

WORDS BEFORE ALL ELSE

THANKSGIVING

ADDRESS

GREETINGS TO THE NATURAL WORLD

Teachings of The "Haudenosaunee": Six Nations

In accordance to the version by Kanawahienton & John

Stokes founder of The Tracking Project.

This presentation is created by Erika Ramelli

member & global mentor of "Nurturing the Roots"



BETTER HUMANS



"AN ALLEGIANCE TO GRATITUDE
AND INTERDEPENDENCE"

ELDER ROBIN WALL KIMMERER





OHEN:TON KARIHWATEHKWEN

These words of thanksgiving come to us from the Native Peoples known as the Haudenosaunee (Iroquois; Six Nations: Mohawk, Onondaga, Oneida, Cayuga, Seneca & Tuscarora)

The Thanksgiving Address is a Ceremony of Gratitude to address all of Creation. It has ancient roots, dating back to the formation of The Great Law of Peace by the Peacemaker. These words are still spoken at the opening and closing of all ceremonial and governmental gatherings held by Six Nations... *(From the introduction)*

JOHN STOKES

THE TRACKING PROJECT
TREE OF PEACE SOCIETY
NATIVE SELF-SUFFICIENCY CENTER
SIX NATIONS INDIAN MUSEUM





IN GRATITUDE; KNOW THE LEADERS

"Hoyane" Chiefs & Director of the Tracking Project



Chief Jake Swamp



Chief Oren Lyons



Chief Tom Porter



John Stokes



”

OHEN:TON KARIHWATEHKWEN

In 1991 Chief Jake Tekaronianekon Swamp (Wolf Clan, Mohawk) suggested that John Stokes of The Tracking Project produce a simplified version of the Iroquois Opening words for a general non-Native audience.

Jake felt that these words from the very foundation of the Iroquois Confederacy would help the world remember the importance of gratitude. His vision was to then translate the words into as many languages as possible so that one day in the future when the young people gathered, they would find that they were all coming from the same place.

At that time Jake and John had joined their non-profits — the Tree of Peace Society and The Tracking Project — to present programs of cultural and natural awareness under the name Tracking the Roots of Peace.



TABLE OF CONTENT

1 - We, The People

2- Mother Earth

3- The Fish

4- The Grasses

5 - The Plants

6- The Food Plants

7- The Medicine Herbs

8- The Animals

9- The Trees

10- The Birds

11- The Four Winds

12- The Thunderers

13- The Sun

14- Grandmother Moon

15 - The Stars

16- The Enlightened Teachers

17- The Creator

18- Closing Words





The People



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

Now our minds are one





Earth Mother

We are profoundly thankful for Our Mother The Earth! She gives selflessly. She is patient, adaptable, generous. She is bountiful and provides us all that we need to sustain life. She supports our feet as we walk upon her. We feel profound joy that she continues to care for us as she has from the beginning of time. We pile our gratitude on a large large blanket and together joyfully toss all our greetings and all our thanks to our Mother !

