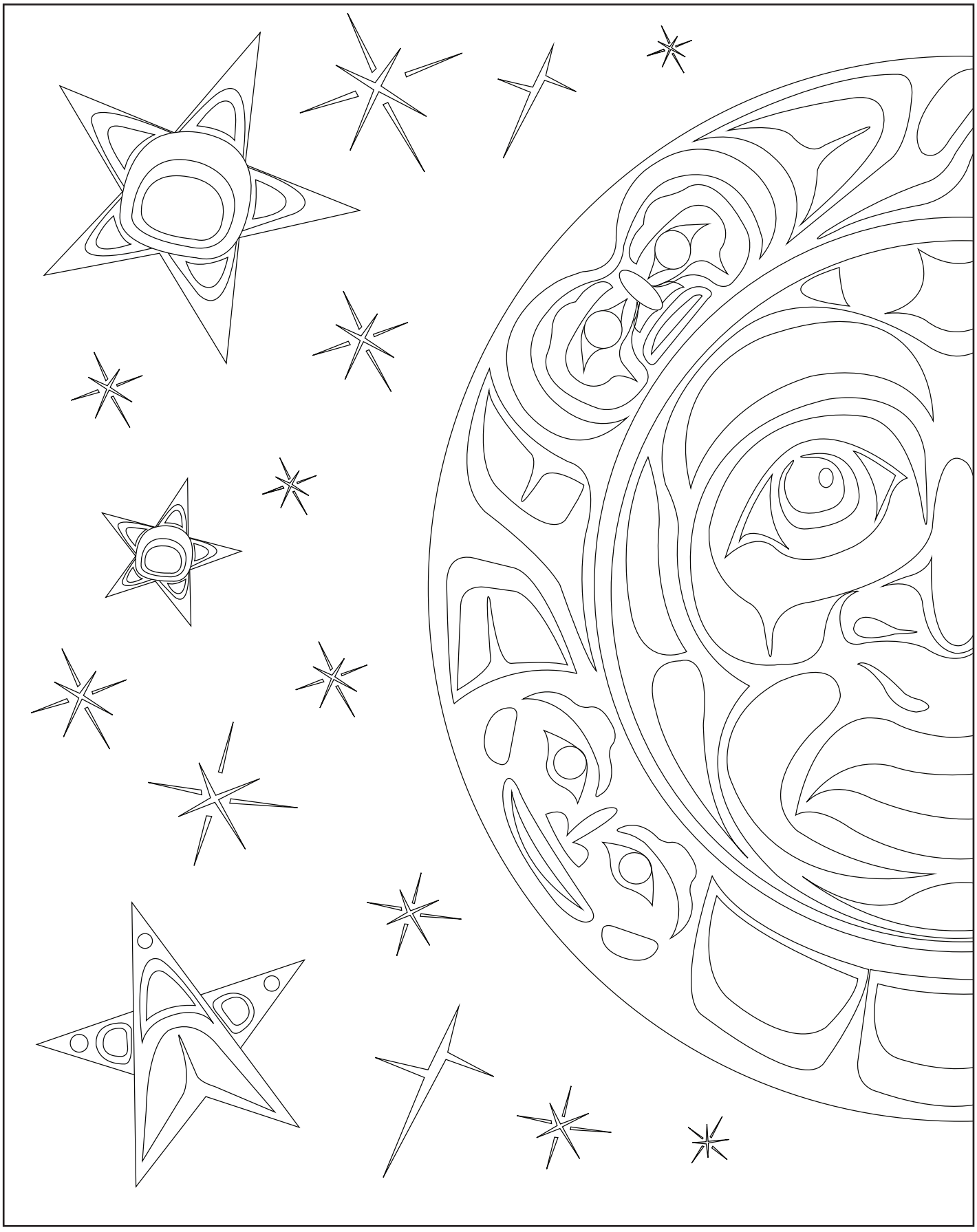

"Nurture your spirit with the inspiration of the moon and the stars."
-Melaney Gleeson-Lyall, Musqueam, Coast Salish

Artwork by Paul Windsor, *Haisla, Heiltsuk*

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Awakening the Spirit

This ceremony happens when taking the canoe out on the water after the long winter months.

May this Colouring Journal awaken your spirit on your journey!

