

## VIDEO TRANSCRIPT

# COVID-19 | First Nation Pandemic Prophecies

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For my people, the sicknesses that are happening today were foretold from the prophecies that were passed down from our old ones. We call them *Onwechigiwewin*, meaning “things to come”. And so we know from the old prophecies of the past there is a lot of traditional practices that can help us add volume of knowledge needed for the present times of sickness.

For example, it was foretold that people would need to make their own dishes out of wood and never to share them. They were also told of the plant and animal remedies that would be useful during such times. Through the ceremonies and visions of our medicine peoples, it was advised that families needed to self-isolate on the land. When they did this, they would be okay. This all came from prophecy, this all came from ceremony.

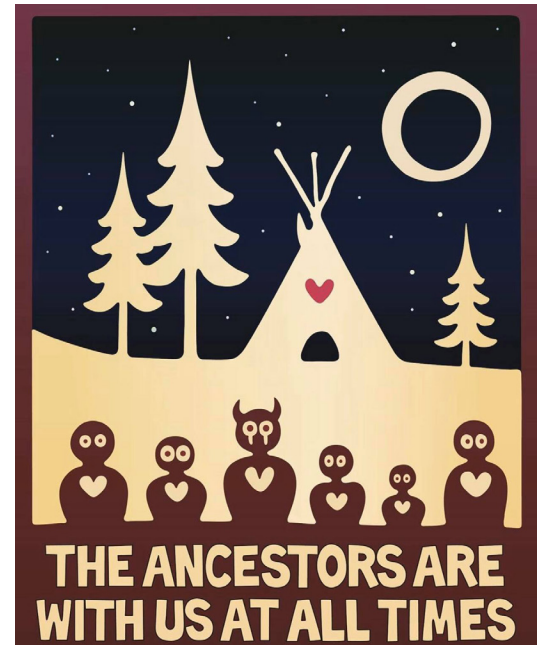
Our elders always remind us, “All of the laws that are being broken right now is whats causing the sickness. Because of this, we have to go back to the old way of life.” That’s what they always talked about.

The Elders are constantly reminding us to go back to the land because it’s the biggest and most powerful healthcare system we have. The medicines are a part of the answer and so is being a part of the land. We are the land, and the land is ceremony.

We are often reminded that hoarding and being greedy is part of what causes the sickness. So if we want the sickness to go away, we have to give. We can’t hoard anything. This protects us and takes power away from what feeds the sickness.

I believe that we’re in a sacred story now and in a thousands of years from now they will be telling this story of when the two legged tried to destroy the earth. I really truly believe that right now if we follow the natural laws of the land, everything will become beautiful again. Everything will be okay.

I remember years ago my great great grandfather said, “You know what? We need to go home. We have to go back. And it’s okay to do so because that’s where we are going to learn how to live again.”



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