



As is known, millions of buffalo roamed the Great Plains areas in years past. As was common then, and still today, is the tumultuous lightning and thunderstorms that cover the landscape from early spring into the summer months. We are familiar today with those raging, darkening storms that typically form in the west and move toward the east, especially those that grow quite menacing with tornados, strong forceful winds, pounding hail, and/or icy rain. Out in open prairie, the buffalo were intensely aware of approaching storms. The question the elders would ask when someone was hesitant about the next move or questions undertaking a difficult task, was did the millions of buffalo gather into a single mass for protection, did they run into the menacing storm or did they run away from the approaching storm? When watching buffalo out on the plains, the people saw that the buffalo ran into the storm because the buffalo instinctively know that there was calm, brightness, sunshine, and peaceful grazing behind the retreating storm.

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"Our first teacher is our own heart."
Cheyenne Proverb

