

FREE THE WISDOM OF THE NATIVE AMERICANS PDF



Ken Nerburn, Kent Nerburn | 272 pages | 20 Apr 1999 | NEW WORLD LIBRARY | 9781577310792 | English | Novato, CA, United States

The Native American Code Of Ethics | The Unbounded Spirit

Years ago, my little brother and I were playing cowboys and Indians. As the older brother, I dictated the play session of course so I decided that my brother was supposed to die when I shot him. Of course, he was the Indian. The cowboy kills him, The Wisdom of the Native Americans Growing up in the U. To start, we grew up calling them Indians.

I guess not. And while they did do those things, what we knew was nothing more than a surface understanding of Native American culture. Completely separate countries, cultures, and time periods point us directly towards the same universal principles.

I consider them the most important principles to live by. A few months back, I started researching Native American wisdom in my efforts to continue pulling together the wisdom traditions of the world to find those common themes. What I found blew me away. The depth of wisdom that has and still exists within the Native American culture today is astounding. There was no known system of writing within any of the ancient Native American cultures not until the wisdom of these beautiful people continued for hundreds of years if not longer by The Wisdom of the Native Americans of mouth.

Luckily, just as the words of the Buddha were passed down by word of mouth for years until they were written down by anyone, the wisdom of the many Native American cultures has now been written down and recorded for everyone to experience.

I hope you enjoy these beautiful pieces of Native American wisdom. According to Native American wisdom, the Sacred Space is the space between the in-breath and out-breath.

This is because the space between the two The Wisdom of the Native Americans much spiritual significance. Also, the phrase Walk in Balance refers to having spirituality referred to as Heaven and physicality referred to as Earth in harmony. This as well is profound. This old Lakota prayer is telling us what Eastern wisdom and our own intuition has told us for thousands of years: that Heaven and Earth are not separate. And while I stood there I saw more than I can tell, And I understood more than I saw; For I was seeing in a sacred manner The shapes of things in the spirit, And the shape of all shapes as they must Live together like one being.

This sense is The Wisdom of the Native Americans much intuitive, and can be developed with practice. Here, Black Elk speaks almost Zen-like in referring to seeing more than he can tell. We are one, like a large organism. And in the same way that organs, tissue, veins, nerves, and the other parts that make up our body can sometimes seem separate, but are always very much an inseparable part of the same one greater system, we too are intrinsically connected and should live in a way that we become more and more aware of this interconnected nature and seek to express it in our daily lives.

And this always results in more love, compassion, kindness, and greater peace. So live your life that the fear of death can never enter your heart. Trouble no one about their religion; Respect others in their view, and demand that they respect yours.

Love your life, perfect your life, beautify all things in your life. Seek to make your life long and its purpose in the service of your people. Prepare a noble death song for the day when you go over the great divide. Always give a word or a sign of salute when meeting or passing a friend, Even a stranger, when in a lonely place. Show respect to all people and grovel to none.

When you arise in the morning give The Wisdom of the Native Americans for the food and for the joy of living. If you see no reason for giving thanks, the fault lies only in yourself. Abuse no one and no thing, for abuse turns the wise ones The Wisdom of the Native Americans fools And robs the spirit of its vision.

When it comes your time to die, be not like those whose hearts are The Wisdom of the Native Americans With the fear of death, so that when their time comes they weep And pray for a little more time to live their lives over again in a different way. Sing your death song and die like The Wisdom of the Native Americans hero going home. To say anything here I think would be to complicate the already perfect message that this communicates. I do not think the measure of a civilization Is how tall its buildings of concrete are.

But rather how well its people have learned to relate To their environment and fellow man. It was created to promote the development of the countries Buddhist spiritual values i.

