

The Importance of the Eagle Feather

If you look at an eagle feather you will see it has both dark and light sections. In Anishinabek culture the eagle feather teaches the importance of recognizing the whole pattern of life – its bright and dark parts. This means we should embrace both positive and negative events that happen in our lives because they are experiences that help us learn and grow.

The Anishinabek believe eagles have a special connection to the Creator and as such, should be honoured and respected. When you

wear or hold an eagle feather, you are honouring the Creator and all the gifts in your life including your health, your family, your work and your relationships.

The Ojibway word for 'feather' is *meegwin*, which is similar to *meekina*, meaning road or path. The 7 sacred teaching of humility teaches us that in order to achieve balance, you need something outside yourself to guide you; and the eagle feather is a sacred item which guides a person towards a good path of life.

