisiyinīwiyahk.

kāhayamihēwātisiyahk, ewāko piko kapimohtātamahk tahtokīsikāw. namoya tēpiyā āskāw, māka tahto-kīsikāw.

namoya tēpiyā pēyak ayamihēwikīsikāw; kipimātisiwin anima.

Wisdom

The knowledge of how to make a good decision is not only about thinking and planning for the future, but also about understanding your emotions, recognizing and respecting your intuition, and having the strength to follow what you know is right.

It involves being mindful, but also daring to dream big. It's not just about today, but about the future.

It's not just about one success story; it's about life itself.

ᑲᓇᑌᔾᒧᐃᓐᑦ

ᐊᓄᑊᒻ ᑳᒫᒥᖅᑯᑊᑕᒪᕐ ᑳᓇᑕᑊᒐᑊᑯᐃᓐᑦ, ᒥᑊᕿᐟ ᐊᔾᔨᔾᓂᑉ ᐃᑌᔾᑊᑕᑦ ᑳᓇᑎᔨᐃᓐᑦ, ᐁᑲᓐ ᑖᐯᓐ ᐁᐋᓐᑯ ᐃᖅᐱᑊᑌᔾᑊᑖᑲᓐᑦᓵ

ᒫᑲ ᐯᑊᒋᓈᐊᓐᔭᐟ, ᕿᑊᑌᐊᔭ ᑳᒫᒥᖅᑯᑊᑕᕐᑊᑭᑲᓂᖅᑎᐃᓐᑦ, ᐁᐋᓐᑯ ᐊᓂᒪ ᑳᓇᑕᑊᒐᑊᑯᐃᓐᑦᓵ

ᑳᓇᒋᒫᒥᑐᓗᔾᑊᕿᐃᓐᑦ ᐁᑊᐅᑊᒋᒫᑲᑊᒡ ᑳᓇᒋᒫᒥᑐᓗᔾᑊᕿᑭᓂᕐ ᐁᐋᓐᑯ ᐆᒪ ᐅᑊᒋ ᑭᑳᓇᑕᑊᒐᑊᑯᒥᓇᑉᓵ ᑳᓇᒋᒫᒥᑐᓗᔾᑊᑕᒧᐃᓐᑦ ᐁᑲᐅᔭᑊᑕᕿᔾᒧᐃᓐᑦ ᑭᓇᑲᑌᔾᑊᑌᓇᑉ ᐁᑲ ᑯᑕᒡ ᑳᐋᑊᑯᔨᑊᐋᔭᕐᓵ

ᑖᐱᑕᐃᓐ ᒥᔪᒪᑊᒋᑊᐅᐃᓐᑦ ᑭᐃᓐᒋᑊᐃᑯᓇᑉ ᕿᔨᒥᔪᒪᒥᑐᓗᔾᑊᑕᒪᕐᓵ

kanātēyimowin

anohc kāmāmiskohtamahk kānātahcāhkowin, mihcēt ayisiyiniw itēyihtam kānātisiwin, ēkwa tāpwē ēwako ispihtēyihtākwan.

māka pēhci-nāway, kehtē-aya kāmāmiskohtahkik kanātisiwin, ēwako anima kanatahcahkowin.

kanācimāmitonēyihcikewin ehohcīmakahk kanācimāmitonēyihcikanihk ēwako ōma ohci kikanātahcahkominaw. kanācimāmitonēyihtamowin ekwa pēyāhtakēyimowin kinakatēyihtenaw buēka kotak ka-āhkosīhāyahk.

täpitawi miyomahcihowin kiwīcihikonaw kesimiyomāmitonēyihtamahk.

Understanding

Today, we engage in deep thinking and understanding, considering both our hearts and our minds, seeking the wisdom that comes from true knowledge.

But we must also remember, our journey of learning is continuous, integrating the wisdom of the past with our present experiences.

Embracing this wisdom, we should walk in life with respect and understanding, recognizing the interconnectedness of all things and honoring the shared journey of existence.

Striving for holistic well-being and harmony through shared understanding and respect is a journey that requires continuous effort and commitment.

ᒪᒫᑖᐃᓱᐃᓐᔅ

ᓇᒧᔭ ᑲᒫᒥᖅᑯᑊᑕᒪᑉ ᒪᖅᑲᐃᓱᐃᓐᔅ, ᒫᑲ ᒪᒫᑖᐃᓱᐃᓐᔅᓵ

ᑲᑭ ᐃᓯ ᒥᔪᑯᐅᓯᔭᑉ ᑲᑊᐅᖅᑲᔨᐃᓐᔭᑉ ᑲᑊᐃᓐᓂᓯᑊᓯᐅᔭᑉᓵ

ᐱᑯ ᑲᐸᐯᔭᑊᑕᑫᔨᒧᔭᑉ ᑲᑊᐋᔨᒪᐧ ᑭᐱᒫᑎᓯᐃᓐᓂᓇᐤ ᐁᑲᐧ ᐁᑳ ᑲᐃᐧᔭᐅᑊᑕᒪᑉ, ᒫᑲ ᑲᓂᐸᐃᖅᑕᒪᑉ ᐁᑲᐧ ᑲᓄᑊᑰᑖᔭᑉ ᓂᓯᑐᑊᑕᒧᐃᓐᔅᓵ

ᐱᑯ ᑲᑊᐋᑉᒫᔨᑊᑕᒪᑉ ᑯᑊᒋᑊᐃᑯᓯᐃᓐᓇ ᐁᑲᐧ ᐁᖅᐱᓇᐧ ᐃᖅᐸᔨᑭ ᐁᑯᑕ ᑲᑊᑮᐃᐧᒋᑊᐋᓇᐊᐧᐧ ᑯᑕᑲᐧ ᑲᓯᑊᑫᔨᑊᑕᑊᑭᐧ ᑯᑊᒋᑊᐃᑯᓯᐊᐧᐃᐧ ᐁᑲᐧ ᐁᖅᐱᓇᐧ ᐃᖅᐸᔨᑯᑖᐃᓐᓵ

mamātāwisiwin

namoya kāmāmiskohtamahk maskawisīwin, māka mamātāwisiwin.

kākī-isi-miyikowisiyahk kāhoskāyiwiyahk kāhiyiwanisihisoyahk.

piko kapapēyāhtakēyimoyahk kahāyimak kipimātisiwininaw ekwa ēkā kawiyohtamahk, māka kanīpawīstamahk ekwa kanōhkōhtāyahk nisitohtamowin.

piko kahāhkamēyihtamahk kohcihikosiwina ēkwa wēspinac ispayiki ekota kahkīwīcihānawak kotakak kasōhkeyihtahkik kohcihikositwāwi ēkwa wēspinac ispayikotwāwi.

mamātāwisiwin *

Today, we practice physical strength, but also mamātāwisiwin.

We achieve this through a balance of clear thinking, emotional intelligence, and strong will.

It's about more than just making decisions for immediate success; it involves long-term planning and understanding the impact of our actions.

This wisdom includes not only knowing what is right but also applying it in a way that brings harmony and balance to our community and ourselves.

** "Mamātāwisiwin" refers to a holistic sense of strength that includes mental, emotional, and spiritual resilience and well-being.*