

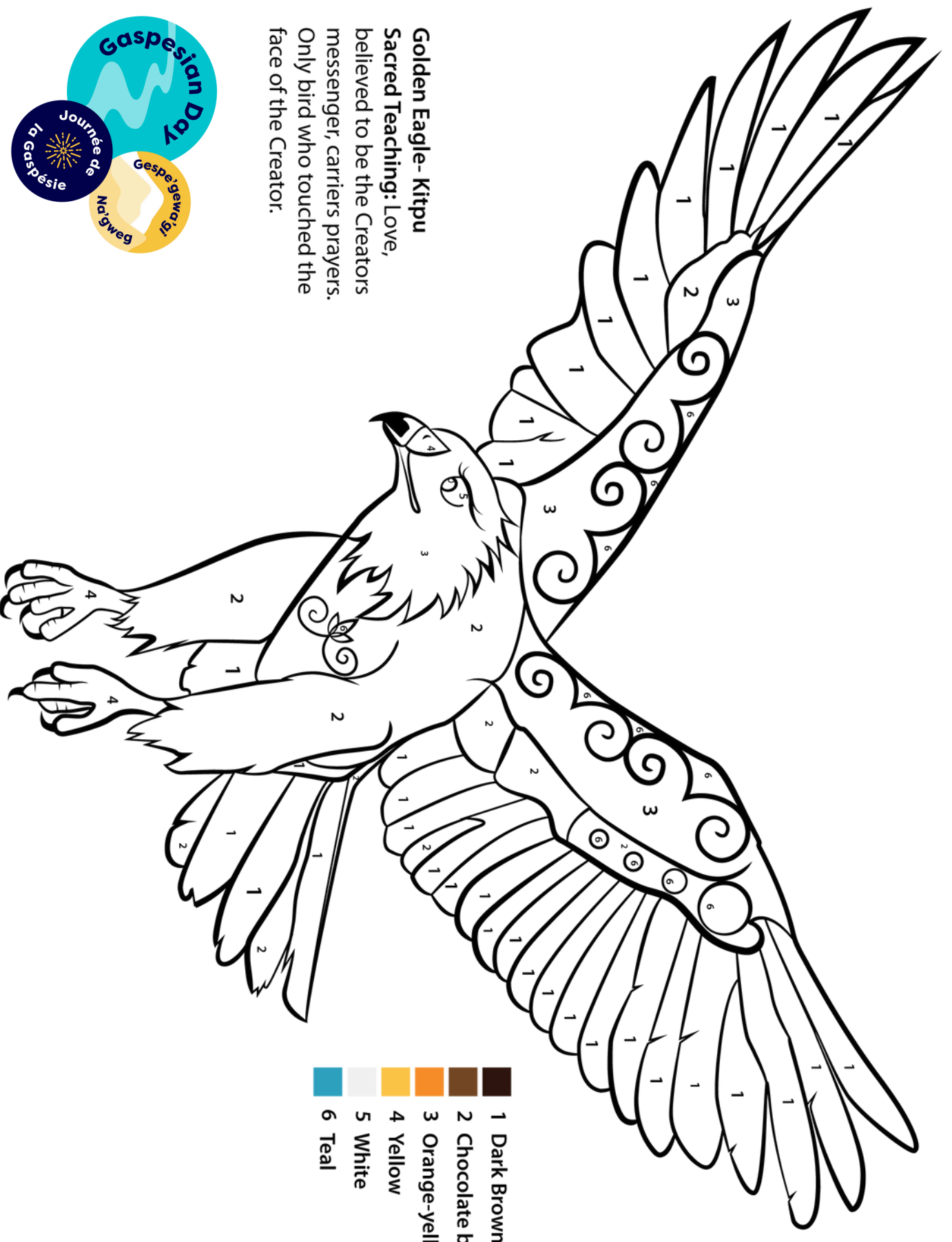
Coloring book





Seven sacred teachings

JUNE 5
2025



Golden Eagle- Kitpu
Sacred Teaching: Love,
 believed to be the Creators
 messenger, carriers prayers.
 Only bird who touched the
 face of the Creator.



