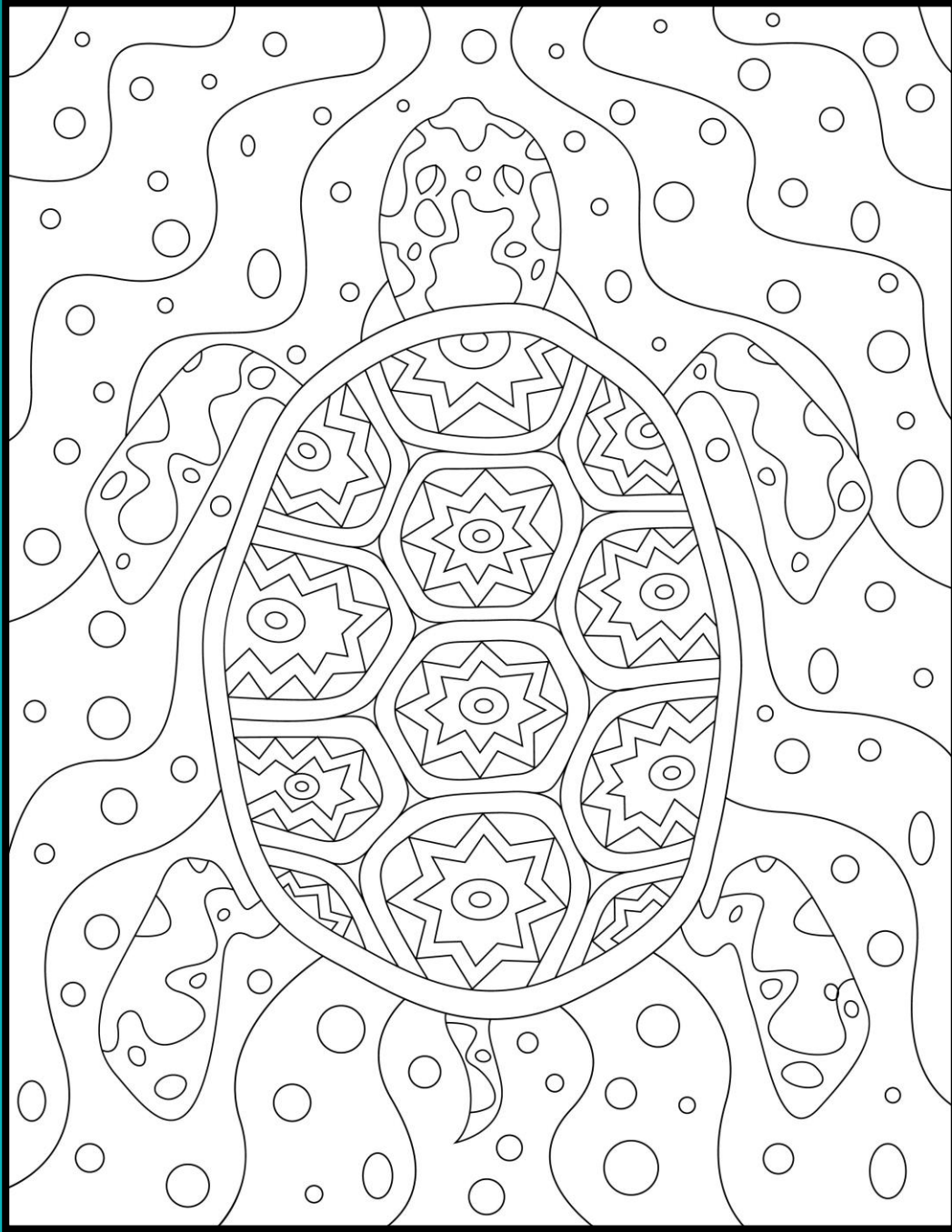


# *Healing with the Seven Sacred Teachings*



*A Mi'kmaq colouring book for survivors  
of sexual and gender-based violence,  
and their supporters*



# Healing with the Seven Sacred Teachings

Thank you for allowing this book to be a part of your healing journey!

*Healing with the seven sacred teachings* is a colouring book for survivors who have been sexually violated and their supporters. Feel free to download more copies of the book from the website [www.breakthesilenceNS.ca](http://www.breakthesilenceNS.ca) or <http://changethesilence.org/> and to print and share the book. Post your images on social media with the hashtag #BreakTheSilenceNS. You can also access lists of additional resources at both these websites.

This book takes its inspiration and guidance from the original "We believe you" book from the Office of Sexual Violence Support and Education at Ryerson University, Toronto, Canada. The reflective statements included in this book are build on those of the original version developed by Farrah Khan, Tesni Ellis, Kirsty Pazek-Smith, and Karen Campos Castillo.

Our project was envisioned by Karen Bernard of Eskasoni Mental Health Services and a council member with the Nova Scotia Advisory Council for the Status of Women. Funding from the Nova Scotia Sexual Violence Strategy, made the dream a reality.

