

Regarding Ceremony:

Our Private Ceremonies

You may not know that there are six ceremonies considered private that each Cherokee may use each day to enhance spirituality. These are:

1. Sunrise – Thanksgiving for the dangers of night are past and the new day is begun.
2. Going to Water – Cleansing in a spiritual way both the skin suit and the inside.
3. Food Ceremonials – including making a sacrifice of every plate of food eaten.
4. Meditation – A time to reflect and learn. There is a great guided exercise for this.
5. Sunset – Thanksgiving for the things completed.
6. Evening – Thanksgiving for the family, for the day and safety through the night's darkness.

If one of these speaks to you, why not observe it? Continue until a second or a third speaks to you. In a few months you may find yourself practicing six of these. In a few months you may find a sense of awareness of how close the Creator is to you and that your path is leading you to see the beauty of all life, to be free of much stress, and to be one with the Tsalagi! (reprinted from Fall 2005 edition Talking Leaves)



Cherokee Lullaby:

Oosti eta kahnane (Little one, go to sleep)

Ma Ma Ma Ha Ha Ne

Oosti ehe Kahlaska (Little one, sleep one)

Ma Ma Ma Ah Va Ah

Oosti eta Kahlane (Little one, go to sleep)

Ma Ma Ma Ha Ha Ne

Sung by Tom Handle, circa 1950, passed to George Pumpkin



Items on this page courtesy of Ayanvli Rick, Chief of the Medicine Keepers Band of the Southeastern Cherokee Council of Sedona, Arizona

PEOPLE OF THE MOUNTAIN

There was once a group of people who lived in the mountains.

They never walked in reverse.

So they walked down to the village in the valley,

On one side of the mountain and returned by a trail.

They leaned to the right for hundreds of generations.

Eventually they left the mountains and spread throughout the world.

Wherever they went they always knew if someone was a relative

Because of the way they walked.

They could even read someone from the Mountains

From a Great distance by the way they walked.

Once a child left the mountains

And learned to walk **BALANCED**

Learned to walk both forward and in **RETROGRADE**.

Balanced within her body

When she returned to the Mountains no one knew her.

So she studied why they never walked in reverse.

Learned to appreciate the Circle of life

That it represented.

KNEW why they walked as they did.

The next time she went home

She walked **LEANING TO THE RIGHT**

And they **LISTENED**

Even Learned why they walked as they did

They created a new dance,

A dance that walked both forward

And in retrograde

They honored the old dance leaning to the right

And they honored the reason for the old dance

And they learned the new dance without losing the old.

*By Nudvwiv Aniloquisi (Grandfather Star Singer,
Medicine Priest of Nuyagi Keetoowahs.)*