- | | |
|---|-------------------|
|  | 1 Dark Brown |
|  | 2 Chocolate brown |
|  | 3 Orange-yellow |
|  | 4 Yellow |
|  | 5 White |
|  | 6 Teal |



- 1 Dark Brown
- 2 Chocolate brown
- 3 Soft brown
- 4 White
- 5 Yellow
- 6 Red
- 7 Black
- 8 Grey

Moose- Kepmitite'taqn- Respect -

The animal represented in the sacred teachings is the Moose to the Mi'kmaq (Buffalo for other clans such as the Cree)

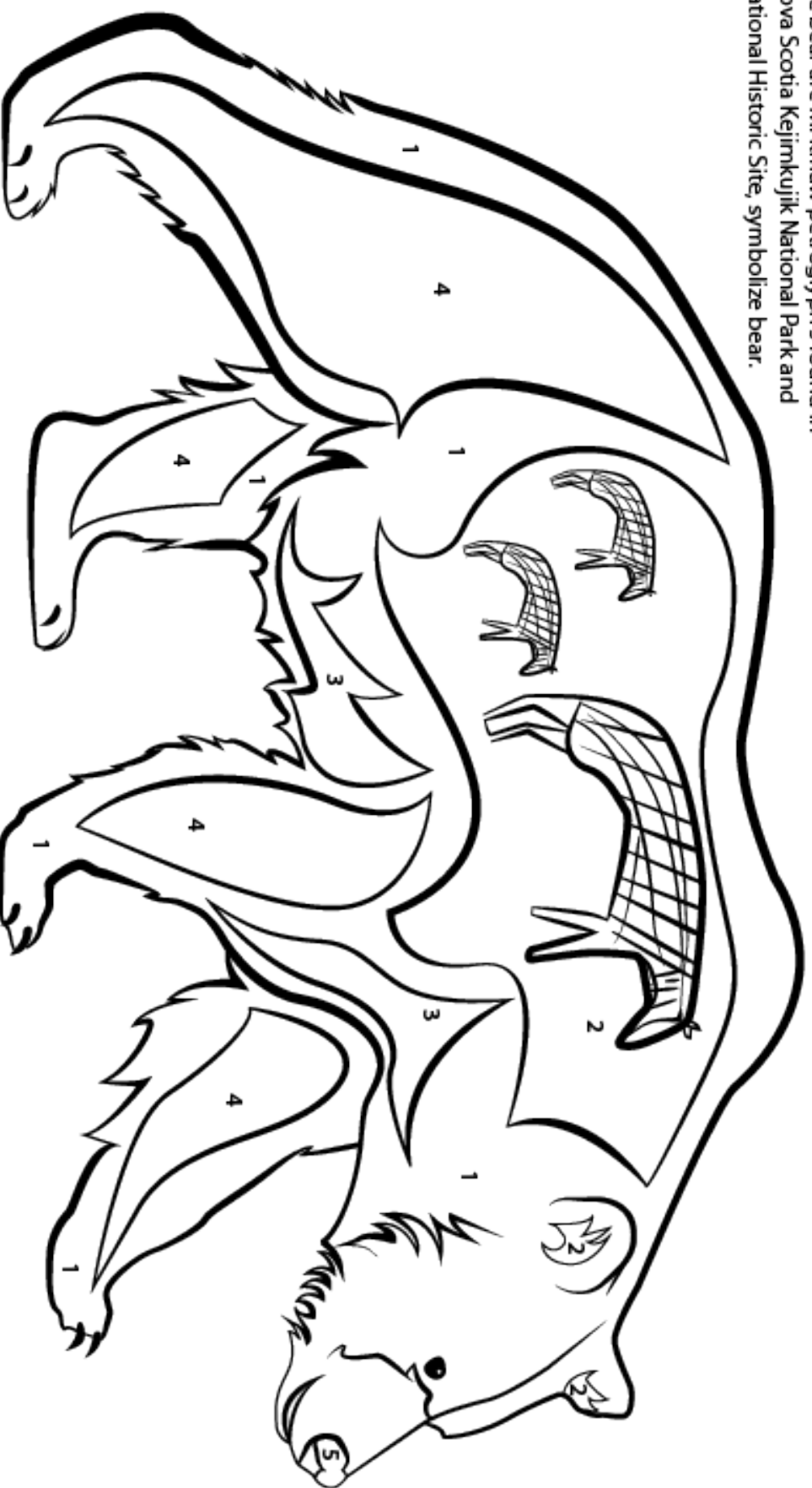
Inside Moose, is the Mi'kmaq eight-pointed star that represents unity, the sun, and the four cardinal directions.

