

*Excerpt of words shared by a Lakota Elder  
at Cheyenne River Reservation South  
Dakota*

*Many fears are born in fatigue and loneliness  
Be gentle with yourself  
You are a child of the universe  
No less than the trees and the stars  
You have a right to be here  
The universe is unfolding as it should  
Be at peace with God  
In the noisy confusion of life  
Keep peace with your soul  
Be cheerful, strive to be happy*

*All My Relations  
"O-Mitakou-wi-asin"  
Hunkayapi*

*Blaine Stensgaard  
NNADAP*

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