Several people have been instrumental in providing the content of this book:

Karen Bernard for providing the explanations of the seven sacred teachings and  
Michael R Denny for translating them into Mi'kmaw

Karli Stevens (Wolf), Brendalee Johnson (Turtle), Terry Toney (Eagle), Abigail Marshall (Turtle), Bella Paul (Headdress), Candice Sylliboy (Eagle and Turtle), Hannah Battiste (Buffalo and Beaver), and Nichelle Googoo (Sasquatch) for providing the original art

The graphic artists Kaylyn Bernard and Cassidy Bernard at Indigenize Creative Services who transformed the original art into line art for the book

Jeannine Faye Denny and Farrah Stevens for assisting in developing the revised reflective statements

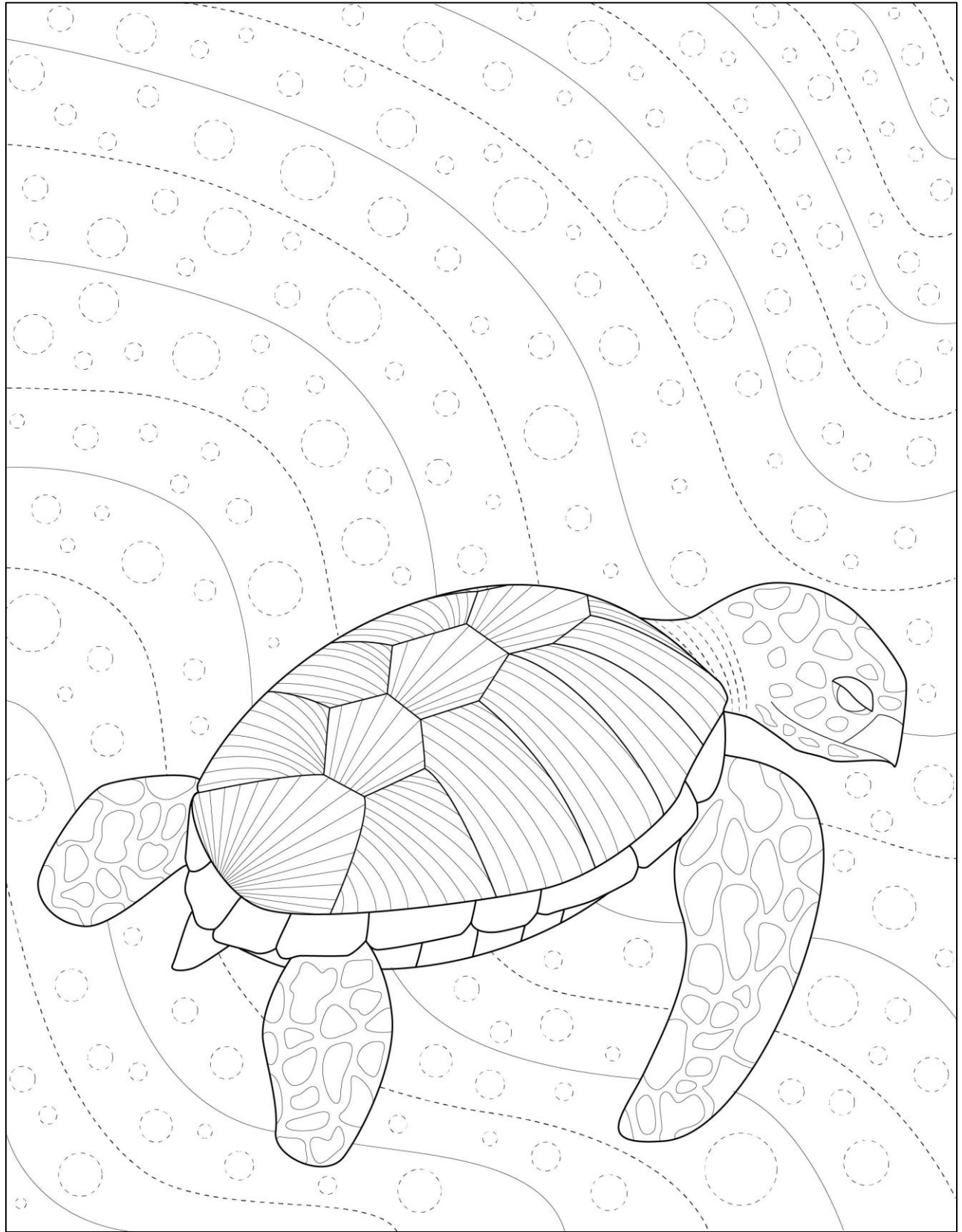
Youth researchers at the *Break the Silence: Be the Change* and *Networks for Change, Eskasoni* projects

## TELIAQEWE'L -- TRUTH

*Kepme'kl Kina'maqn: Kaqis  
wesku'tes teliaqewe'l. Muk  
na'qatpeiasu ki'l aq ktikik.*

*Sacred teaching: Always speak the  
truth. Do not deceive yourself or  
others.*