I am grateful for the guidance and teachings of our ancestors and ancient ones.
Thank you for taking this spirit journey with me, awakening the spirit of the soul!
-Melaney Gleeson-Lyall, Musqueam, Coast Salish

Artwork by Gryn White, Haida

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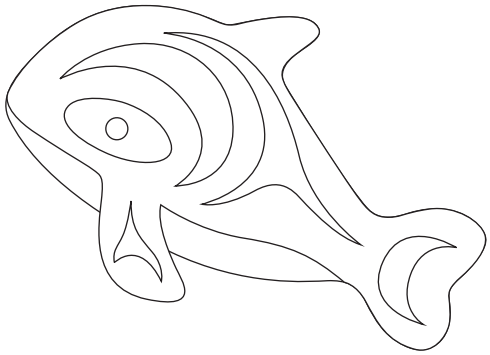

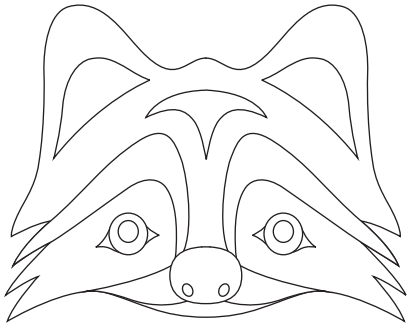

Bear
Bears represent protection, strength, and bravery.

Whale
Whales are guardians of the seas.

Raccoon
Raccoons inspire playfulness and adaptability.

Bear and Friends

by Simone Diamond, *Coast Salish*

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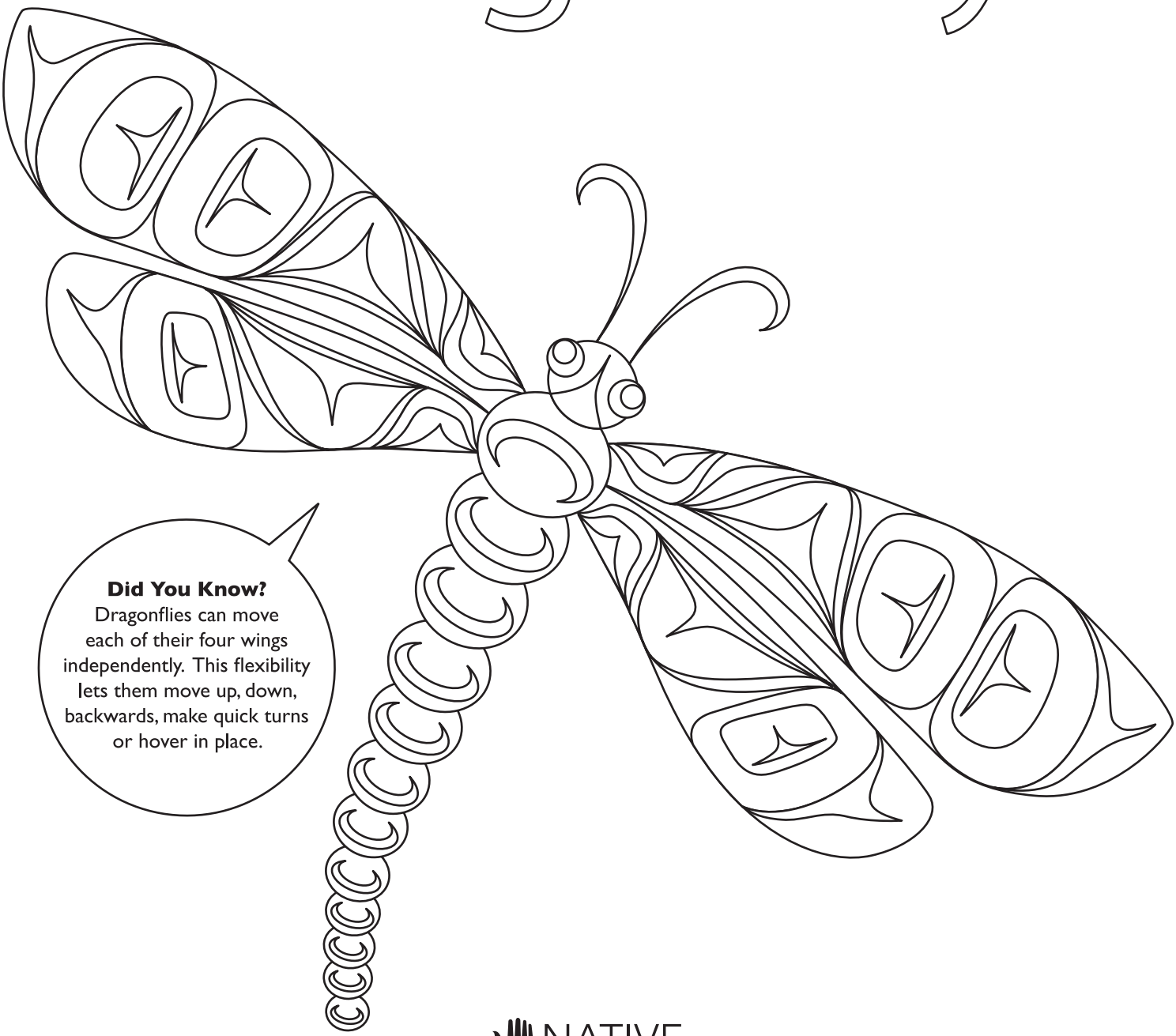
Dragonfly



