



“When I was younger, my koko (grandma) had told me that when a Native creates a work of art such as beading, a story is told; some beading patterns are to represent the importance of independent, balance, and strong identity of self.

While stories are told, we are healing. When we heal and honour ourselves, we compliment ourselves and have the ability to truly love others as well.

Just as other people see your story, you are freeing yourself and giving those others permission to acknowledge their own stories and creations.

We are to create our own art and become the next generation of artistic healers for all.”