Pretty cool right? Well, to me, Sun Bear is backing up this very same ideal, except perhaps in a slightly different sense. Placing that as the major guiding principle of any nation or our own individual lives to me, is both a powerful and revolutionary idea. There is a road in the hearts of all of us, hidden and The Wisdom of the Native Americans traveled, Which leads to an unknown, secret place. The old people came literally to love the soil, And they sat or reclined on the ground with a feeling of Being close to a mothering power.

Their teepees were built upon the earth And their altars were made of earth. The soul was soothing, strengthening, cleansing and healing. That is why the old Indian still sits upon the earth instead of Propping himself The Wisdom of the Native Americans and away from its life giving forces. The Wisdom of the Native Americans him, to sit or lie upon the ground is to be able to think more deeply And to feel more keenly. He can see more clearly into the mysteries of Life and come closer in kinship to other lives about him.

The Wisdom of the Native Americans an especially The Wisdom of the Native Americans day, go to a nearby park or hiking trail and take a moment to relax among the trees or walk the trail and feel as your mind begins to clear and your stress and tension begins to dissipate. And this may even extend to the physical body.

Like the grasses showing tender faces to each other, Thus should we do. For this was the wish of the Grandfathers of the World. Another simple but very powerful message. When you are in doubt, be still, and wait; When doubt no longer exists for you, then go forward with courage.

So long as mists envelop you, be still; Be still until the sunlight pours through and dispels the mists, as it surely will. Then act with courage. This verse almost seems to suggest some form of meditation- sitting in silence- so it was particularly surprising to me. When clouds exist within our mind, we have no way of knowing what the right action is to take. When we act during moments such as these, it can lead us to a lot of trouble.

And when you get there? Know that you have the truth within you. Stand up, move forward, and act with courage. The connection that Native American culture has had with the Earth is stunningly beautiful. As much as any other culture on Earth, the Native American culture shows us clearly how nature, including the example set by nature, gives us everything we need to live in peace and harmony. Humankind has not woven the web of life. We are but one thread within it. Whatever we do to the web, we do to ourselves.

All things are bound together. All things connect. The idea that all things are connected once again draws direct parallels to Buddhist and Hindu wisdom. This includes not only our actions towards others but also the thoughts and feelings we express in our mind towards others. The first peace, which is the most important, is that which comes within the souls of people. When they realize their relationship, their oneness, with the universe and all its powers.

And when they realize that at the center of the universe dwells Wakan-Taka the Great Spirit and that this center is really everywhere, it is within each of us. This is the real peace, and the others are but reflections of this. The second peace is that which is made between two individuals, and the third is that which is made between two nations.

But above all you should understand that there can never be peace between nations until there is known that true peace, which, as I have often said, is within the souls of men. Native American wisdom is both vast and immensely beautiful. Join 10, others who receive weekly insights, inspiration, and wisdom for a more mindful, peaceful, and stress-free life and get a free download of my beginner's guide to mindfulness, *The Little Book of Mindfulness* :

Start Here. S1: Welcome to Buddhaimonia. S2: Opt-in 1. S5: What Readers Are Saying. Free Course. There goes the Indian. Serve, respect, and live without fear. So live your life that the fear of death can never enter your heart. Gross National...

Touch the Earth There is a road in the hearts of all of us, hidden and seldom traveled, which leads to an unknown, secret place. Show kindness to all like the grasses showing tender faces to each other, thus should we do. Meditate to gain clarity, then act with courage. When you are in doubt, be still, and wait; when doubt no longer exists for you, then go forward with courage. What we do to others, we do to ourselves. Humankind has not woven the web of life.

Light up your corner of the world by realizing the first peace. The first peace, which is the most important, is that which comes within the souls of people. When they realize their relationship, their oneness, with the universe and all its powers, and when they realize that at the center of the universe dwells Wakan-Taka the Great Spirit and that this center is really everywhere, it is within each of us.

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Their relationship to all living things also gave them a sense of clairvoyance, and their warnings against upsetting the balance of nature seemed to be a foreshadowing of ongoing global warming phenomena.

