

## Honouring Water

Water is the most life sustaining gift on Mother Earth and is the interconnection among all living beings. Water sustains us, flows between us, within us, and replenishes us.

Water is the blood of Mother Earth and, as such, cleanses not only herself, but all living things.

Water comes in many forms and all are needed for the health of Mother Earth and for our health.

The sacred water element teaches us that we can have great strength to transform even the tallest mountain while being soft, pliable, and flexible.

Water gives us the spiritual teaching that we too flow into the Great Ocean at the end of our life journey. Water shapes the land and gives us the great gifts of the rivers, lakes, ice, and oceans. Water is the home of many living things that contribute to the health and well-being of everything not in the water.

*Assembly of First Nations*

<https://www.afn.ca/honoring-water/>

When you respect water, that water will respect you back. If you don't respect water, that water will take you – that's when you drown."

Leo Pard, Blackfoot Spiritual Elder,  
Piikani Nation

<https://www.sacredrelationship.ca/why-water/>

When First Nations lose access to a sacred or traditional water source, they also lose access to the beings and spirits that inhabit that water source. This loss ripples out. Stories, songs, dances, and even Indigenous words related to or based in that water source are also lost. The foundational elements of Indigenous legal traditions and knowledge systems are therefore at risk.

Danika Billie Littlechild

Transformation and re-formation: First Nations and water in Canada. <https://dspace.library.uvic.ca/handle/1828/5826>

On March 20th, 2017, the New Zealand government enacted legislation recognizing the Whanganui River as a legal person, holding rights and responsibilities equivalent to a person. ... The Whanganui River legislation enshrines that pre-existing relationship [with Maori people of the river].