Lakota Instructions for Living

Friend do it this way - that is, whatever you do in life, do the very best you can with both your heart and mind.

And if you do it that way, the power of the universe will come to your assistance, if your heart and mind are in unity.

When one sits in the Hoop of the People, one must be responsible because all of Creation is related, and the hurt of one is the hurt of all, and the honor of one is the honor of all, and whatever we do affects everything in the universe.

If you do it that way - that is, if you truly join your heart and mind as one - whatever you ask for, that's the way it's going to be.

Passed down from White Buffalo Calf Woman