Oct 17, Cher rated it it was amazing. Shelves: nonfiction. One of the best books I've read this year. The spirit of the Native people, the first people, has never died. It lives in the rocks and the forests, the rivers and the mountains. It murmurs in the brooks and whispers in the trees. The hearts of these people were formed of the earth that we now walk, and their voice can never be silenced. An enlightening collection of treasured words from Native American leaders that are sorted by topic.

It is best read in thoughtful small segments at a time, and is a priceless addition to my library. I am very thankful that their words have been preserved for their wisdom still rings true today, even *The Wisdom of the Native Americans* all these years. If all the beasts were gone, men would die from great loneliness of spirit, for whatever happens to the beasts also happens to man.

All things are connected. Whatever befalls the earth befalls the children of the earth. Chief Seattle There is no death. Only a change of worlds. The earth is the mother of all people, and all people should have equal rights upon it. Our transition from our natural life to the artificial life of civilization has resulted in great spiritual and moral loss.

When you see a new trail, or a footprint you do not know, follow it to the point of knowing. Uncheedah The grandmother of Ohiyesa. So much of this I found myself agreeing with - the way of life, the connection with nature - You know what. Let's start over. That's a lame way of saying that.

As I read this book there was this tugging within me of recognition, like I understood what they were talking about, like I was a part of it.

I know I don't have much Algonquin in me and very little claim to this land that I live on, but I can still feel that tug of my blood saying, "Yes. These words. It's a part of humanity I do not like and hope to not be a part of. Reading this book makes me want to become actively involved in trying to help preserve cultures and stories and ways of thinking while they still exist, before they are taken from us for good.

Jun 17, Joyce rated it it was amazing Shelves: favoritesmemoirinspiration. This book has given me the best understanding of Native Americans' beliefs and values. It speaks volumes with straight, simple, yet eloquent words that were spoken from the heart.

And with heart is how they were heard by me. Their wisdom and intellect contained here is amazing and to the very last sentence.

This book has touched me deeply and its one that could help us all, especially in today's world. Highly, highly recommend it. The Wisdom of the Native Americans addition to the short passages, this edition includes the complete Soul of an Indian, as well as other writings by Ohiyesa Charles Alexander Eastman one of the great interpreters of American Indian thought, and three great speeches The Wisdom of the Native Americans Chiefs Joseph, 'Taken from The Wisdom of the Native Americans, orations, and recorded observations of life, this book selects the best of Native American wisdom and distills it to its essence in short, digestible quotes — perhaps even more timely now than when they were first written.

In addition to the short passages, this edition includes the complete Soul of an Indian, as well as other writings by Ohiyesa Charles Alexander Eastman one of the great interpreters of American Indian thought, and three great speeches by Chiefs Joseph, Seattle, and Red Jacket. I was aware that The Wisdom of the Native Americans of the sources I have encountered in my life depicting the 'American Indian' were most likely dictated by the larger population and most politically powerful culture of white America, whose motivations for reporting on Native Americans and what I have heard called 'The Indian Problem' were more that a little questionable in authenticity and likely personally or politically biased.

I know enough of the plight of the indigenous peoples of my own country to be suspicious of hearing any person's voice describing or explaining from an outside cultural viewpoint, even with the best of intentions, as likely to have incorrect interpretations. This is a brief and curated compilation of the words of many Native American people, from many diverse nations. The collection has been sensitively presented to find and explain shared viewpoints on themes of the land, communication, beliefs, education, personal values, respect, love, communication, purpose, betrayal, loss, grief, honour, integrity and common humanity.

It also contains some of the most powerful, beautiful The Wisdom of the Native Americans most poetic language it has ever been my privilege to read. Accessible and enjoyable to read, this is not a history book, but a collection of voices speaking passionately and eloquently about the people, their lands, culture and their purpose and The Wisdom of the Native Americans how and why contact with white man has destroyed all of these within a very short period of time.

