

Secwépemc Beliefs for Good Living

Me7 tsqwelstéc re tqelt kükwpi7.

Be close to the spirit.

Me7 xyemstwécw-kp.

Respect one another.

Me7 knucwentwécw-kp.

Help one another.

Me7 nucwnucwtsîn-k.

Be honest.

Lé7es k swe7éc-emp.

Do what is right.

Me7 yegwyüwt-k éll me7 yegwyüwt ke7 p'üsmen.

Keep healthy and strong in body and mind.

**Me7 xyemstéc xwexéyt re stem ne7élye ne tmicw
éll xwexwéyt stem ne7élye ne timicw te w7éc.**

Have reverence for the earth and all of life.

**Me7 tsexemstéc te7 syecwmenstsüt,
éll ta7 me7 stsünc k swet re syecwmintst.**

*Know how to take care of yourself,
and do not depend on any body else.*

Me7 élkstmenc re7 s7élkst re sle7s xwexwéyt re swet.

Do your share of work for the good of all.

Me7 yecwmentwéc-kt; ta7 ke swet mes t'ïcwells.

Care for the good of all; cooperate.