

ye th'ó:kws se'wíwes

The Seven Teachings - Adapted by Stó:lō Shxwelí Language Program

stqóye= tl'íls

Wolf = Love



Lexwtl'íls kw'e kwíy_xmel wiyótha. Tl'ílsmet kw'e Chíchelh
Síyam, tl'ílsmet te slheq'ómet, tl'ílsthet, tl'el'ílemet ye
tselhsq'áleq'o qas mekw' ye malstíyexw

*Always act in love, love the creator. Love yourself, love your family
and fellow beings.*

sp'ó:q'es = s'ólhmet

Eagle = Respect

S'ólhmet s'ólhstexw kw'e mékw' i'áylexw íte slháq'emex. S'ólhstexw
ye selyólexwe qas ye mestíyexw láts'ómexw kw'es s'ólh qe'su
shxws'am.

Respect all life on Mother Earth. Respect elders and people of all races. To respect is to give.



spá:th = sey'álwes

Bear = Courage



Xwelalámet te th'á:le. Tl'os se'yalwes kw'es ye sthethíy.

Listen to your heart, it takes courage to do what is right.



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pípeh m = lexwsthe'ít

Frog = Honesty



E'éwé kw'as mets'elqéylem qew qwíqwelatstexw. Lexwsthe'ít-thet qas xwelá kw'e wátes. Teli ta' th'á:le kw'es qwál. Lexwsthe'ítqel xwela ta' sqwál.

Never lie or gossip, be honest with yourself and others.
Speak from the heart and be true to your word.

sàsqets = selawa'im

Sasquatch = Humility

Thetíwel xwelá kw'e wátes yewàl telí tl'lewe.

Selá:wathet xwela kw'e Chíchelh Síyam kw'as lexwch'ít.

Think of others before yourself. Humble yourself to the Great Spirit by being thankful.



smímeyath = slílexwelh

Butterfly = Peace

Mekw'wát tse sxexómes. Hokwex ta' sxexómes chasu slíleqwélstexw ta' slheq'àmel.

Everyone has a special gift to build a peaceful world.



spól = lexwsthe'ít

Crow = Truth



Súwq't kw'e lexwsthe'ít wiyóth. Áylexwstexw kw'e lexwsthe'ít tl'ó áylexw

Always seek the truth. Living the truth is living.



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