

Knowledge & Wisdom, Elders' Teachings

Grandparents and parents all have experienced and endured life in the past, an assuming precedence that they have the wisdom and knowledge in life's endurance and experience, an expectation that is generally placed on having gained knowledge on the principles of teachings' of "Sa'ah Naaghéi Bik'eh Hózhóón and Tádííín K'eh Atiin, the Ever Lasting Road of Life and the Corn Pollen Path of Life." A teaching and an attribute of life in which one is encouraged to honor and respect the Holy Deities, the Universe and Mother Earth and to be in harmony and one with Nature. To get up early when nature is in its' serene moment/ hodiin dóó hodézyéelgo, when the Bird Kingdom /Ayáash Dine'é are still asleep. "A time when most naaldlooshii dóó naat'agii / animal and bird creatures are sleeping and the whole earth is quiet and still; A time of day that all the Holy People are very close to people and listening for prayers. A very sacred and holy time of a day, when "Yíkáisdáhi / Milky Way" appears on "Yák'aashbaah" the horizon of the earth to the east, is when people should get out of bed and offer their prayers with white corn meal." It is during this time that the Holy People present most in their abundance and sacred blessings to the earth people. To rise before the Sun, find a descent spot and pray and, or meditate to the Holy People that comes with the dawn in Haashch'ééh Dine'é. To exhale the passing of a previous day, while inhaling the goodness and the freshness of the coming of a new day with expectations of a good life for that day. To encourage good health, one can race towards a reasonable area and acknowledge nature by running and viewing the beauty and nature in general. To take time to acknowledge and give thanks to Diyin Dine'é, Nahasdzáán, Yádiñil and life in general, for they in turn will bestow upon one as a child and grandchild, as in "Yázhí dóó Tsóí hodó'niigo respectively. The subconscious atonement with the first drop of nourishment received from a mother at the time of birth will be re-acknowledged in this process, as a reaffirming cherished moment, as it is told.