

Seven Laws of Life

Keeping within the guidelines of the 7 laws of life thriving for balance and harmony.

Health	shxw'éyelh	Understanding health, if we are not healthy, why are we not healthy, it is our responsibility to be the best we can mentally, physically, spiritually, and emotionally to thrive for balance. And to have the ability to know when to ask for help, from someone we are willing to talk to, as well as willing to listen to.
Happiness	shxw'éytem	Understanding happiness, that if we are not happy, then we must ask ourselves why, and work towards harmony and happiness, mentally, physically, spiritually, and emotionally.
Generations	tómiyeqw	Understanding generations, that we learn who we are and accept who we are, and not try to be someone other than who we are meant to be. We cannot change our blood line, we can only do the best we can to follow our ancestors journeys and be the best example we can for those walking behind us.
Generosity	xwe'éywelh	Understanding Generosity, it is not how much we can accumulate that is important, but how much we can give; giving of ourselves, mentally, physically, spiritually, and emotionally, to help others in a good way.
Humbleness	shxwelawetem	Understanding Humbleness, we must learn to live in harmony with all living beings, we are not superior to the other beings of this planet, nor are they superior to us.
Forgiveness	Melqeles	Understanding forgiveness, we must learn to forgive others, and it will be easier for others to forgive us, and then we will be able to forgive ourselves.
Understanding	tótel:exw	We have a mind, body, spirit, and emotions that in order to keep balance and harmony or ourselves and our families and our communities we must live by these 7 laws of life to be happy.