Did You Know?
Dragonflies can move each of their four wings independently. This flexibility lets them move up, down, backwards, make quick turns or hover in place.

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Draogonfly by Simone Diamond, Coast Salish

Dragonflies live in the water, on the land and in the air.
They teach us to adjust to change.
Their colours reflect the magic of creation.

NATIVE NORTHWEST

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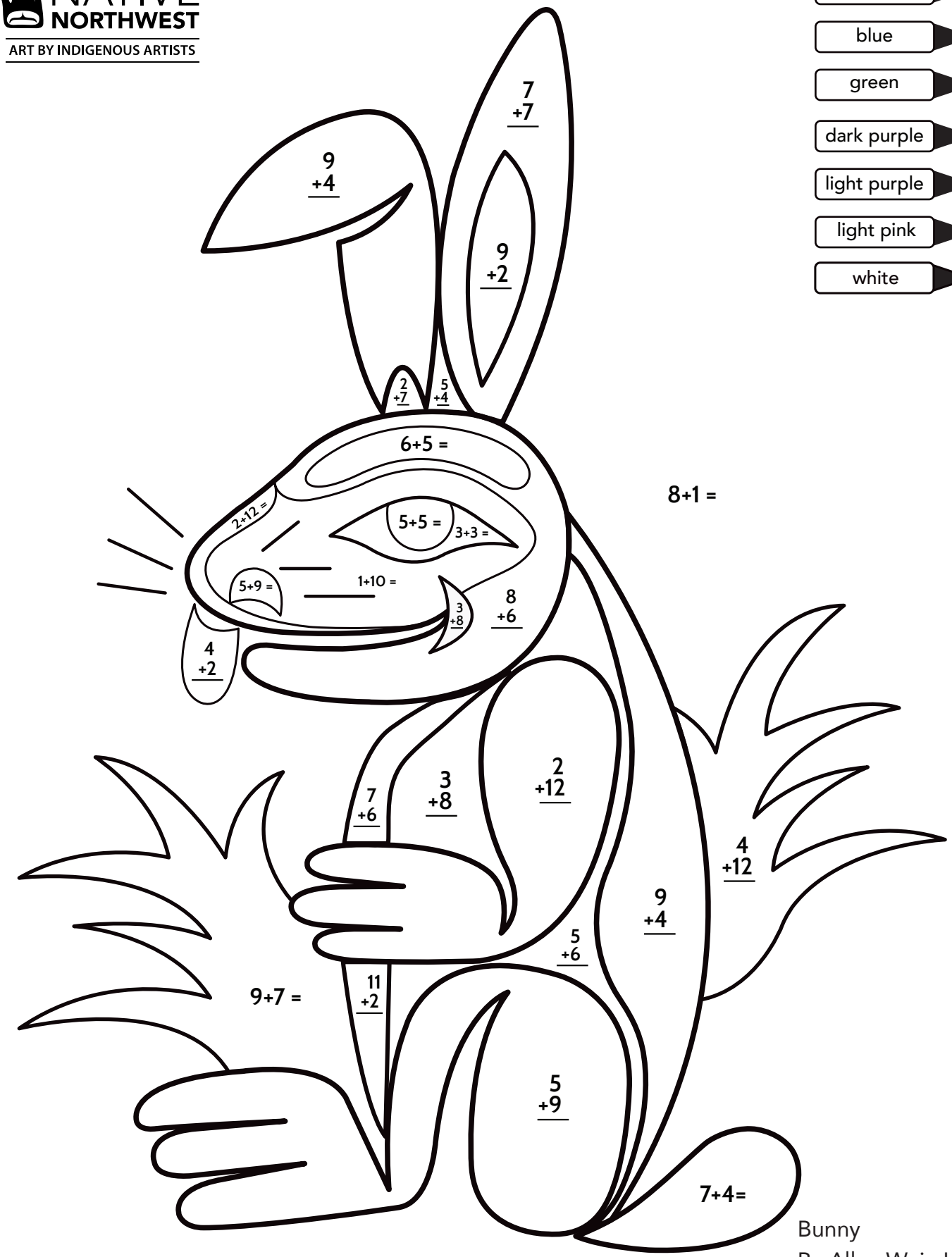
yellow	9
blue	10
green	16
dark purple	13
light purple	14
light pink	11
white	6



