

Meal Offering

Today, we have gathered and we see that the cycles of life continue. We have been given the duty to live in balance and harmony with each other and all living things. So now, we bring our minds together as one as we give greetings and thanks to each other as People. We are all connected.

With one mind, we turn to honor and thank all of the Food Plants we harvest from the garden. Since the beginning of time, the grains, vegetables, beans, and berries have helped the people survive. Many other living things draw strength from them too. We gather all the Plant Foods together as one and send a greeting of thanks. We are all connected.

With one mind, we turn to honor and thank all of the Food Animals we bring to our table. Since the beginning of time, the four legs, the feathered, and the finned have helped the people survive. Many other living things draw strength from them too. We gather all the Food Animals together as one and send a greeting of thanks. We are all connected.

We have now arrived at the place where we end our words. Of all things we have named, it was not our intention to leave anything out. If something was forgotten, we leave it to each individual to send such greetings and thanks in their own way. And now, with our minds as one, let us enjoy this meal together. We are all connected.

Morning Offering

As we await the face of our Eldest Brother the Sun and the birth of a new day, we know that life has ended for some and new life started for others. We understand that we do not breathe ourselves, the Creator breathes us. When the Creator discontinues to breathe us, we return back through the tunnel to the Spirit World that we originated from. Death is giving of our breath back to the One Breath of Life.

The same breeze that heard my Grandfather's first cry also heard his last sigh. We know that the air circulates and comes back around in about 28 days. Follow it back. Where was your breath during this last moon? Discover the connections. Was your breath in a penguin, a zebra, a polar bear, was it in an elk, a fish, a hawk or a snake? Was your breath in a black man, a white man, a yellow man, or a red man? Did your breath come from a bamboo shoot, a cactus, a fern, a pine or spruce? Whose breath is it? Did it come from the East, the South, the West or the North? Were the winds warm, cold, wet or dry, Whose breath is it?

If you can follow your breath, you can find Mitakuye-Oyasis (pronounced mi-TAHK-wee-a-say) We are all related.

Wherever it was, from whatever it was that breathed it, come to see that part of them is now part of you. Who then is dominant? In accepting the Breath of Life you have accepted all that came before. In the giving of your breath you are giving it to all. In this exchange, you embrace the Universe and become One with each other. We all share the same Breath.

Earth Mother loves all Her Children, We are all related, from the finned to the feathered, the legged to the rooted, the creepers the crawlers. The weak the strong, the rich the poor, the young the old, the swift the slow. With love and hate, joy and pain, life and death. We are all related. Yesterday, today, tomorrow, here and there, you and me. We are all related. We are all Her Children. Aho!"