

spól = lexwsthe'ít



crow = truth

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sp'ó:q'es = s'ólhmet



eagle = respect

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stqóye = tl'íls



wolf = love

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***smímeyath =
slílexwelh***



butterfly = peace

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***pípehóm =
lexwsthe'ít***



frog = honesty

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spá:th = sey'álwes



bear = courage

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***sásq'ets =
selawa'im***



sasquatch = humility

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***E'éwé kw'as
mets'elqéylem qew
qwíqwelatstexw.***



Never lie or gossip.

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***Mekw'wát tse
sxexómes.***



Everyone has a
special gift

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***Thetíwel xwelá kw'e
wátes yewál telí tl'lewe.***



Think of others before
yourself.

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***Súwq't kw'e lexwsthe'ít
wiyóth.***



Always seek the truth.

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***Lexwtl'íls kw'e kwíyxmel
wiyótha.***



Always act in love,
love the creator.

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***Xwelalámet te
th'á:le.***



Listen to your heart.

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***S'ólhmet s'ólhstexw kw'e
mékw' i'áylexw íte
slháq'emex.***



Respect all life on
Mother Earth.

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***Lexwsthe'ít-thet qas
xwelá kw'e wátes.***



Be honest with
yourself and others

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***Hokwex ta' sxexómes
chasu slíleqwélstexw ta'
slheq'ámel.***



Use your special gift
to build a peaceful
world.

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



Humble yourself to
the Great Spirit by
being thankful.

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**Áylexwstexw kw'e
lexwsthe'ít tl'ó áylexw**



Living the truth is
living.

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**Tl'ílsmet kw'e Chíchelh
Síyam, tl'ílsmet te
slheq'ómet, tl'ílsthet,
tl'el'ílsme⁺ w'
tselhsq'áleq'o q
ye malstíy.**



Love yourself, love
your family and fellow
beings.

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**Tl'os se'yalwes kw'es ye
sthethíy.**



It takes courage to do
what is right.

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***S'ólhstexw ye selyólexwe
qas ye mestíyexw
láts'ómexw kw'es s'olh
qe'su shxw^{s'am}***



Respect elders and
people of all races. To
respect is to give.

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***Teli ta' th'á:le kw'es
qwál.***



Speak from the heart.

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***Lexwsthe'ítqel xwela ta'
sqwál.***



Be true to your word.

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