Courage – Mi'iklknotti- The animal represented in the sacred teachings is the Bear -Mulin

Often the bear is seen as a mother bear protecting our cubs. The bear teaches by expressing strength in its thoughts and actions, to face any danger head-on. Inside the bear are Mi'kmaw petroglyphs found in Nova Scotia Kejimikujik National Park and National Historic Site, symbolize bear.



- 1 Red Brown
- 2 Deep yellow
- 3 Dark Orange
- 4 Scarlet Red
- 5 Dark grey



Honesty –Ketlamit'taqn - The animal represented in the sacred teachings is the **Sabe**- Kitch- also known as bigfoot

In Indigenous storytelling, Sabe used to walk amongst our people, reminding us to walk with honesty, the gift from the creator.

Elders tell us:

"Never try to be someone else; live true to your spirit, be honest to yourself and accept who you are."

Sabe is often depicted as a foot, so inside Sabe is a foot based on the Mi'kmaw petroglyphs

- 1 Lighter yellow
- 2 Light blue
- 3 Indigo
- 4 Navy Blue



Wisdom – Nsitup'qn- The animal represented in the sacred teachings is the **Beaver- Kopit**

We learn that wisdom is knowledge that is shared. We gain wisdom through experiences in life or lessons that were taught to us by others. Sharing your knowledge with others helps you grow and continue to learn.

Symbol-bottom Mi'kmaq petroglyphof trees



- 1 Yellow Ochre
- 2 Brunt Umber
- 3 Sienna
- 4 Pink
- 5 Darker Brown
- 6 Dark Grey
- 7 Light Grey
- 8 Black
- 9 Orange