Bunny

By Allan Weir, Haida

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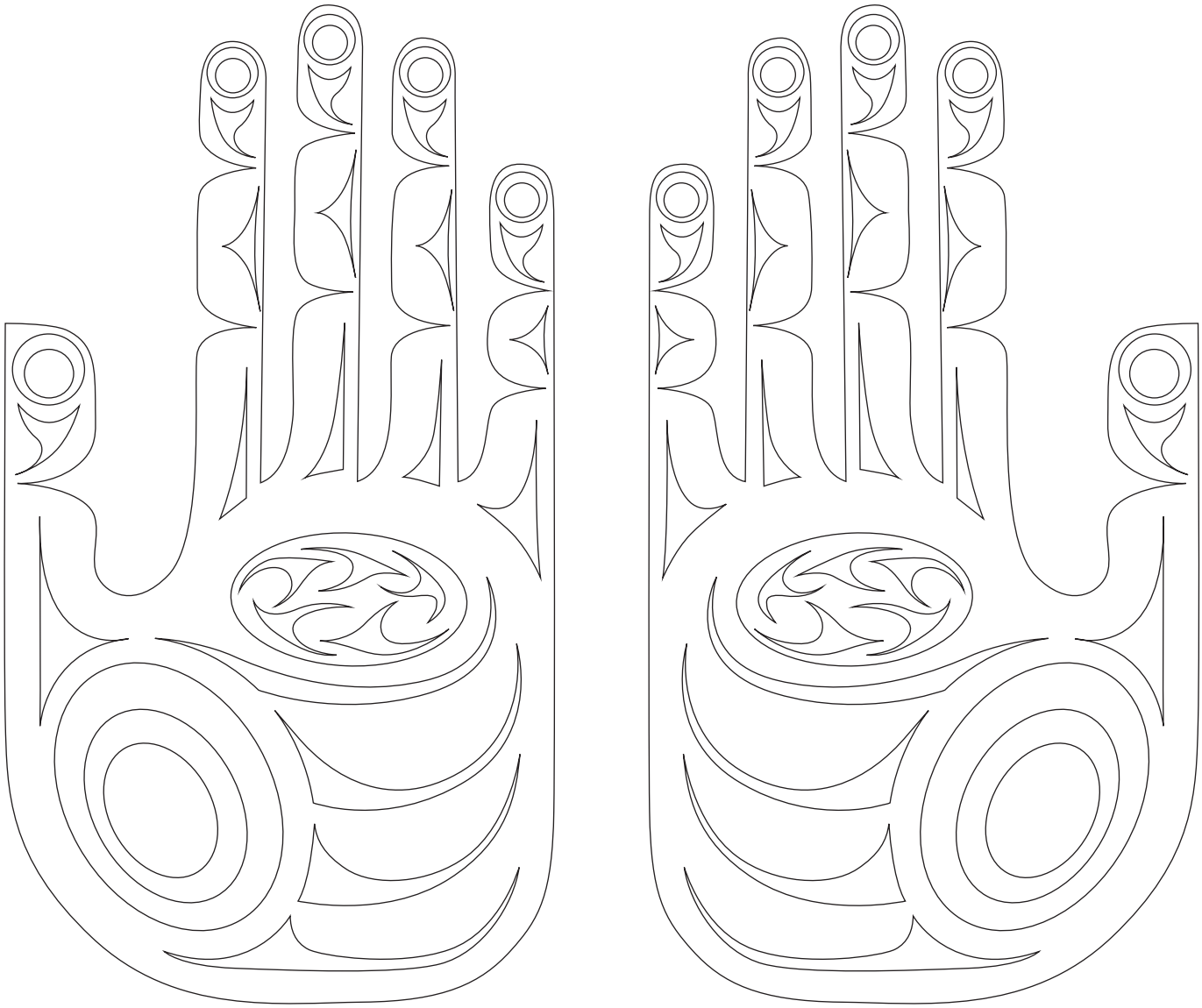

