

## *Episode 25 – RTT Series – The Eight Gifts*

This podcast presents a system of eight values and fits them within the Meta-Compass Model. This podcast explores the interplay between executive functions, values, and emotional, cognitive, and behavioral health, offering a practical framework for understanding and fostering these aspects in individuals, particularly children and youth.

Values, separate from Executive Skills, serve as a mechanism for your inner Chief to regulate the other cardinal aspects of your psyche, the Artist, the Scout, and especially the Warrior by providing boundaries for behaviors.

A values system is presented that is inspired by Native American traditions, particularly the Seven Gifts of The Grandfathers, which include Respect, Love, Truth, Honesty, Bravery, Humility, and Wisdom. An eight gift, Integrity, is added to represent the Eight Gifts of The Elders.

Each "gift" is associated with a specific direction on the Meta-Compass Model. For instance, the Gift of Respect, associated with the East, involves recognizing and attending to basic needs, fostering empathy, and countering the Fear-of-the-Cold. The Gift of Love, also in the East, is portrayed as a broad sense of caring, countering the Fear-of-Being-Alone.

Other gifts, such as Truth and Honesty, are linked to the South and counter the Fear-of-The-Woods and Fear-of-the-Dark, respectively. The West represents the Gifts of Bravery and Humility, countering Fear-of-Animals and Fear-of-Water. The North encompasses the Gifts of Integrity and Wisdom, countering the Fear-of-Rot.

A concrete code of conduct derived from the Eight Gifts, which turns each value into actionable behaviors, is available on the resources page of the website ([www.BearClanllc.com](http://www.BearClanllc.com)).

The episode wraps up with an original story titled "Buffalo and The Eight Gifts of the Elders."