These are all life lessons passed down by very wise men, men who learned to think before they spoke, to listen courteously, waiting patiently for their turn The Wisdom of the Native Americans make their point, with direct simplicity that shatters comfortable beliefs others may hold about the truth of the matters addressed, in these preserved letters The Wisdom of the Native Americans speeches.

I particularly enjoyed the explanations of the relationship of a mother and her child and how that child grows and becomes known as a valued The Wisdom of the Native Americans in their community, written about in the essay 'Soul of an Indian' by Ohiyesa, as well as his writings on 'The Moral Strength of Women'.

Here are some of my favourite thoughts from the entire compilation. Let the voices speak for themselves as they are far more eloquent than I could ever be: "But for me, I cannot forget our old ways. Often in summer I rise at daybreak and steal out to the corn fields, and as I hoe the corn I sing to it, as we did when I was young. No one cares for our corn songs now. Sometimes in the evening I sit, looking out on the big Missouri.

The sun sets, and dusk steals over the water. In the shadows I seem again to see our Indian village, with smoke curling upward from the earth lodges, and in the river's roar I hear the yells of the warriors, and the laughter of little children as of old. It is but an old woman's dream. Then I see but shadows and hear only the roar of the river, and tears come into my eyes. Our Indian life, I know, is gone forever.

They have made some of their people servants — yes, slaves! We have never believed in keeping slaves, but it seems that the white people do! It is our belief that they painted their servants black a long time ago, to tell them from the rest — and now the slaves have children born to them of the same color!

The greatest object of their lives seems to be to acquire possessions — to be rich. They desire to possess the whole world. For thirty years they tried to entice us to sell our land to them. Finally, their soldiers took it by force, and we have been driven away from our beautiful country. They put a great store upon writing; there is always paper.

The white people must think that paper has some mysterious power to help them in the world. The Indian needs no writings; words that are true sink deep into his heart, where they remain. He never forgets them.

15+ Native American Quotes and Sayings On Wisdom, Love, And Respect

Native Americans have always had a rich culture, which is apparent in their teachings, wisdom, and quotes, which are inspiring even in the 21st century. Prior to the arrival of Europeans in America, there were estimated to be 1. That population quickly dwindled to via disease, suicide, genocide, The Wisdom of the Native Americans, and mass murder.

This was an incredibly great tragedy and maybe one of the most terrible things to ever happen to any group of people in the history of our planet. However, almost 0 attention is given to this tragedy.

One has to ask, why? In this tragedy, not only lives were lost, but almost all Native American traditions, spirituality, and customs were killed along with the people.

Could this have been a reason for the genocide? They were in tune with Mother Nature and are often called the Keepers of the Earth. Everyone can benefit from adopting so many of the ancient spiritual teachings of the Native American elders. She nourishes us; that which we put into the ground she returns to us. When you are in doubt, be still, and wait; When doubt no longer exists for you then go forward with courage. So long as mists envelop you, be still; Be still until the sunlight pours through and dispels the mists As it surely will.

Then act with courage. Treat the Earth well. It was not given to you by your parents, It was loaned to you by your children. We do not inherit the Earth from our ancestors, We borrow it from our children. We are but one thread within it. Whatever we do to the web, we do to ourselves. All things are bound together. All things connect.

Live your life so that when you die, the world cries and you rejoice. May the stars carry your sadness away, May the flowers fill your heart with beauty, May hope forever wipe away your tears. And above all, may silence make you strong.

Because of this, we had no delinquents. Without a prison, there can be The Wisdom of the Native Americans delinquents. We had no locks nor keys and therefore, among us there were no thieves.

We were too uncivilized to give great importance to civilized property. We had no written laws laid down, no lawyers, no politicians, therefore we were not able to cheat and swindle one another. Skip to content. Native American Quotes. Share on. Pages: 1 2. About The Author.

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