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Healing Hands
Simone Diamond, *Coast Salish*

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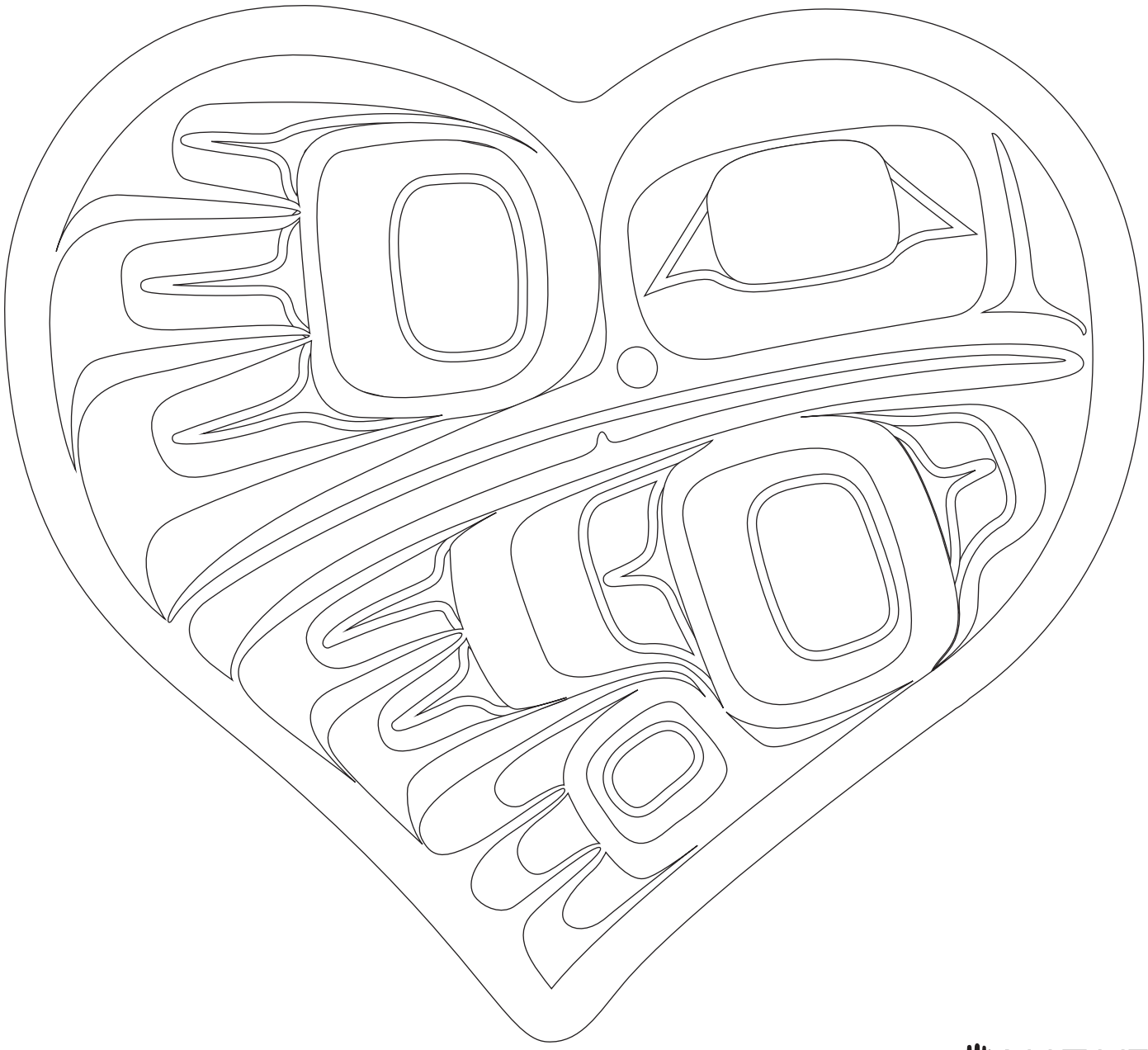
Love



