

Creator's Laws - Cree



“Being Together” by Jerry Whitehead. Image retrieved

from:<<http://www.jerrywhitehead.com/art-for-sale.php>>.

- 1. Sâkehitok = Love one another**
- 2. Wîcehitok = Help one another**
- 3. Mîyowâhtamok = Be joyful**
- 4. Sôhkâtisik = Be strong**
- 5. Tapâhtemok = Be humble**
- 6. Kistemitok = Be respectful**
- 7. Kitimâkinâtok = Be compassionate**
- 8. Nesotohtamok = Listen (nîso = two; listen with two ears)**

- 9. Manâcehtok = Hold one another sacredly – Be gentle with one another**
- 10. Tapahcemok = Speak humbly**
- 11. Nistohtamok = Understand (nisto = three; listen with three – ears, mind, heart)**
- 12. Papeyâhtik = Be calm and careful – Be with ease**
- 13. Wâwehtamok = Plan and be prepared**
- 14. Kakeyâmpik = Settle down; be silent; meditate be still**
- 15. Âhkameyimok = Persevere; Endure**
- 16. Nâkateyimisok = Be mindful of self; self-awareness**
- 17. Kiskinowahamâtok = Teach one another**
- 18. Manâpekiskwek or Manâkiskwek = Take care in how you speak; watch your tongue**
- 19. Pakiteyihtamâtok = Forgive one another (from head and heart)**
- 20. Mamâhtakosik = Talk with Spirit, with knowledge and wisdom**

- 21. Sasipîhkeyihtamok = Be patient; Have faith and conviction**
- 22. Kiskinowâhamâsok = Teach yourselves**
- 23. Saseskwek = Use careful language in prayer; Be careful what you ask for**
- 24. Wâwetaskewek = Be peacemakers; live in harmony with one another**
- 25. Kakekehtakosik = Speak with diligence and clarity, selection and choice**
- 26. Wicehisok = Help yourselves**
- 27. Waweyiwin = preparedness**
- 28. Wâpikwanewewik = Have a positive outlook; take care of your appearance**
- 29. Kiskinowâsâpohtamok = Be observant**
- 30. Iskwewewik = Be womanly (live by roles and responsibilities of a life-giver, child-bearer and mother and a carrier of the bundle)**
- 31. Monahaskwewik = Dig for medicines**
- 32. Napewewik = Be manly (live by the roles and**

responsibilities of being a provider and protector of life and a speaker of the bundle)

- 33. Kispinatamasowin = you have to earn it**
- 34. Pahstahowin = stepping over boundaries**
- 35. Pahsemowin = speaking over boundaries**
- 36. Ohcinewin = treat animals with respect**
- 37. Ocinemowin = speak of animals respectfully**
- 38. Opihikinawâsiwin = raise children in accord with the original instructions**
- 39. Kitiyisiwiniw – know your story**
- 40. Kîsik kitoweyikowaman – life's responsibility**
- 41. Kiskeyitamowin = knowing who you are**
- 42. Esapahacihikiweyan = how everything will benefit you**
- 43. Kitiweyimikitonaw wiyiyecikew = first they create it then we prepare ourselves to use it**
- 44. Pahkiseyimowin = hope**
- 45. Kâkisimowin = pray**