

HAUDENOSAUNEE THANKSGIVING ADDRESS

We(I) bring our minds together as one and thank the people

We bring our minds together as one and thank the whole Earth

We bring our minds together as one and thank the soil

We bring our minds together as one and thank the stones

We bring our minds together as one and thank the insects

We bring our minds together as one and thank the water

We bring our minds together as one and thank the fishes

We bring our minds together as one and thank the reptiles and amphibians

We bring our minds together as one and thank the plants

We bring our minds together as one and thank the 4 legged

We bring our minds together as one and thank the trees

We bring our minds together as one and thank the birds

We bring our minds together as one and thank the sky and air

We bring our minds together as one and thank the clouds and storms

We bring our minds together as one and thank the moon

We bring our minds together as one and thank the sun

We bring our minds together as one and thank the stars

We bring our minds together as one and thank the creator

No are minds are one

The Thanksgiving Address is a gift from the Haudenosaunee people through the late chief Jake Swamp. As much a prayer of mindfulness as a way to bring everyone in a group setting to become present it is a beautiful way to express gratitude. 18 beads follow each part of the address. You can expand on each part as much or as little as you like.