

Subject: Cultural response

Good morning!

We have received good suggestions on how to curve the situation in a European way!

This is the traditional response, we can do our part;

1. We have to encourage our Pipe people to take out their pipes and prayer to the Creator for health and wellness. The “CREATOR” said no matter how many times my people pray to me, I will never get tired of their prayers. Even if they think about me, I will know their thoughts! Anyone and everyone should pray, everyone has that ability to communicate with CREATOR. We have to keep the faith and depend on what we are given. Any spirit you pray to, that, spirit will take your message to CREATOR. CREATOR said; whatever the people ask from me, I have in abundance and will never run out! Even if you say “I hope...”, HOPE is a powerful word, sometimes this will help as a last resort. We were given the Pipe to depend on. When the CREATOR sent down the Pipe to Indigenous people, he said; “Let them use this Pipe to ask for life, as long as, there is an Earth, to

the illness comes from, pray for those people to heal themselves and to find solutions and medicines. We must pray for the Doctors and Nurses for the CREATOR to guide and look after them, in their work! We must pray for the people that don't listen (stay at home) and the people that make jokes about the illness, that nothing comes to them! The ELDERS should pray for every human being, regardless, of heritage!

2. We have to "Smudge", because in the smoke, there is powerful spirit called, "Manitou Ōskābēhos", CREATOR'S right hand spirit. Even with the power of thought, the smoke raising will take your thoughts the CREATOR. Think of good things. The smudging also cleans the air that we put into our lungs, because, science has proven, that smudging kills the air borne bacteria that we don't see. Smudging once a day is good, but smudge in a proper way and make tobacco offering with that. Smudging not only cleanses, but, summons the other spirits to come and help. Anybody can smudge, this will send a signal the CREATOR, we need your help.
3. Let's rely on our Medicine people and the

Medicines that Mother Earth has grown for us to use. For me, I drink “Labour tea” or muskeg tea mix with mint leaves, once a day. We have to help our bodies fight the unseen illnesses that enter our bodies. We have to boost our immune systems to help out. The natural teas and plants will help. Our minds and bodies are powerful and have natural fighting ability, but, sometimes they need help. Talk to the medicine people for guidance and assistance. Be sure to pray to the medicine before you take it, because that medicine has a spirit, that spirit will hear you, it has the word “obedience” and will do its work.

4. At times like this, we must encourage our people to eat wild meat, moose, deer, elk, rabbit and prairie chickens, etc. The animals are never known to have fever illness, flu or cold illness. These animals eat the best natural medicines and seeds provide by the elements! That is the fire, water, wind and earth. These are the gifts given to us by the CREATOR to use. The medicines they eat stays in their bodies and we eat that meat, so, we are eating the good medicines the animals carry. The CREATOR told the animals to make

spring spirit, has that ability to change the appearance to Mother Earth from grey to colourful! We have to ask the spring spirit to help change this land from illness and sickness to wellness and beauty.

Everything to come to life, trees, grasses, flowers and berries. With the growth of new life, we ask the spring spirit to give us renewed life and to push away the illness and sickness.

I am providing this advice to you, because, I want every man, woman, child and Elder to have a healthy, long and beautiful life! Has an Elder, I love each and every one of you!

May it be beautiful above you, may it be beautiful below you, may it be beautiful all around you, in BEAUTY it is done. Take care and look after yourselves and families. Don't forget to pray!

Mīgwic! Akosi! Pidamiya!

AlbertJ

P.S. You can share this!

Elder Albert Scott