Now our minds are one

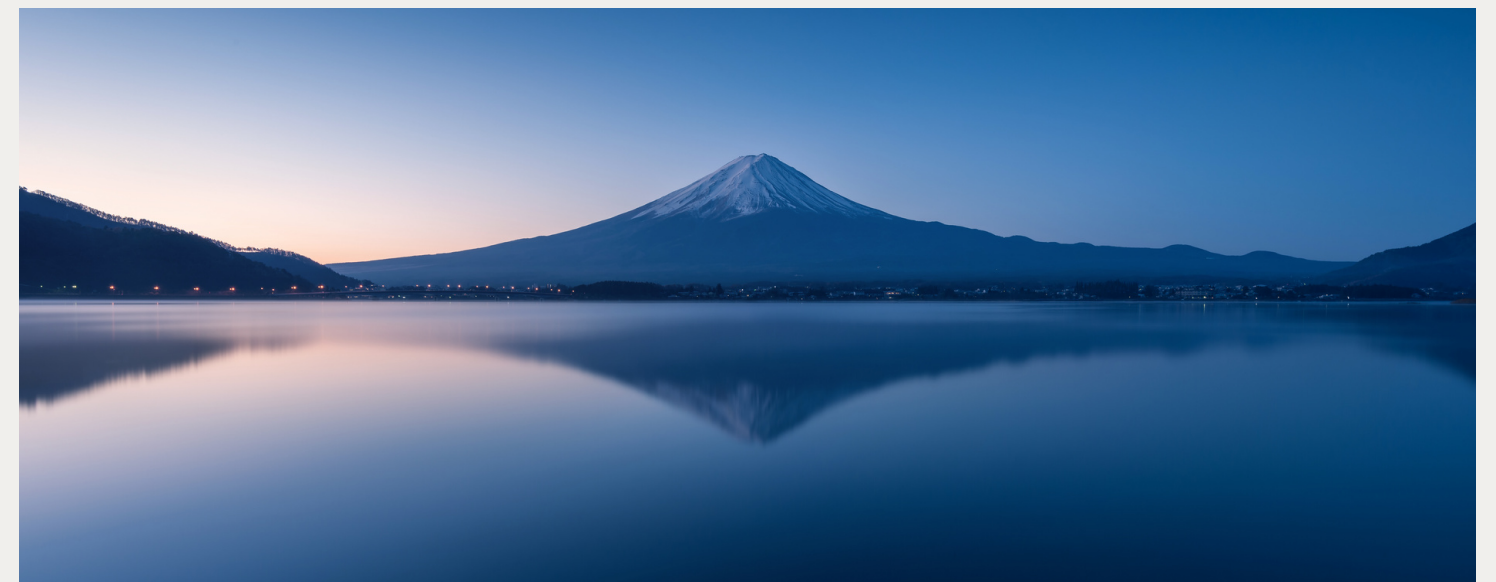


The Waters

We give thanks to all the waters of the world for being the magical conduit of all life. Thank you for cleansing our body, quenching our thirst and carrying valuable information across the world. We know its essence and power in many forms; waterfalls, rain, mist, streams rivers and vast oceans. Our daily life depends on clean vibrant water.

United with one mind we send greetings and thanks to the spirit of water.

Now our minds are one



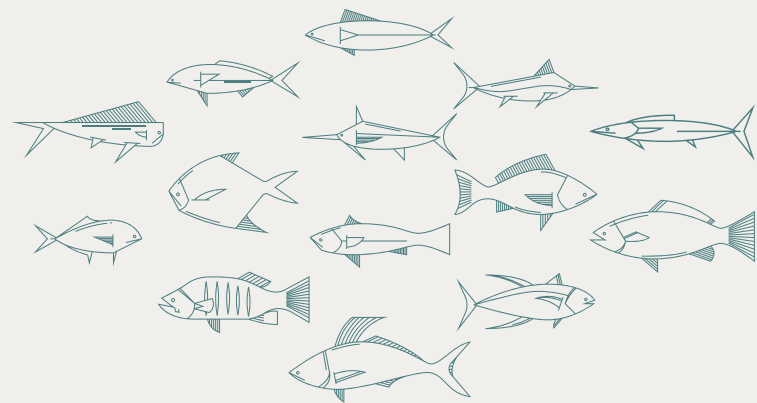


The Fish

We turn our minds to all the fish life in the water! They were instructed to cleanse and purify the waters. They also give themselves to us as food. We are grateful that we can still find pure water and we thank all the living beings in it. We turn to all the aquatic life and send our greetings and thanks.



Now our minds are one





The Grasses

We give our thanks to the grasses. The soft skin of the Earth. A bright blanket that covers our mother and hosts an endless list of insects and life form. Today we send our gratitude to each blade of grass.

Now our minds are one



The Plants



Now, we turn toward the vast kingdom of plant life. As far as the eye can see, the plants grow, working intricate wonders to sustain ours and many other life forms. They regulate ecosystems, decorate our spaces, feed us, heal us and purify our air. With our minds gather together, we give thanks and look forward to seeing all plant life for many generations to come.



