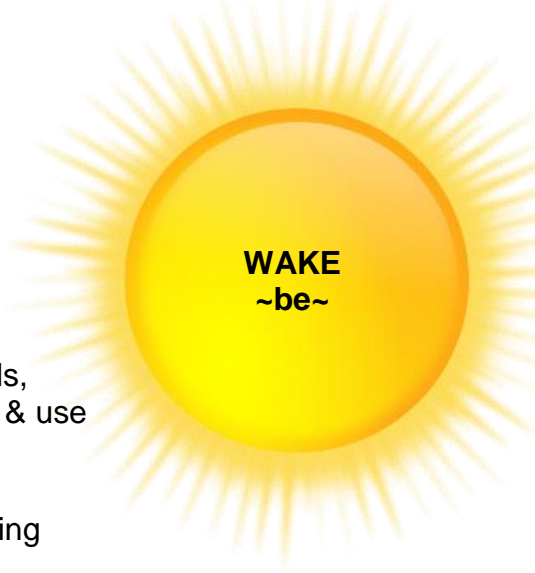


# LAWS: Land, Air, Water, Sun

what keeps us alive: gyonhéhghoh



WAKE  
~be~

ohwejya ~  
<

## Land (ground)

- gifts us with sacred foods, plants, medicines to eat & use
- protect mother earth
- bond with mother earth
- connect through gardening
- walk softly on her back
- seek stability & grounding



ó:wa:~

## Air (wind)

- inhale life force
- restore inner peace
- seek mental clarity
- energize
- laugh often
- breathe to bridge the mind, body & spirit



ohnéganohs

## Water (moisture)

- offers fluidity & cleanliness
- important for healthy blood
- calm your waters within
- release tears
- drink enough water
- hydrate and nourish
- water is life



SLEEP  
~rest~

edehká:~ gá:gwá:~  
<

## Sun (fire)

- gives warmth & promotes growth of life
- provides vitamin D
- is our signal to be awake
- improves mood
- move & be happy
- ignite your spirit



*Translations in Cayuga (Gayogoho:no) language of the Haudenosaunee.*



*"Regaining the health and wellness of our ancestors by returning to our roots"*