



Nature of the Original Instructions

Our relationship with the land is not limited based on whether we are Settlers or Indigenous; **we all have a responsibility to care and learn from the land that we live on.**

Indigenous knowledge focuses on the relationship that the people and the land have with one another; this relationship is based on a **holistic** and **interconnected** life in which we must maintain principles of respect and responsibility to keep a habit of mino-bimaadiziwin.

Mino-bimaadiziwin is the Anishinaabemowin word that refers to "**living the good life**". Through an interconnected relationship with the land, "living the good life" means that we acknowledge that our relationship with the land is not only a physical element, but it has great affect on us emotionally, mentally and spiritually. In general, a holistic life means that every element is connected in a way that affects you and your surroundings.

Mino-bimaadiziwin means that in order to live this life, we must learn from it. The land offers us knowledge, from physical healing to practicing sustainability to communal participation. Indigenous knowledge emphasizes the importance of practicing and witnessing interconnectedness; and that begins on the land that connects all of us.



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