

IKWE

Honouring Women, Life Givers,
and Water Protectors

An Indigenous Art
Colouring Book

by

Jackie Traverse

Foreword

IKWE is the second colouring book created by Anishinaabe artist and activist Jacqueline (Jackie) Traverse of Lake St. Martin First Nation. Jackie was born in Winnipeg, where she currently resides and continues to create in her art studio, Creative Native Sanctuary of Inspired Self- Expression. She is a graduate of the University of Manitoba's Fine Arts Program and founder of IKWE Safe Rides for Women and Rock the Vote Winnipeg, as well as being involved in numerous community-based outreach programs and school-based activities. She is a vibrant, passionate, and kind-hearted woman committed to her own healing and growing journey while loving and mentoring others along the way. I am humbled and honoured to call her my friend.

As an accomplished multidisciplinary artist who works in video, mixed media, and sculpture, Jackie's passion exudes from her painting and drawings. Jackie's art has grounded her in her Anishinaabe roots and has been a source of her own inner healing and empowerment. The arts have always been a venue for non-violent activism, resistance, and holding a mirror to society's atrocities, and Jackie uses her craft mightily with courage and strength. Her beautiful and powerful works convey the strength, beauty, tenacity, and resilience of Indigenous Peoples and women in particular. Jackie's works are featured internationally in Kathmandu, Nepal, New York, throughout North America, and Europe.

Like Sacred Feminine, IKWE serves once again to educate, inspire, empower, enlighten, and heal those of all ages who embark on this creative colouring journey. Her work encompasses the essence of the sacred gift that lies within each woman and seeks to connect them on an emotional, physical, and spiritual level. Each image carries deep meaning and purpose. Jackie explains the representations of each and defines its symbols. The teachings that lie within serve to empower and act as a healing salve to wounded souls and a guiding light to serenity, wisdom, and joy, all while celebrating the beauty of timeless lessons. The intricate details of her work reflect the mindful intentions of her heart. They convey messages that whisper to the soul. Enjoy the journey this process takes you on. Internalize the invaluable knowledge. Experience the beauty you create while calming your spirit and enriching your soul. And share the gift with others.

Heather Bourget
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Dedication

This book is dedicated to my father, Joseph Fabian. He encouraged me with my drawing since I was a little girl, enrolled me in art classes at the Winnipeg Art Gallery when I was eight, and always ensured that I had art supplies. Without my father's encouragement and support, I may have never become the woman I am today. I love you, Dad. Thank you for all that you did for me.

Your daughter,
Jackie



