

Appendix A: Appendix Spirit Trail of Life Story by Henry Skywater¹



There is a light from the heavens that enters the mother's womb (travelling from the top right corner of the triangle). The mother nurtures that spirit. The base of the triangle on the underside represents our walk in life. When our spirit finally returns to the spirit world, it forms the angle back up to the centre, to the house in the heavens (centre point of the triangle), before it finally makes the journey back to the Creator (the upper triangle).

Appendix B – The Selfish Son/Greedy Son by Henry Skywater

There was a caring and loving mother who had a selfish son.

One day the selfish son was sick and his kidneys were failing so he went to his mother and asked his loving caring mother if she could give him her kidneys. Being the loving caring mother that she was, she gave her selfish son her kidneys. Then he asked for her liver because his liver was failing.

This went on until all she had left was her heart. The selfish son asked for his Mother's heart which she gave to her son. Now she became just an empty shell. Her body as an empty shell collapsed because the selfish son took everything that his loving, caring Mother had with no regard for her life.

Is this what we are doing to our Mother Earth?

Appendix C – You Are Like Mother Earth

Your flesh and body represents Mother Earth.

Your bones represents the stones.

Your hair represents the Tree Nation.

Your fine hair on your body represents the medicines and grasses.

Your small veins represents the creeks.

Your big blood veins represents all rivers.

Your heart represents all the lakes.

Your liver represents the oceans.

Your four limbs represents four brother winds.

Your head represents the heavens.

Your blood flows the same way as the waters.

We should look after Mother Earth like we look after ourselves.