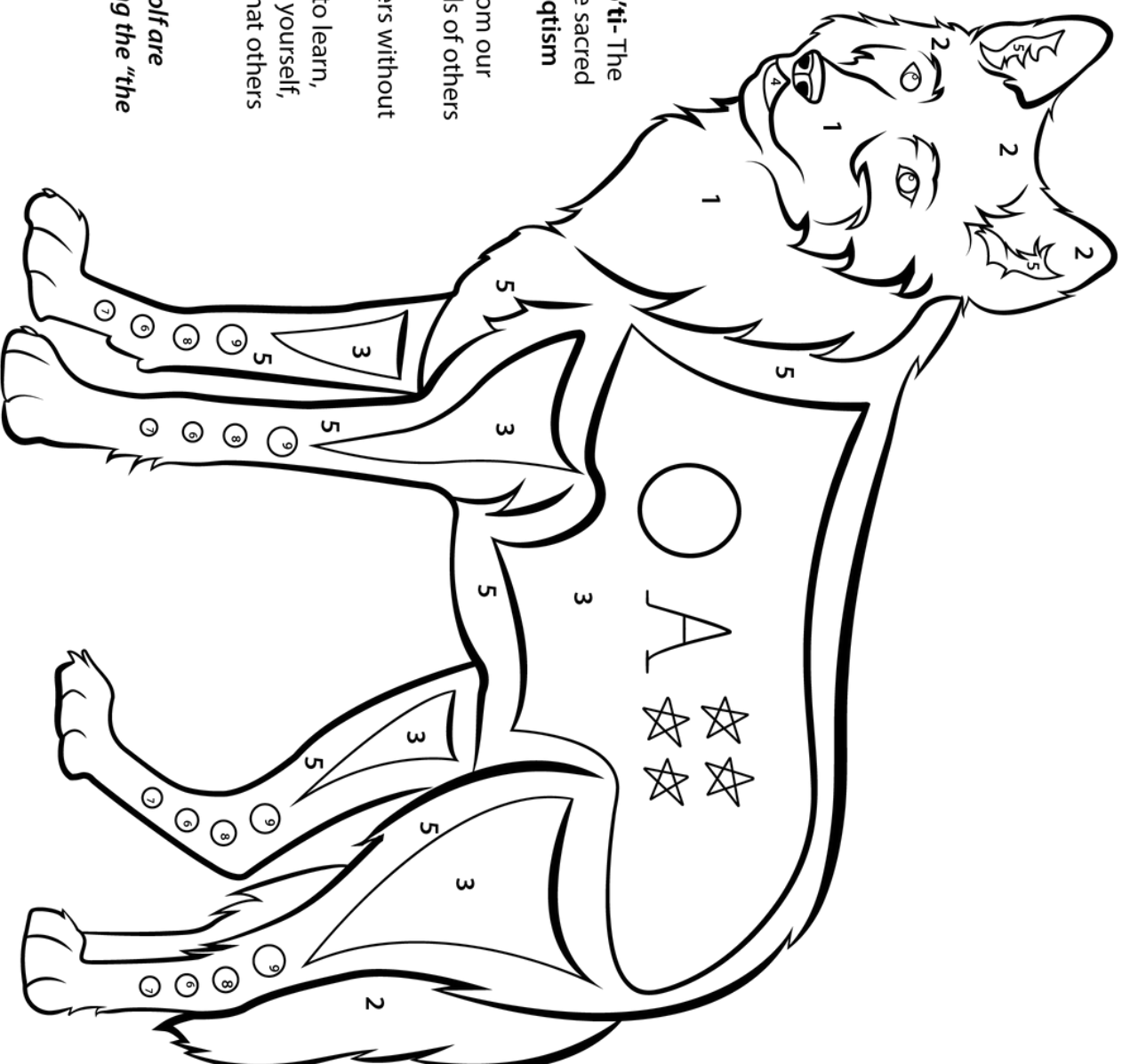


- 1 Light Grey
- 2 Charcoal Grey
- 3 Sienna
- 4 Pink
- 5 Blue
- 6 Red
- 7 Yellow
- 8 Black
- 9 White

Humility – Menaqajewo'ti- The animal represented in the sacred teachings is the **Wolf - Paqtism**

We learn to be humble from our parents and put the needs of others before ourselves. Humility is doing for others without looking for gratification. Humility is a hard lesson to learn, thinking of others before yourself, and being thankful for what others do for you.