Now our minds are one



The Food Plants

With one mind we turn specifically to honor and genuinely thank all the food plants we harvest from our wild fields and gardens. Since the beginning of time, the grains, seeds, vegetables, beans, and berries have helped the people survive. Many other living things draw strength and sustainability from them too. We gather all the foods together as one and send them greetings and thanks.

Now our minds are one

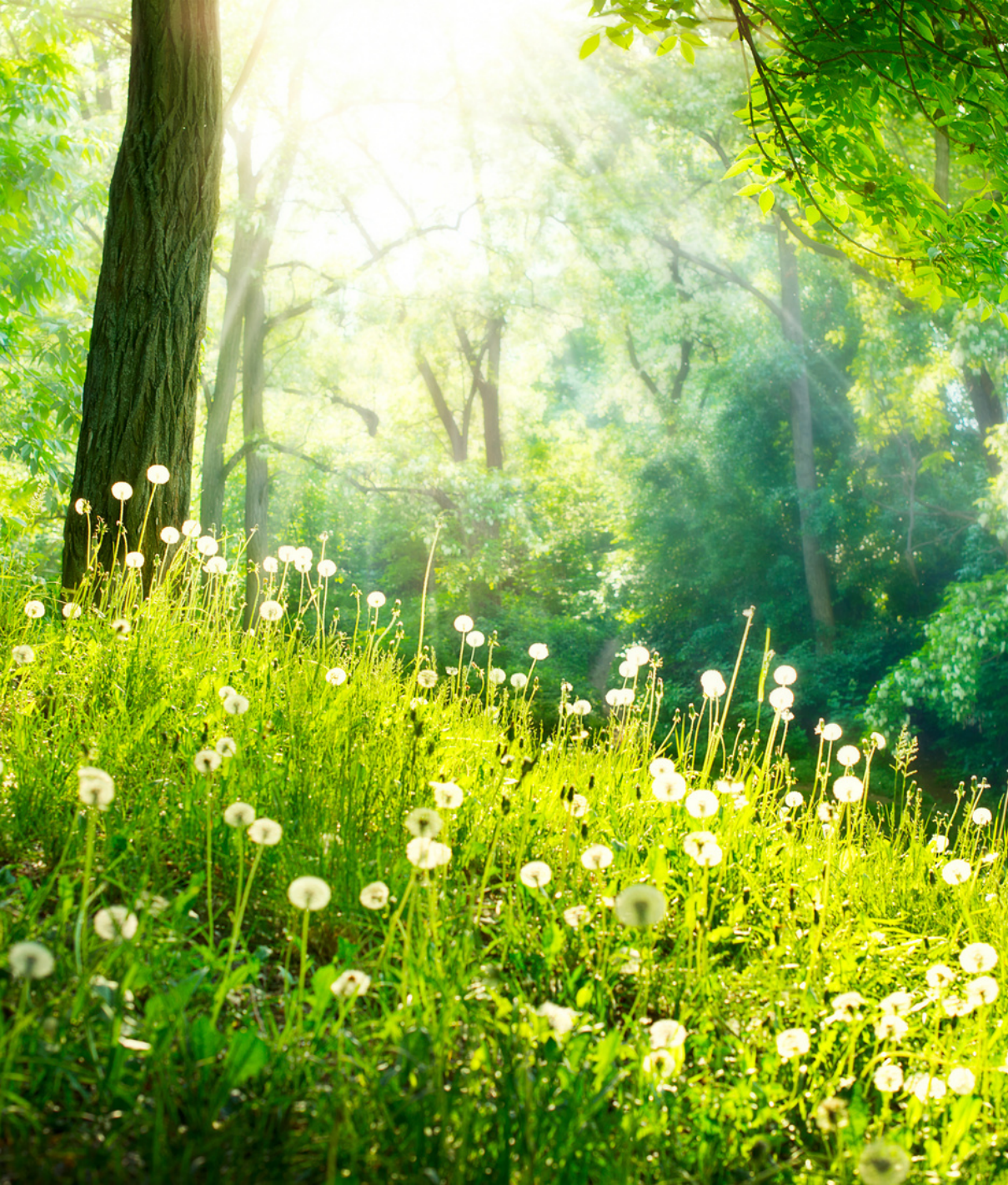




The Medicine Herbs

We kindly turn to all the medicine herbs of the world. From the beginning they were instructed to take away sickness and restore physical, emotional and spiritual balance. All plant medicines are patiently waiting, always ready to heal us. We are happy there are still among us those special few who remember how to use the gifts of the plants for healing and guidance. With one mind we send greetings and thanks to all the medicines and to the keepers of the medicines!

