

In the Circle Way: Teachings of the Spirit

- Know that you are Sacred
- Know that you are Honored
- Know that you are Prayed for
- Know that Others gave offerings in your behalf
- Know that you are Not Alone
- Know that you were Known before you came to this place
- Know that you have Choices
- Know that you have a Name
- Know that many know your Name
- Know that when you reach, you are also reaching toward others



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“Our first teacher is our own heart.”
Cheyenne Proverb

Picture courtesy of Northern Cheyenne Cultural Camp