*My truth is ...*



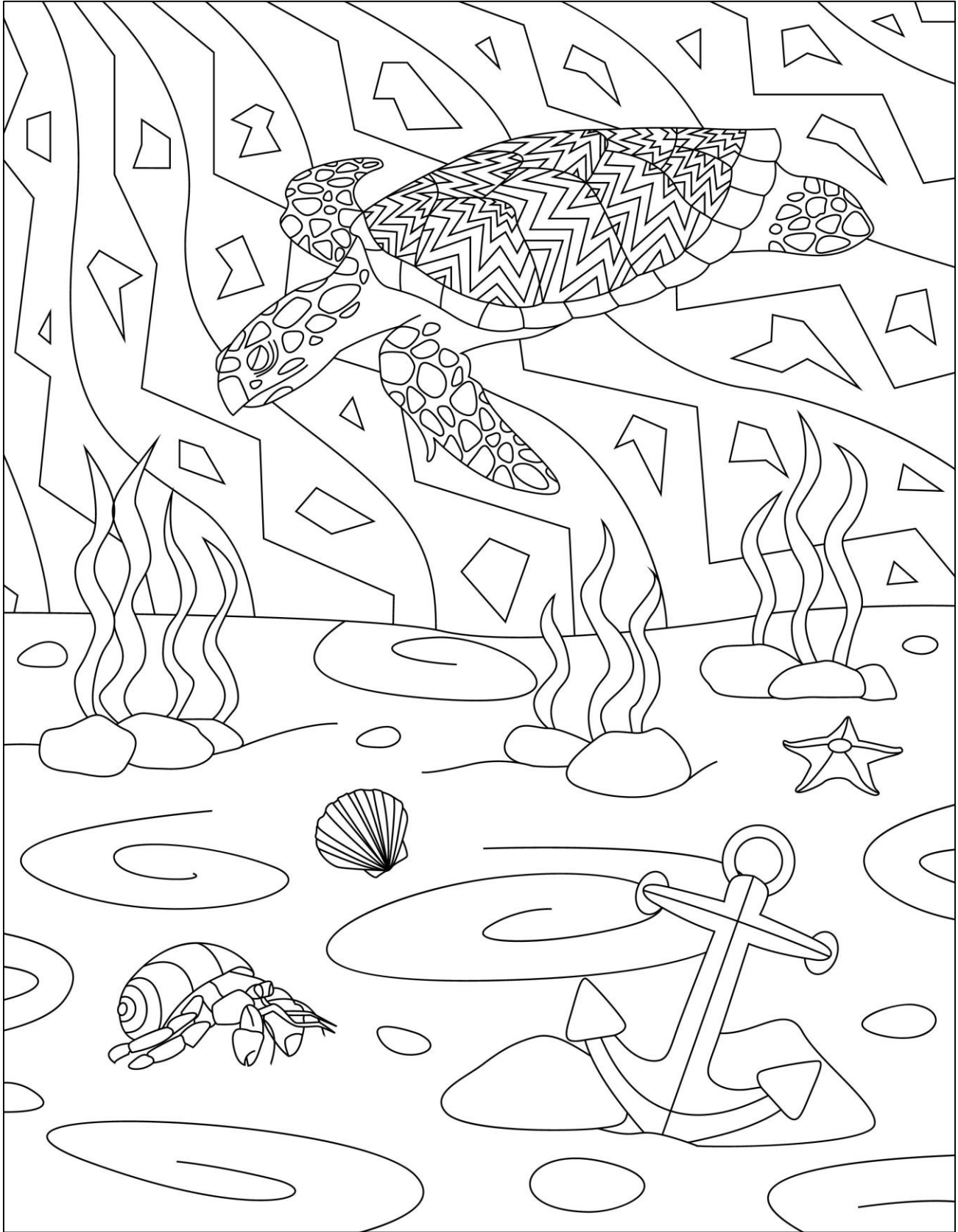
*Mikjikj -- Turtle*

## TELIAQEWE'L -- TRUTH

*Kepme'kl Kina'maqn: Kaqis  
wesku'tes teliaqewe'l. Muk  
na'qatpeiasu ki'l aq ktikik.*

*Sacred teaching: Always speak the  
truth. Do not deceive yourself or  
others.*