Now our minds are one



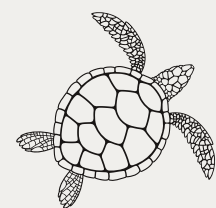


The Animals 🐾

We gather our minds together to send greetings and thanks to all the animal life in the world. Animals have provided Mankind with many forms of physical and emotional support. They have many things to teach us as People. We see them near our homes and in the deep forests we are glad they are still here and we hope that it will always be so.



Now our minds are one



The Trees

We now turn our thoughts to the trees. the earth has many families of trees who have their own instructions purpose and uses. Some provide us with shelter and shade, others with fruit, beauty and useful gifts. Human beings and wildlife depend on trees for clean air, habitat, food, and safety.

They clean our pollution, reduce erosion and regulate temperatures. Many peoples of the world use a tree as a symbol of peace and strength. We join our hearts in gratitude and with one mind, we greet and thank all tree life.



Now our minds are one

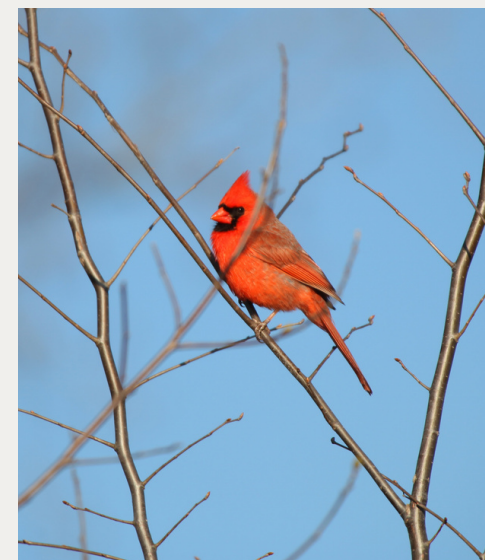




The Birds



We put our hearts together as one and greet all the birds! The Creator gave them beautiful songs to sing each day. Their melodies remind us to look up to the sky, to the trees, to be grateful, to enjoy and appreciate life. Birds help us fertilize, spread seeds, pollinate plants and clean up decay. The eagle was chosen to be their leader. To all the birds from the smallest Bee Hummingbird to the largest we send our joyful greetings and thanks.

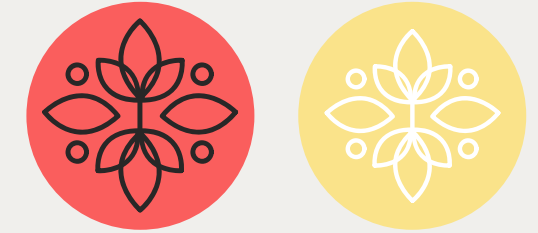


Now our minds are one

The Four Winds

We are all thankful to the powers we know as the four winds. We hear their voices in the moving air as they refresh us and purify the air we breathe. They help bring the change of seasons and transport pollen. From the four directions they come, bringing us knowledge; messages from near and far that give us strength and direction. With one mind we send our greetings and thanks to the four winds.

Now our minds are one



The Thunderers

We now turn to the west where our Grandfathers the Thunder Beings, live. With lightning and thundering voices they regulate the Earth's electrical balance and bring with them the water that renews life. We bring our minds together as one to send greetings and thanks to our Grandfathers, the thunderers.

