

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



Respect all life on  
Mother Earth.

<https://stoloshxweli.org>

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



Be honest with  
yourself and others

<https://stoloshxweli.org>

**pípehóm =  
lexwsthe'ít**



frog = honesty

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



Living the truth is  
living.

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**Teli ta' th'á:le kw'es  
qwál.**



Speak from the heart.

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**Xwelalámet te  
th'á:le.**



Listen to your heart.

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



It takes courage to do  
what is right.

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



Love yourself, love  
your family and fellow  
beings.

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



Never lie or gossip.

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*Lexwtl'íls kw'e kwíyxmel  
wiyótha.*



Always act in love,  
love the creator.

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*stqóye= tl'íls*



wolf = love

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



Use your special gift  
to build a peaceful  
world.

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



Think of others before  
yourself.

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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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***Lexwsthe'ítqel xwela ta'  
sqwál.***



Be true to your word.

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***S'ólhstexw ye selyólexwe  
qas ye mestiyexw  
láts'ómexw kw'es s'olh  
qe'su shxws'ám***



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

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***sp'ó:q'es = s'ólhmet***



eagle = respect

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***Mekw'wát tse  
sxexómes.***



Everyone has a  
special gift

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***smímeyath =  
slílexwelh***



butterfly = peace

<https://stoloshxweli.org>

***spól = lexwsthe'ít***



crow = truth

<https://stoloshxweli.org>

***spá:th = sey'álwes***



bear = courage

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***Súwq't kw'e lexwsthe'ít  
wiyóth.***



Always seek the truth.

<https://stoloshxweli.org>

***sásq'ets =  
selawa'im***



sasquatch = humility

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