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Photo: Cakwəm Jennifer Lewis, Syilx Nation

7 SACRED TEACHINGS BODY MAP

Created by Ninoshenh Counseling Teachings by Kimberly Pelletier Sagidjiwegjig

- Above head = HUMILITY
- Across nose & mouth = WISDOM
- Chin/Throat = COURAGE
- Across heart = LOVE
- Stomach/Abdomen = RESPECT
- Gut/Belly = TRUTH
- Hands & Feet = HONESTY