Hummingbird Heart by Gordon White, Haida

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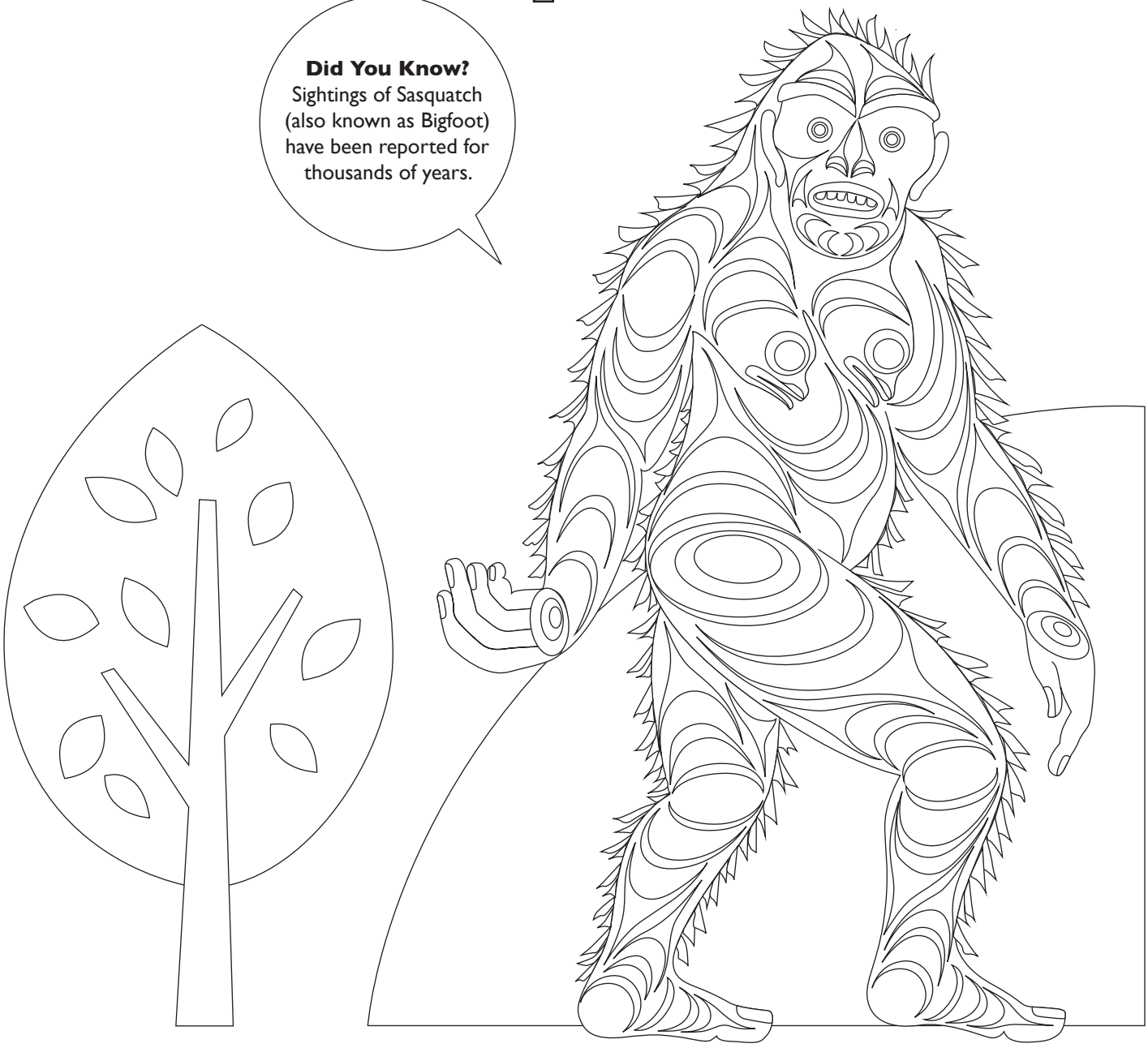
ART BY INDIGENOUS ARTISTS

Sasquatch

Did You Know?
Sightings of Sasquatch (also known as Bigfoot) have been reported for thousands of years.



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Sasquatch by Francis Horne Sr., Coast Salish

Sasquatch are supernatural beings and protectors of the forests.

They are the best at playing hide and seek!