Now our minds are one



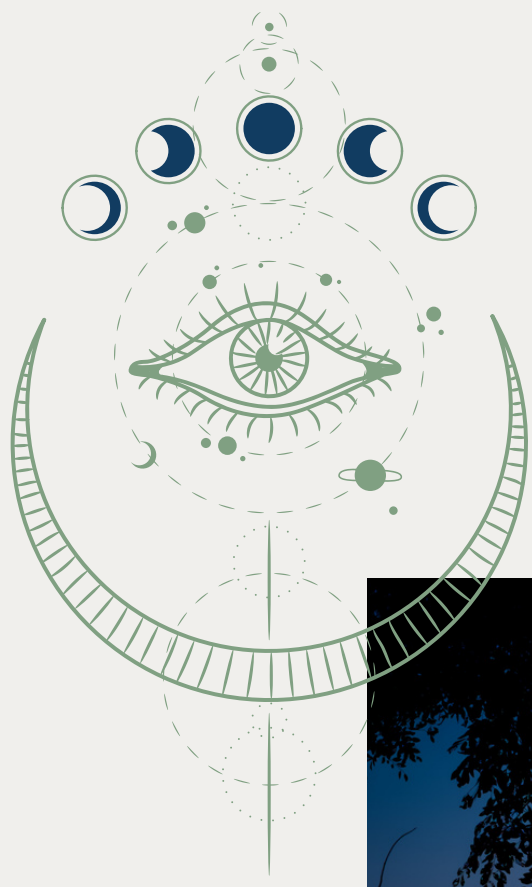
The Sun

We now acknowledge our eldest brother the sun. Each day without fail he travels the sky from east to west, bringing the light of a new day. His energy is life. He is the source of all the fires of life. With one mind we send greetings and thanks to our brother the sun.



Now our minds are one





The Grandmother Moon



We put our minds together and give thanks to our oldest Grandmother, The Moon, who lights the nighttime sky. She is the leader of women and waters all over the world. She governs the movement of the ocean tides and it is the moon who watches over the arrival of children here on earth. By her changing face we measure time. With one mind we send greetings and thanks to our Grandmother the moon.