*The truth I want others to hear is...*



*Mikjikj -- Turtle*

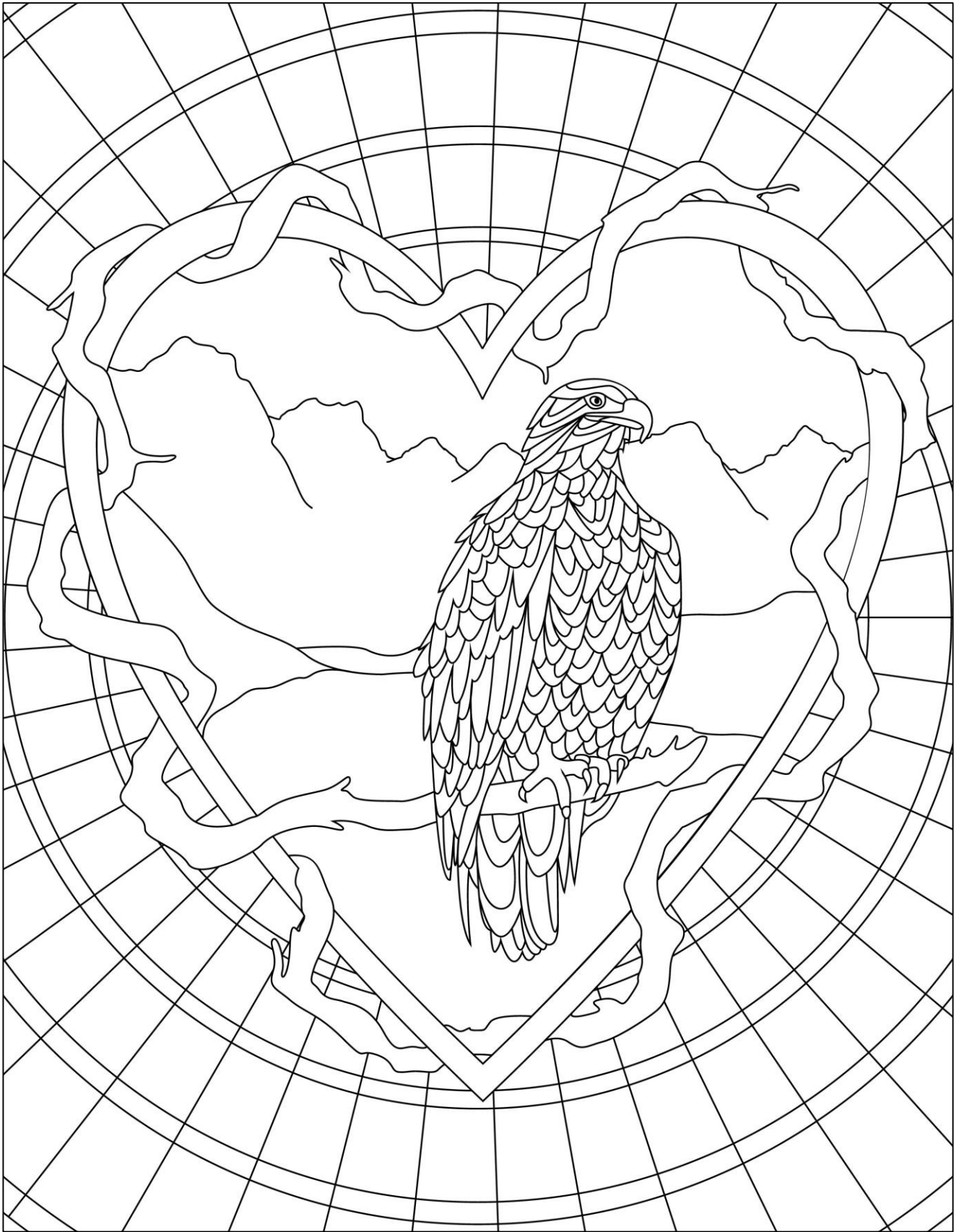
## KESALTIMKEWEY -- LOVE

*Kepme'kl Kina'maqn: Kesaltimkewey  
na iapjiwei. Kesaltimkewey iknamask  
wantaqo'ti. Kesaltimkewey nipisilisk.  
Swijinu'k ta'n keso'lupni'k mawi-  
nuta'jik kesaltimkewey*

*Sacred teaching: Love is forever,  
unconditional. Love instills  
peace. Love heals. People who  
have been hurt or injured need  
love the most.*

*I show love to myself by...*





*Kitpu -- Eagle*

## KETLEWEYWAQN -- HONESTY

*Kepme'kl Kina'maqn: Tel-mimajin  
ketleweywaqniktuk na miamujpa  
mlkikno'ti elt ala't+mn. Tel-  
mimajites ketleweywaqniktuk.  
Ketleweywaqna'lsites aq ktikik elt.*

*Sacred teaching: Living an  
honest life is to live a brave  
life. Live life honestly, in your  
words and in your actions. Be  
honest with yourself, be honest  
with others.*

