

Greetings and Thanks to each other as people

To the Earth, mother of all, greetings and thanks

To all the waters, waterfalls & rain, rivers & oceans, greetings & thanks

To all the fish life, greetings & thanks

The grains and greens, beans & berries as one we send thanks to food plants

Medicine herbs of the world and their keepers, greetings & thanks

To all animals & their teachings, greetings & thanks

The trees, for shelter & shade, fruit & beauty, greetings & thanks

To all birds, large and small, joyful greetings & thanks

And from the four directions, the four winds, thank you for purifying the air  
we breathe and giving us strength, greetings

The thunderers, our grandfathers in the sky, we hear your voices, greetings  
& thanks

And now, the Sun, for the light of a new day and all the fires of life,  
greetings & thanks

To our oldest grandmother, the Moon, leader of women all over the world,  
and the stars for their mystery, beauty & guidance, greetings & thanks

To our teachers from all times reminding us of how to live in harmony,  
greetings & thanks

And for all the gifts of creation, for all the love around us, greetings &  
thanks

And for that which is forgotten, we remember

We end our words

Now our hearts and minds are one