Shame has replaced Honor
Shame has become the pathway to adulthood
Shame has become our story
Honor moves us toward Sacredness
When we honor others, we acknowledge our own Sacredness
Sacredness brings Humility
When there is Humility, there can be Tears
There is no Shame in Tears
When we apply our teachings, we Honor our Ancestors
When we learn from their stories, we Honor our future
When we are good relatives, we understand the role we play in helping others
When we are good relatives, we engage in ceremony
When we have Honor, we Respect and Uplift
"Our first teacher is our own heart."

Cheyenne Proverb

Picture courtesy of Northern Cheyenne Cultural Camp