



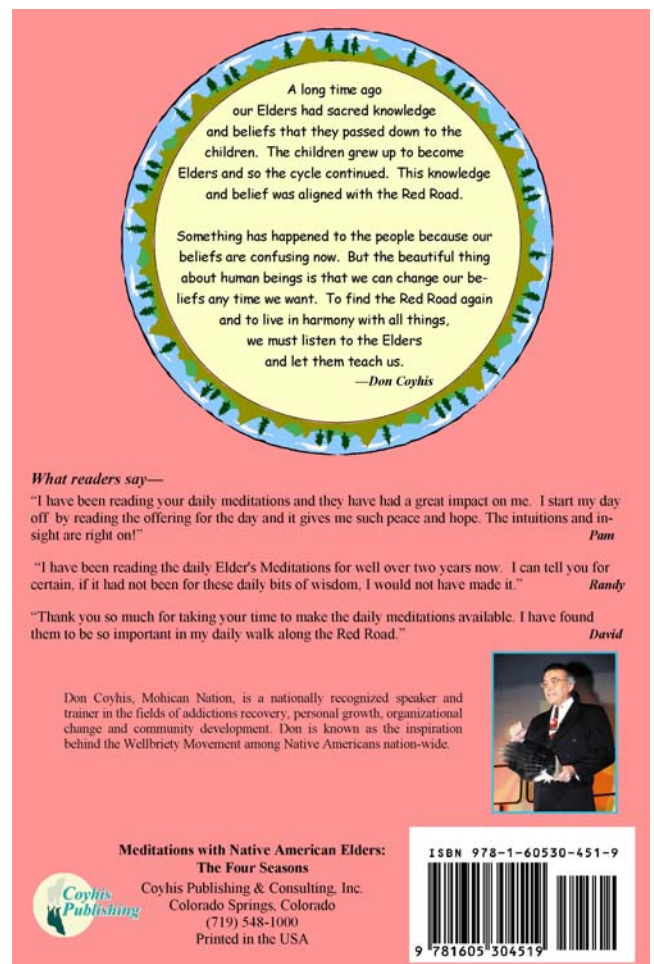
# Wellbriety!

The Wellbriety Movement's Online Magazine

Volume 8, Number 10  
December 3, 2007

*It's Here!!*

The complete Four Seasons Edition - a whole year of Elders' sayings, reflections by the author, and day-at-a-time prayers now together in one 476-page book!



A long time ago our Elders had sacred knowledge and beliefs that they passed down to the children. The children grew up to become Elders and so the cycle continued. This knowledge and belief was aligned with the Red Road.

Something has happened to the people because our beliefs are confusing now. But the beautiful thing about human beings is that we can change our beliefs any time we want. To find the Red Road again and to live in harmony with all things, we must listen to the Elders and let them teach us.

—Don Coyhis

*What readers say—*

"I have been reading your daily meditations and they have had a great impact on me. I start my day off by reading the offering for the day and it gives me such peace and hope. The intuitions and insight are right on!" *Pam*

"I have been reading the daily Elder's Meditations for well over two years now. I can tell you for certain, if it had not been for these daily bits of wisdom, I would not have made it." *Randy*

"Thank you so much for taking your time to make the daily meditations available. I have found them to be so important in my daily walk along the Red Road." *David*



Don Coyhis, Mohican Nation, is a nationally recognized speaker and trainer in the fields of addictions recovery, personal growth, organizational change and community development. Don is known as the inspiration behind the Wellbriety Movement among Native Americans nation-wide.

Meditations with Native American Elders:  
The Four Seasons  
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Look inside to see what this new-old book offers Wellbriety Circles and Native American Studies programs, as well as daily wisdom and inspiration on your life journey.



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*Meditations with Native American Elders: The Four Seasons* is a book you know from its appearance as four separate books in the early 1990's, as well as from the Daily Meditations available from the White Bison website. This new Four Seasons Edition features nine new or revised sayings worked in with the others now available in a single book. Now you can refer to the quotations and commentary for any day whenever you want all in one book. Go to the White Bison, Inc. website, [www.whitebison.org](http://www.whitebison.org) to purchase this book for yourself, for your recovery circle, as a gift, or for the community.



From the book...

## Introduction to the Four Seasons Edition

Our Elders continue to inspire and guide us. Their years give them an Eagle's viewpoint, which they are always so willing to share with the people. From the high hill of their old age, they talk to us like scouts who know some of the terrain that we will walk as we travel in our own cycles of life. They share an Eagle's vision and wisdom while also holding knowledge of every detail of the path, of every pebble along the way and of every step they have taken. Our Elders embody the wisdom and balance we sometimes call the "eagle and the mouse."

Thousands of people have included the Elders' insight into their lives since *Meditations with Native American Elders* first came out as four separate books in the early 1990's. So many people have told us how much these daily meditations mean for them. They've told us how our Elders' words enrich their own Red Road healing journey. We are honored and privileged to have played a part. Now, in this new century, we are especially excited to offer *Meditations with Native American Elders: The Four Seasons* between the two covers of one single book.

