Today is World Water day.

Let’s take this day to honour and reflect on what water means to us as First Nations people.

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.  
  
All life requires water and yet our global water supplies are quickly being dried up and polluted.  The First Nations peoples of North America have a special relationship with water, built on our subsistence ways of life that extends back thousands of years.  Our traditional activities depend on water for transportation, for drinking, cleaning, purification, and provides habitat for the plants and animals we gather as medicines and foods.  Our ability to access good water shapes these traditional activities and our relationships with our surroundings.  As Indigenous peoples, First Nations recognize the sacredness of our water, the interconnectedness of all life and the importance of protecting our water from pollution, drought and waste. (quoted from: <http://www.afn.ca/en/honoring-water> )

If you want more information, go to the link to Assembly of First Nations <http://www.afn.ca/en/honoring-water>