*I can be honest with myself because ...*



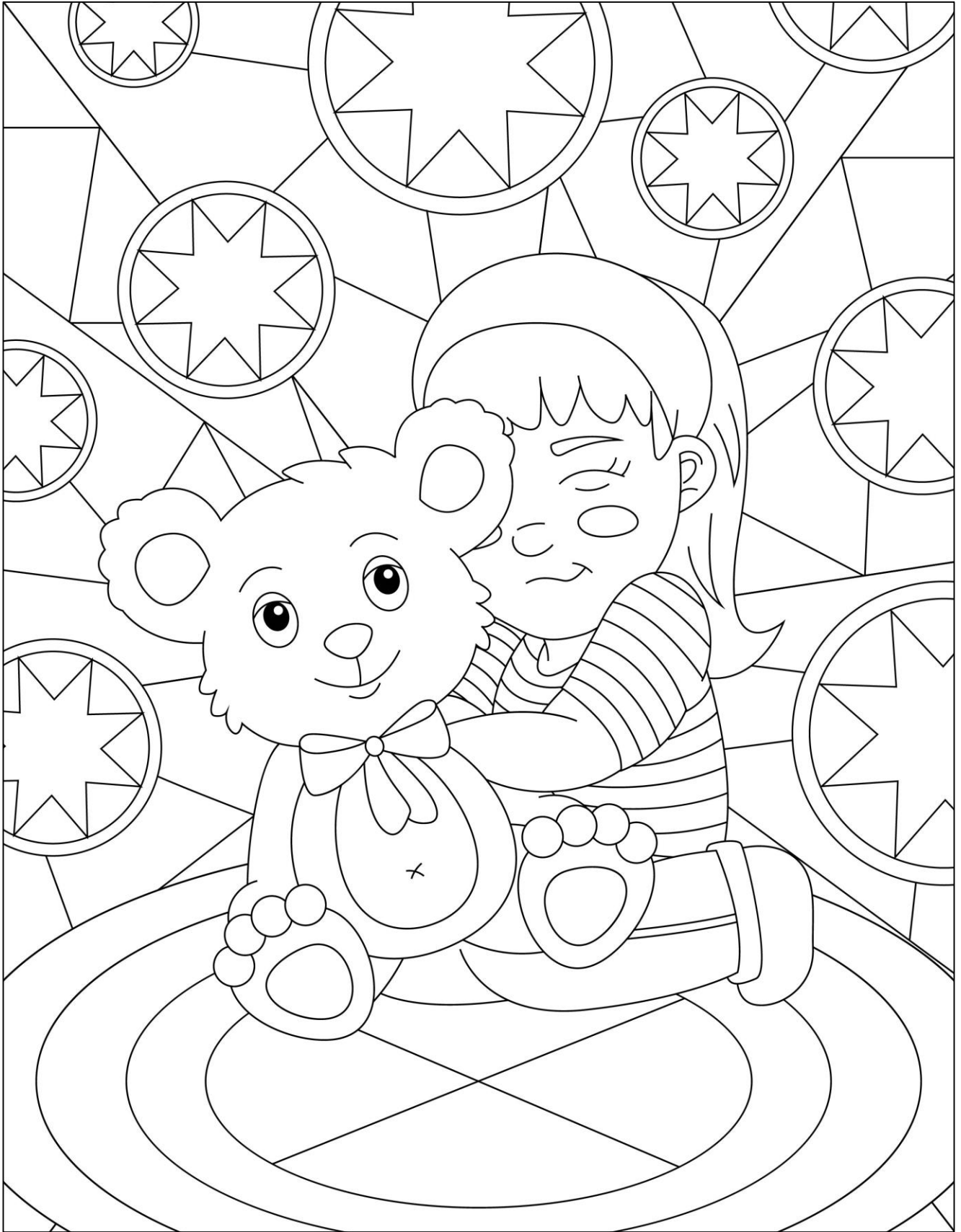
*Kukwes - Sasquatch*

## *MLKIKNO'TI -- COURAGE*

*Kepme'kl Kina'maqn: Mlkikno'ti  
ala't+mn na ala'tu'n ta'n tel-  
kepaqi-mimajin. Kaqis Kepaqa'tiken  
tlia metuwe'k kisna ta'n telipietes.*

*Sacred teaching: Courage is to have  
integrity and to live life with  
integrity. To do what is right no  
matter how hard or what the  
consequences will be.*

*I use my bravery to...*



*Muin - Bear*

## KESALTIMKEWEY -- LOVE

*Kepme'kl Kina'maqn: Kesaltimkewey na  
iapjiwei. Kesaltimkewey iknamask  
wantaqo'ti. Kesaltimkewey nipisilisk.  
Swijinu'k ta'n keso'lupni'k mawi-  
nuta'jik kesaltimkewey.*

*Sacred teaching: Love is forever,  
unconditional. Love instills peace.  
Love heals. People who have been  
hurt or injured need love the  
most.*

