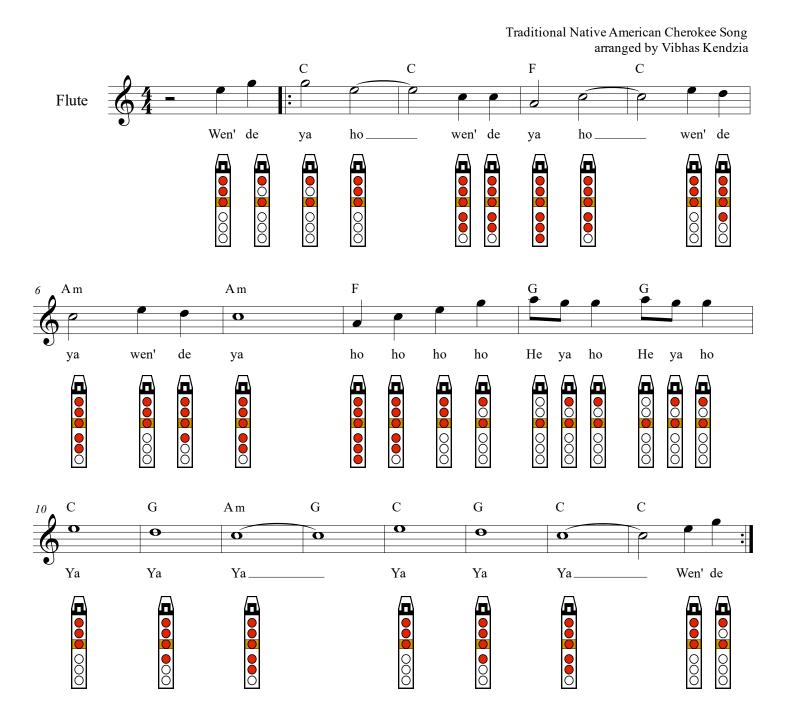
## "Wendeyaho"

## Cherokee Morning Song



Freely translated: "A we n" (I am), "de" (of), "Yauh" --the-- (Great Spirit), "Ho" (it is so). Written as: A we n' de Yauh ho (I am of the Great Spirit, Ho!). This language stems from very ancient Cherokee. The "Cherokee Morning Song" was sung by women only as part of the morning prayers, facing the rising sun, welcoming the new day.

Every morning, you must have a thought for the rising sun. He is the Great Spirit, the origin of life and the source of all wisdom. Like him, you shall know the birth and decline, before coming to shine again. Learn to observe. Every morning, nature shows you the return of life.

"Rise up early in the morning, wet your face with cold water and offers a prayer to the Sun, with a dawning feeling of the heart. The creation starts with you."