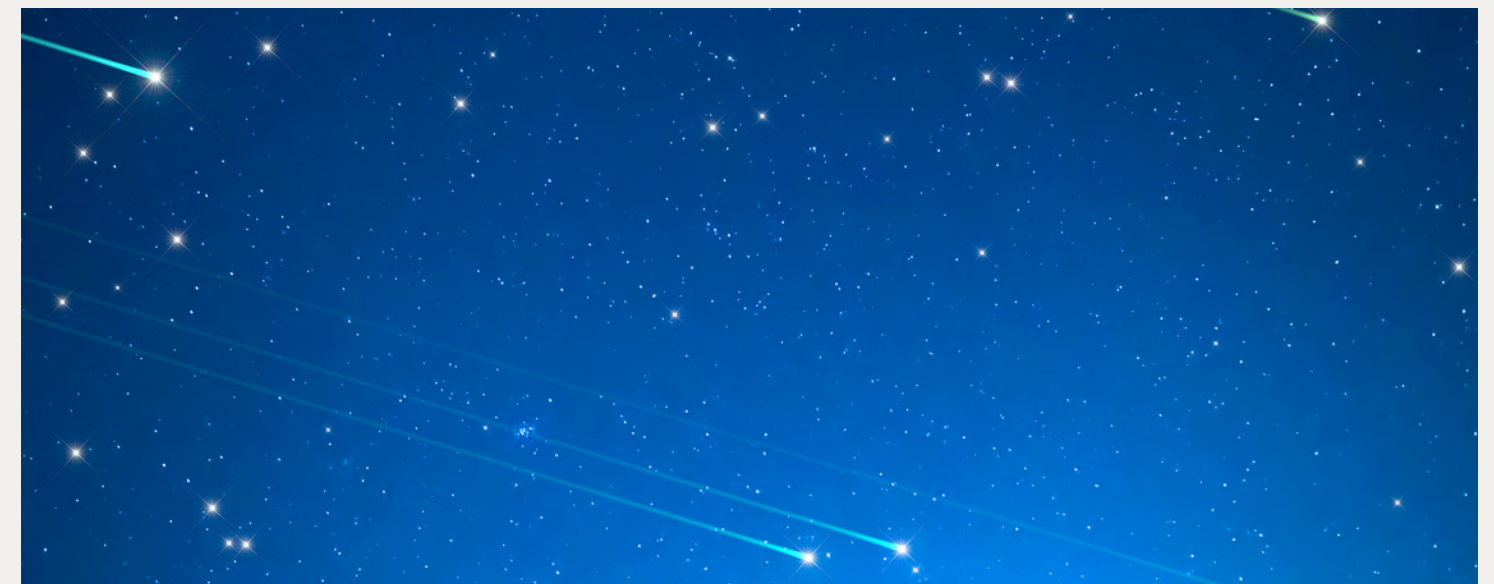
Now our minds are one



The Stars

We give thanks to the stars who adorn the night sky with their brilliance. They are the mesmerizing jewelry of the universe. Spread across the sky, they have the power to make new elements. We see them in the night, helping the moon light the darkness, bring dew to the gardens and grow things. When we travel at night they offer direction and guide us home. With our minds gathered together as one, we send greetings and thanks to all the stars.

Now our minds are one





The Enlightened Teachers



We gather our minds to greet and thank the enlightened teachers who have come to help and guide throughout the ages. When we forget how to live in harmony, they remind us of the way we were instructed to live as people. With one mind we acknowledge their loving presence. We send greetings and thanks to these caring teachers

Now our minds are one





The Creator



Now we turn our hearts and loving thoughts to the Creator; the Great Spirit. We send our most profound gratitude for all the gifts of creation. Everything we need to live a blissful life is here on this Mother Earth. For all the love that is still around us, we expand the vibration of our heart, we gather our minds together as one and send our choicest words and greetings and thanks to The Creator.

Now our minds are one

Closing Words

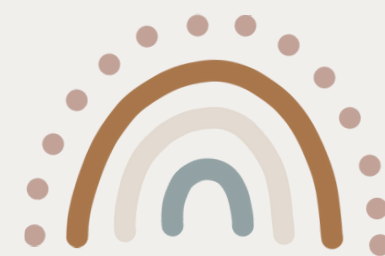


Éhtho niiohtónha'k ne onkwa' nikón:ra.

We have now arrived to the place where we end our words. For all the things we have named, it was not our intention to leave anything or anyone out.

If something was forgotten, we leave it to each individual to send such greetings and thanks in their own way...(…)

*And now united as People,
our minds are one*





Hi!
My name is Erika

I AM

A cosmic messenger honored to assist Mankind in the awakening process! I am grateful to have been given permission and support by John Stokes (who is one of my dear mentors) & members of the Iroquois Confederacy to share with you this powerful gift.

- Published Author, Consciousness Educator & Coach, Urban Shaman, Medicine Woman, Master Herbalist, Pranic Healer and Founder of Better Humans; a Wellness & Stress Management consulting firm with clients across the globe.

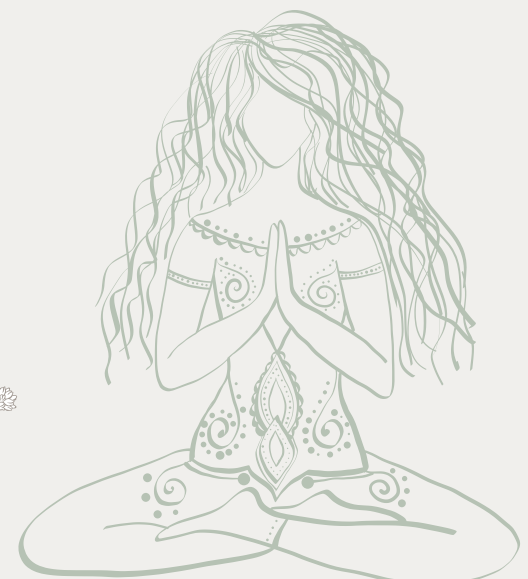


BETTER HUMANS INSTITUTE FOR CONSCIOUSNESS & VIBRATIONAL HEALTH

An educational platform

erika@betterhumans.net

[@erikaramelli](https://www.instagram.com/erikaramelli)



