



EXPERIENCE MAKER

ELEMENT 6: SUSTAINABILITY

REFLECTION ON SUSTAINABILITY THROUGH AN INDIGENOUS LENS

SEVEN GENERATIONS

The Seven Generations Principle relates to decisions being made about our energy, water, and natural resources, and ensuring those decisions are sustainable for seven generations in the future. But it can also be **applied to relationships** - every decision should result in sustainable relationships for seven generations in the future.

Source: What is the Seventh Generation Principle?

REFLECTION:

How do the people, partnerships, and resources related to my new experience support sustainability for **the next seven generations**?

ALL MY RELATIONS

"All My Relations" is an important phrase and principle to express the worldview about the **interconnectedness** of all creation; from people to animals and insects, to plants and inanimate objects

Source: All My Relations

REFLECTION:

Explore the relation this new experience will have to living people, ancestors, animals, plants, and any other part of this world. How will this experience promote harmony?



MEDICINE WHEEL TEACHINGS

Medicine wheels look and mean different things in Indigenous cultures and communities, but they often represent the alignment and continuous interaction of the **physical, emotional, mental, and spiritual realities**. The circle shape represents the interconnectivity of all aspects of one's being, including the connection with the natural world.

Source: What is an Indigenous Medicine Wheel?

REFLECTION:

In what ways does this new experience support sustainability in:

- the **physical** realm? (The land, the physical body)
- The **emotional** realm? (the heart)
- The **mental** realm? (knowledge, the mind)
- The **spiritual** realm? (the soul)

LIVING THE GOOD LIFE – MINO-PIMATISIWIN

What does it mean to live a good life? The concept of mino-pimatisiwin is referring to a state of wellbeing that consists of healthy relationships, cultural identity, and connection to the land. To live a good life, we need to achieve a state of harmony between these things. Living a good life also involves our business being sustainable so it can support us in our journey of living a good life.

Source: Link to the Land and Mino-Pimatisiwin (Comprehensive Health) of Indigenous People Living in Urban Areas in Eastern Canada