

# Gratitude to the Spirits of the Land

We express gratitude to the Spirits of the Land, the People of the Grass Country, the People of the River, the People of the Lake, to the sun, moon, stars, raven, fox, horse, bird, salmon, beast, rock, tree, insect, mink and whale. Mother of Waters Tahoma, and Louwala-Clough, spirit helpers, cedar bark, dreamer of dreams. From the cackle of blue jay to the flash of the thunderbird's eye, the Mountain of the Heart Moon honors the Spirits with protection and peace.