*The things I need to feel supported and loved are...*



*Kitpu -- Eagle*

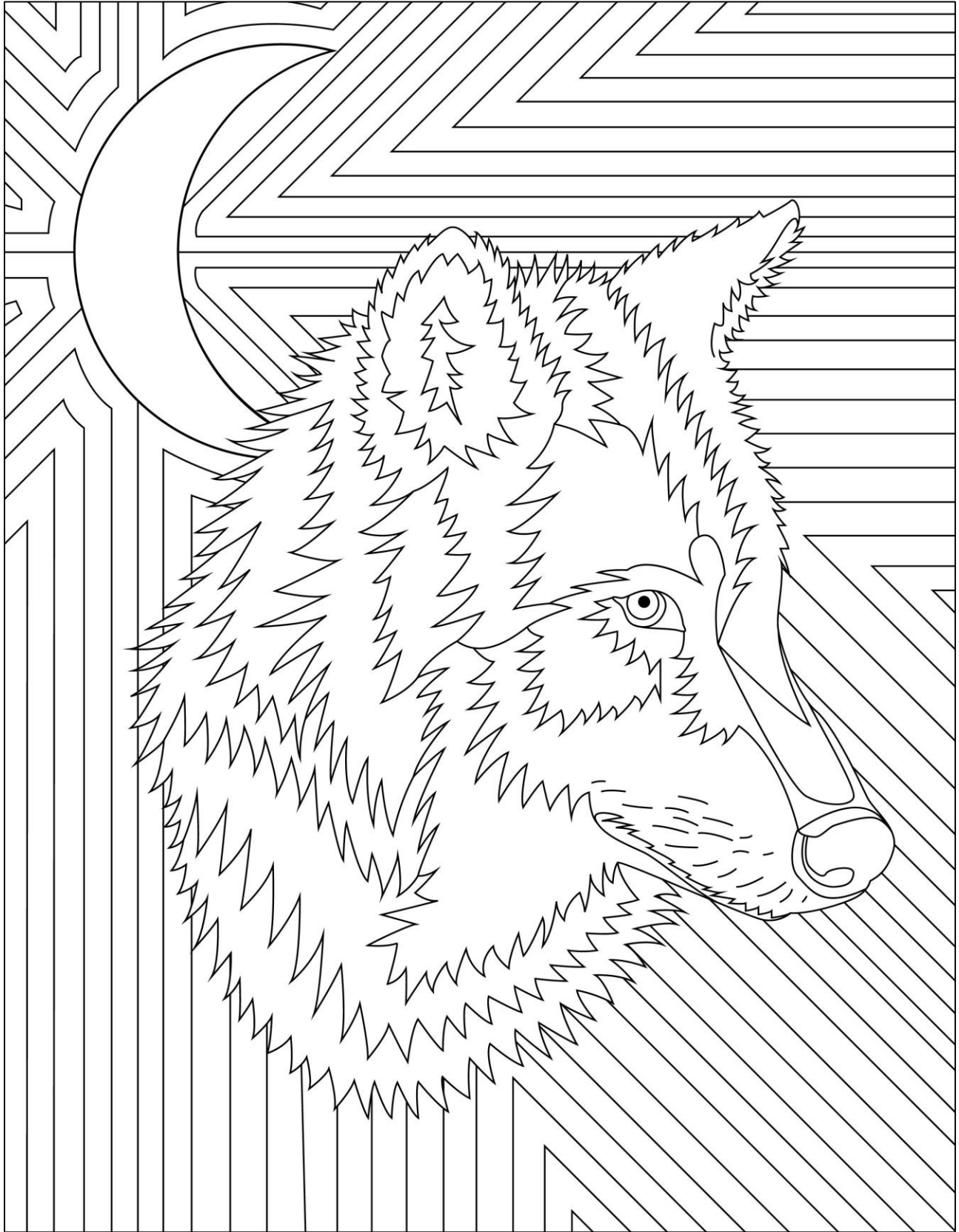
## *PENOQE'K -- HUMILITY*

*Kepme'kl Kina'maqn: Penoque'k  
wen, kejitu'n ki'l tleiawin  
wsitqamuk. Mstt koqwei ta'n  
kisitasikmnek na kepme'k. M+ta  
tleiawin wula wsitqamuk, mu ki'l  
aji-espeiwu'n je ktikik swijinu'k.*

*Sacred teaching: Humility is to  
know you are part of Creation, the  
world. All of Creation is sacred. As  
part of Creation you are equal to  
others, but you are not better or  
higher.*

*People can support me best by being humble and hearing what I am  
saying and experiencing. People can show they care about me, and are  
trying to support me by...*