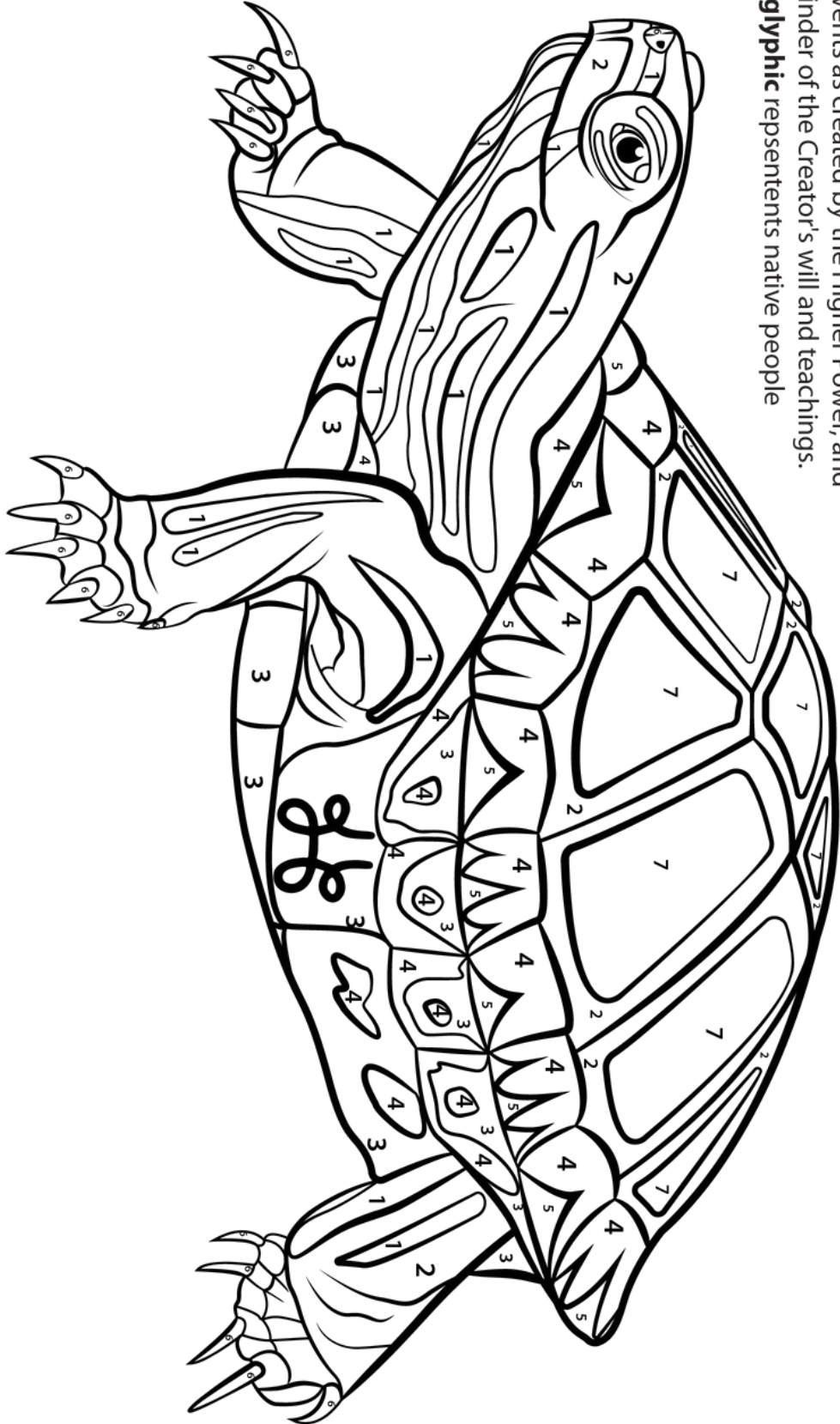
The symbols inside the wolf are hieroglyphics representing the "the moon and stars".



Truth - Teliagewe'l- The animal represented in the sacred teachings is the **Turtle- Mik'jiky**

To know truth is to know and understand all of the original laws as given by the Creator- and to remain faithful to them. It is said that in the beginning, when the Creator made man and gave him the seven sacred laws, the Grandmother Turtle was present to ensure that the laws would never be lost or forgotten. On the back of a Turtle are the 13 moons, each representing the truth of one cycle of the Earth's rotations around the sun. The 28 markings on her back represent the cycle of the moon and of a woman's body. The shell of the Turtle represents the body real events as created by the Higher Power, and serves as a reminder of the Creator's will and teachings.

Symbol- Hieroglyphic represents native people



- 1 Bright Yellow
- 2 Charcoal gray
- 3 Deep Orange
- 4 Black
- 5 Crimson Red
- 6 Tan
- 7 Forest Green

Collaboration with a local artist



This year, we collaborated with local Mi'gmaq artist Jessica Jerome, originally from Gesgapegiag, to create the illustrations for the Gaspesian Day's Coloring book. Her drawings represent the Seven sacred teachings of the Mi'gmaq culture and feature symbolic animals from the Gaspé territory, Gespe'gewa'gi. A multidisciplinary artist, Jessica is also a graphic designer, illustrator, and painter. She currently lives between Halifax and Gaspésie, the land she calls home and where her roots remain deeply anchored.

ruhkahdesigns.ca