

GLOSSARY

Aboriginal: A uniquely Canadian, politically correct term referring to the three legally-recognized native groups: First Nations, Inuit and Metis.

Creator

Eurocentric: That which is endowed in the cultural beliefs and traditions consistent with European and/or American society. See Western.

First Nations

Indigenous: The first known human cultures and communities native to a region.

Inuit

Medicine Wheel: A formation of stones in a particular arrangement on the earth to mark places of special significance for healing, meditation, teaching, understanding and celebrating. The Medicine Wheel is formed by a circle with four equal quadrants representing all things in four parts.

Metis

Sacred Circle Concept: A framework for nurturing the whole person i.e. spiritually, physically, mentally and emotionally.

Spirit: A life force given by the Creator as a blessing to the animate and inanimate.

Spiritual: That which is made of spirit, in the sense of connection to all the parts of creation. Not to be confused with religion.

Traditional Teachings: Spiritual and/or intellectual wisdom shared by elders.

Western: That which is endowed in the cultural beliefs and traditions consistent with European and/or American society. See Eurocentric.

Worldview: A society's philosophy in terms of history, social culture and traditions.