

**Aho Mitakuye Oyasin** refers to the interconnectedness of all beings and all things. We are all interconnected. We are all One.

- Arvol Looking Horse

“Aho Mitakuye Oyasin is a simple yet profound statement. It comes from the Lakota Nation and means all my relations. It is spoken during prayer and ceremony to invite and acknowledge all relatives to the moment. To most of us today, relative means a blood relation or another human in the family lineage. We have not been taught that an entity, other than human, could be a relative. Understanding this simple statement and contemplating it, could change your outlook on life forever. If you love and honor your relatives, you would be loving and honoring most of what is on this earth, if you lived by this meaning of *relative*. What a different world we would be living in! Sit with this statement, see the Truth in it. Everything is related because it all emanates from one source and has purpose. Truth can be found in Native philosophy, Buddhism, Christianity, Judism, Islam, all belief systems, because they are all related. I have studied Buddhism and found Christ. I have studied Native philosophy and found Buddha. I have studied Mother Nature and found self. Truth does not owe homage to humans. Humans owe homage to Truth.”

- Silver Wolf Walks Alone

### **Aho Mitakuye Oyasin (We are All Related)**

Ancestors of the past:  
Mothers, Fathers,  
Family, Friends,  
Teachers, kind companions,  
Honor to you;  
We exist because of your forbearance;  
We are here because of your hope;  
We carry forth in your intention,  
Thank you Ancient Ones.

Rocks that make up this earth:  
Honor to you;  
We exist because of your subsistence.  
We are here because of your substance.  
We carry forth on your ground.  
Thank you Ancient Ones.

Stars that make up the sky:  
Honor to you;  
We exist because of your eminence.  
We are here because of your radiance.  
We carry forth in your light.  
Thank you Ancient Ones.

We recognize our interdependence with the ancient ones;  
Our existence is dependent on theirs;  
Our body and spirit come forth from these ancestors;  
Our children are your children.  
Thank you to all our relations,  
We are all related:  
Aho Mitakuye Oyasin

- Jim Berg