

Four Directions Teachings Primary Source Analysis

Note: Indigenous oral histories are valuable primary sources / accounts that have been passed on through generations. Please consider the following teaching with respect.

Your response to the questions in steps 2 and 3 **must be shared orally**. This can be done in conversation with the teacher (in pairs / groups) or using a voice recording website like [Vocaroo](#). Please upload the completed file to the corresponding assignment on Google Classroom.

1. Visit [Four Directions Teachings](#) and listen to the introduction.
2. Click on the “Ojibwe / Potawatami” teaching by Elder Lillian Pitawanakwat
Listen to the teachings and discuss the following questions:

Discussion Topics:

- How do the Four Directions, Four Sacred Medicines, Four Colours, and Four Seasons relate to the Medicine Wheel as a continuum?
- “We still go back to our original teachings, because that’s where our food for life comes from, to nurture that spirit that is forever searching in life’s journey.” What does “food for life” refer to in this quote by Ms. Pitawanakwat? What do our spirits seek in life’s journey? How does following traditional teachings help in this regard?
 - Joy and sadness are ever present in life and death. The Elder explains that beauty itself resides within the balance of the whole circle, the whole cycle of life and death and rejuvenation. How does the maintenance of the Centre of the Wheel contribute to this beauty?

3. Primary Source Analysis questions

- What is the purpose of this traditional teaching?
- Who is the intended audience?
- What facts can we determine from it?
- How does this teaching help you to better understand some of the beliefs of Anishinaabeg (Ojibwe) peoples?