Thousands of readers continue to receive e-mails containing each Elder's quotation, followed by its meditation and prayer, on their computers every day. The *Meditations* distribution list has grown since we began the day-at-a-time e-mail service in the early 2000's. We know that people from all over the world, from all walks of life and from all four directions, invite our Elders to start their day with words found on the spider web that now links the entire world—the Internet! We want to thank all of you who have taken the time to write to us. We encourage you to keep telling us about yourselves and your own Red Road journeys by way of this wire that now connects the world.

You'll see that *Meditations with Native American Elders: The Four Seasons* is made up of each of the four original books—Spring, Summer, Fall and Winter—reproduced just like the originals. We've included a few new quotations in response to our readers' suggestions. This new edition will continue to offer clarity and reflection in these urgent times. We especially want to send our gratitude and our love to the Elders for being there when we need them. Your hearts, minds and examples teach us what our own human lives can be.





Spring Meditations with Native American Elders

***“As we plunge ahead to build empires and race for supremacy we should stop and listen to [the female] song of life. For without the female there is no life.”***

*April 5*

—Oren R. Lyons, Spokesman  
Traditional Circle of Elders



Women are created with the ability to produce life. Women have a special tie to the Earth Mother. They have something in common. They are the source of life. The Earth Mother gives songs to the Woman to sing. These songs are about life, about beauty, about children, about love, about family, about strength, about caring, about nurturing, about forgiveness, about God. The World needs to pay attention and listen to Her. She knows.

*Today I intend to focus on:*

*Great Spirit,  
let me listen to  
Her songs.*

(Fill in tonight’s moon. See p. ix.) ○

17

Summer Meditations with Native American Elders

*September 6*

***“We all form self-images and much of our behavior is pretty well determined by how we feel about ourselves.”***

—Eunice Baumann-Nelson, Ph.D.  
PENOBSCOT

There is a cycle of building beliefs called the self-talk cycle. Our self-talk builds our self-image and our self-image determines our behavior, our actions, and our self-worth—how we feel about ourselves.

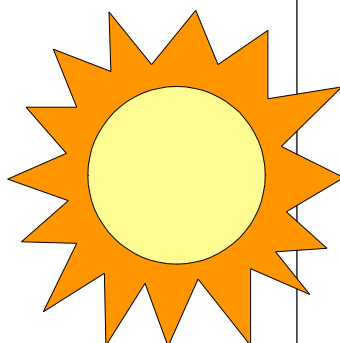
If we want to change the way we feel about ourselves we need to change our self-talk. We need to build ourselves up. We need to talk to ourselves in a kind, positive, uplifting, good way. We need to talk to ourselves about the good things that are happening and know that we are worthy and expect abundance.

*Today I intend to focus on:*

*Oh Great Spirit, today help me to know myself. Help me to see the joy, kindness, strength and beauty that I am.*

○ (Fill in tonight’s moon. See p. ix.)

78



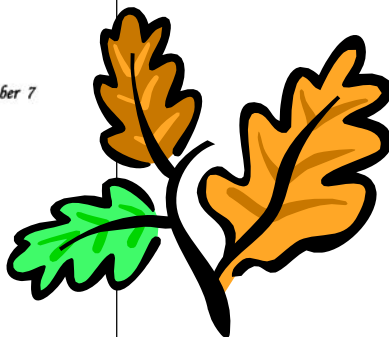


Fall Meditations with Native American Elders

*"Abuse and repression have no place in a traditional family."*

November 7

—Haida Gwaii  
Traditional Circle of Elders



Traditional families guided by their culture were taught how to live. They were taught about relationships, respect and spirituality. Only since alcohol was introduced to Indians have we seen physical abuse, sexual abuse and verbal abuse. These behaviors have no room in traditional families. The cycle of abuse must be broken during this generation. We do this by asking for help to quit drinking and abusing and return to our original culture and spirituality.

*Today I intend to focus on:*

*Creator, plant inside of me the knowledge of the traditional family.*

(Fill in tonight's moon. See p. ix.)

47

Winter Meditations with Native American Elders

March 12

*"The old people say, 'Learn from your mistakes.' So I try to accept everything for what it is and to make the best of each situation one day at a time."*

—Dr. A.C. Ross (Ehanamani), LAKOTA

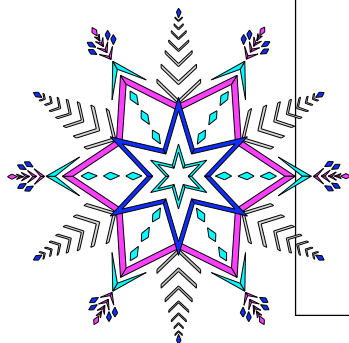
The Creator did not design us to beat ourselves up when we make mistakes. Mistakes are our friends. It is from mistakes that we learn. The more mistakes we learn from, the faster we gain wisdom. The faster we gain wisdom, the more we love. The more we love, the fewer our mistakes. Therefore, mistakes help us to learn love. God is love. Mistakes are sacred and help us learn about God's will for ourselves.

*Today I intend to focus on:*

*Great Spirit, help me today to learn from my mistakes.*

82

(Fill in tonight's moon. See p. ix.)



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