Following Jake's vision, The Tracking Project has produced the Thanksgiving words in eleven language editions (as of February 2019) — English/Mohawk, German, Swedish, Spanish, Japanese, Portuguese, Bisayan, French, Hawaiian, Italian and Hebrew. The presence of the Mohawk language in each edition is intended to remind readers of the source of these Thanksgiving words. The cultural context of the book is further enhanced by the beautiful line drawings by Kahionhes.

Regarding permission to use any part of this work:

Originally published as:

Thanksgiving Address: Greetings to the Natural World

Copyright © 1993 Six Nations Indian Museum and

The Tracking Project.

ISBN 0 - 9643214 -0 -8

Reprinted by permission.

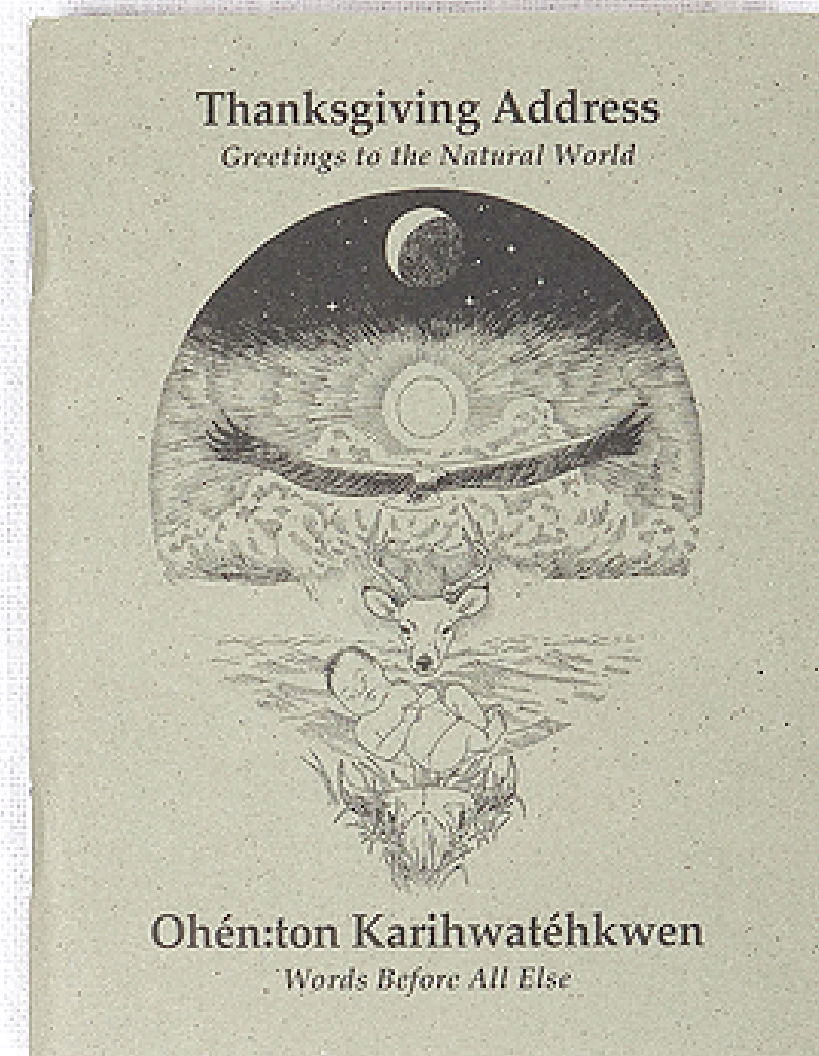
Please send orders and correspondence to:

Thanksgiving Address Fund

c/o The Tracking Project

Contact Better Humans for purchasing details

programs@betterhumans.net





BETTER HUMANS

programs@betterhumans.net

1-800-775-0974

@erikaramelli