*Paqtism -- Wolf*

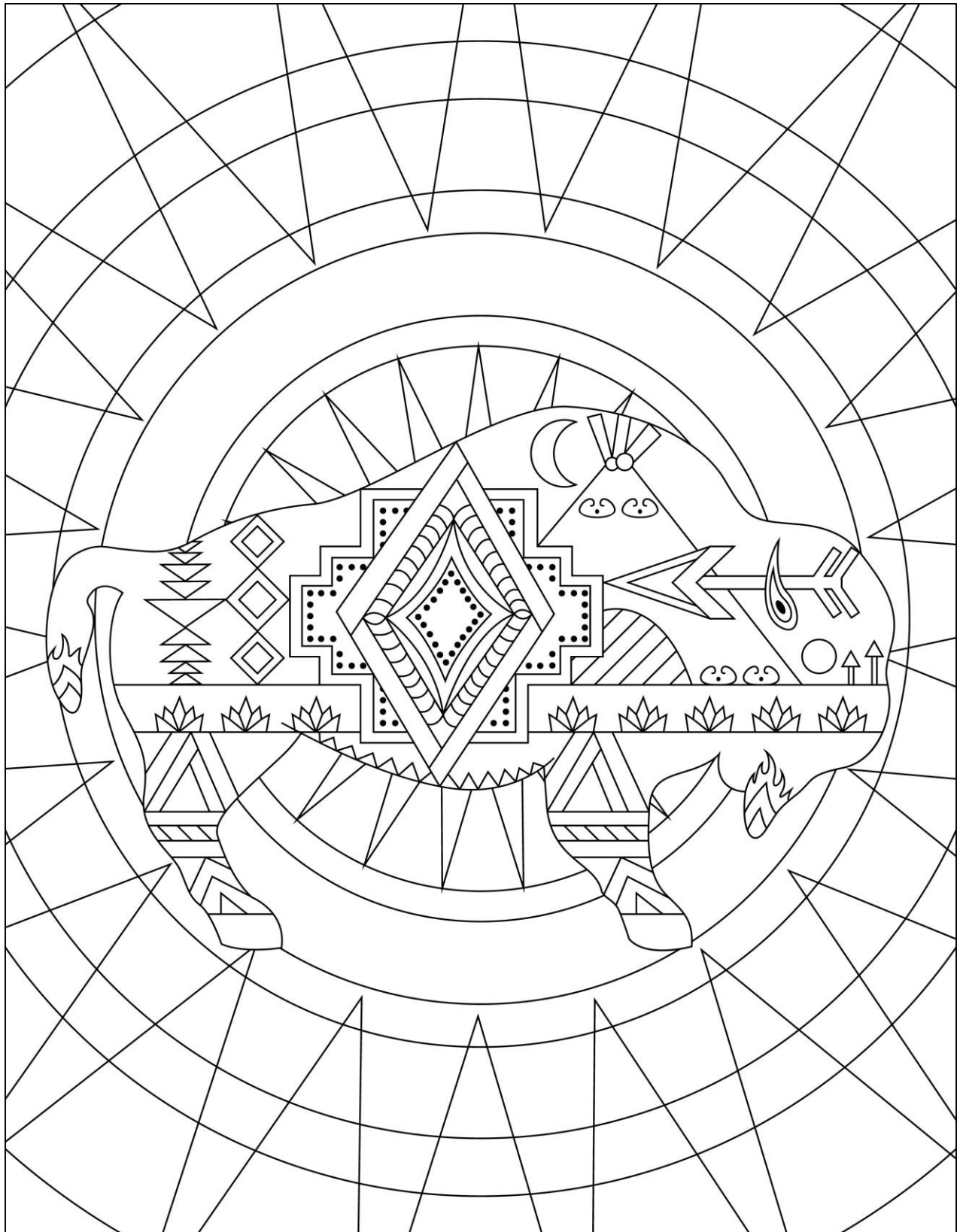
## KEPMITE'TAQN -- RESPECT

*Kepme'kl kina'maqn: Ki'l  
kepmite'tasin, miamujpa tmk ki'l  
kepmite'tmn koqwe'l aq mstt ta'n  
kisitasik wula wsitqamuk. Poqjiaq  
Kemite'taqn ta'n tijiw  
kepmite'tmn mstt koqwei kisitasik.*

*Sacred teaching: To be respected  
you must have respect for, and  
give respect to all of Creation.  
Respect begins with yourself as  
part of Creation.*

*I respect myself by...*

*I feel respected when...*



*Mestap+knejit - Buffalo*

## KETLEWEYWAQN -- HONESTY

*Kepme'kl kina'maqn: Tel-mimajin  
ketleweywaqniktuk na miamujpa  
mlkikno'ti elt ala't+mn. Tel-  
mimajites ketleweywaqniktuk.  
Ketleweywaqna'lsites aq ktikik elt.*

*Sacred teaching: Living an honest  
life is to live a brave life. Live life  
honestly, in your words and in  
your actions. Be honest with  
yourself, be honest with others.*

*The people who help me live an honest, brave life are...*

*These people help me by...*

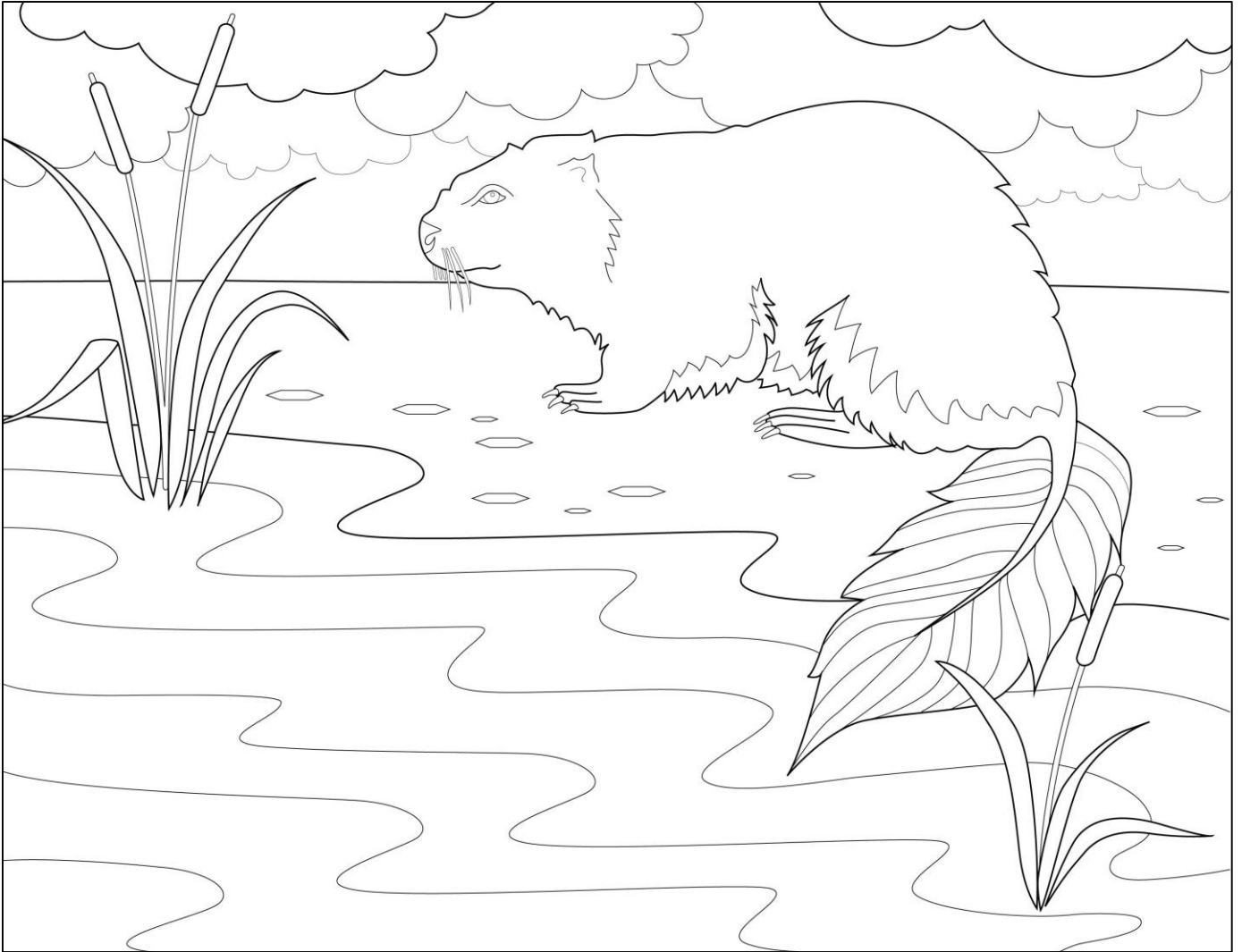


## *NS+TUO'QN -- WISDOM*

*Kepme'kl kina'maqn: Kisu'lkw na  
kisi-iknamuksi'kw Nst+tu'o'qn.  
Nst+tu'o'qn na kina'masuti ta'n  
ewe'wasik wujit mst+t L'nu'k.*

*Sacred teaching: Wisdom is given  
by the Creator. Wisdom is  
knowledge that is used for the  
good of the people.*

*I have the wisdom to heal and move forward with my life. Because of  
my wisdom I know ...*



*Kopit - Beaver*





# *Break the silence: Reach out for supports*

*Antigonish Women's Resource Centre and Sexual Assault  
Services Association:*

*902-863-6221*

*Avalon Sexual Assault Centre:*

*902-422-4240*

*Colchester Sexual Assault Centre:*

*902-897-4366*

*NS Mental Health Crisis Line:*

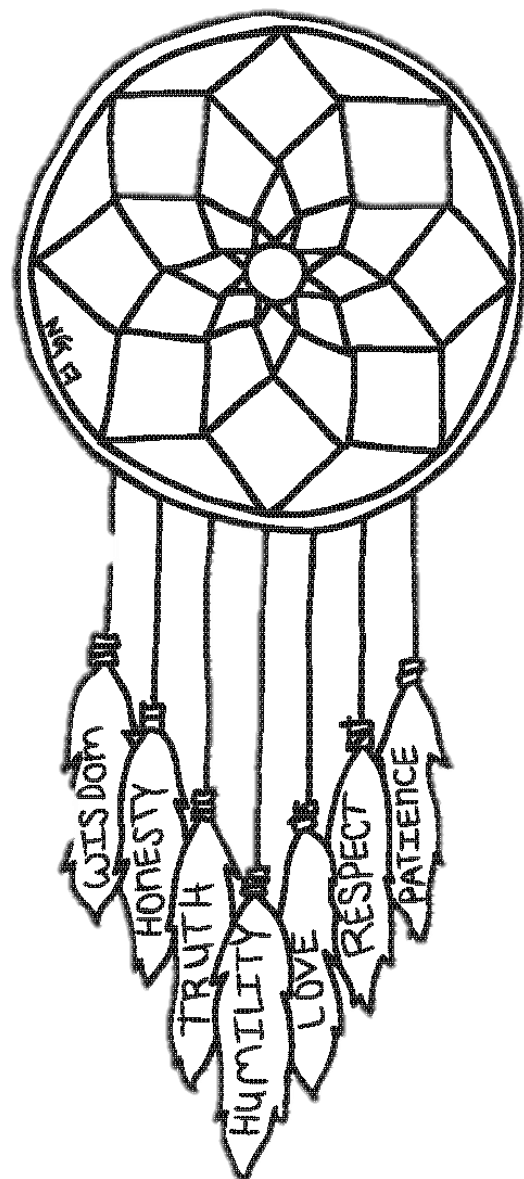
*1-888-429-8167*

*Kids Help Phone:*

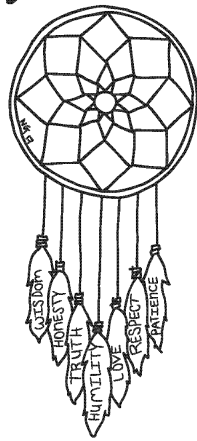
*1-800-668-6868*

*Eskasoni Crisis Centre:*

*1-855-379-2099*



Live by the seven sacred teachings



Break the silence



4 NETWORKS  
CHANGE

*Eskasoni*



Break the silence:  
Be the change Eskasoni

[www.changethesilence.org](http://www.changethesilence.org)

