

TEACHINGS FOR LIFE AND MOTHER EARTH

A collection of *words* to live by ☯ Sheri DePetro

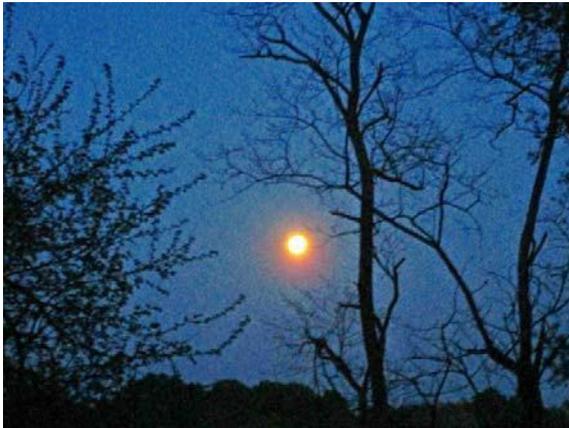
As a teenager, I was always fascinated with the *I Ching*, Daoism and Buddhism. I began collecting quotes and words of wisdom from all areas of life and have continued this tradition throughout my life. I share these words with you; my friends, relatives, colleagues and kindred spirits. Thank you for joining me on the journey.



I Ching Hexagram 64:

The message of hexagram 64: Every end contains a new beginning. Thus it gives us hope.
(Translation by Wilhelm)

Teachings for Life



“Anything that is sacred is a mystery and anything that is a mystery is sacred.”

~ **Henry Niese, spiritual leader and author, quoting Moses Big Crow, Medicine man**

“The way we live is the medicine.”

~ **Lillian Pitawanakwat, Anishinabe Elder and spiritual leader**

“One must have faith – without it you shut down and get unplugged from the source of energy that moves mountains.”

~ **“Ipu” Bernardo Peixoto, Brazilian Shaman**

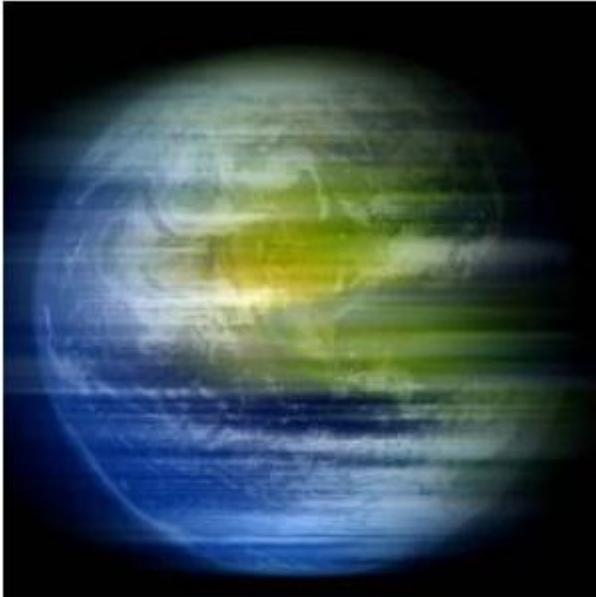
“The real intent of my writing is not to say, you must think this way. The real intent is: here are some of the many important facets of this extraordinary Cosmos; have you thought about including them in your worldview?”

~ **Ken Wilbur Jr., author**

Teachings for Mother Earth

“Will you teach your children what we have taught our children? That the earth is our mother? What befalls the earth befalls all the sons of the earth. This we know: the earth does not belong to man; man belongs to the earth. All things are connected like the blood that unites us all. Man did not weave the web of life. He is merely a strand in it. Whatever he does to the web, he does to himself.”

~ **Chief Seattle, Duwamish leader**



“The Medicine Wheel reminds us of many things, such as balance in the world, and the balance we must strive for everyday within ourselves.”

~ **Lillian Pitawanakwat, Anishinabe Elder and spiritual leader**

“How spiritual you are has nothing to do with what you believe, but everything to do with your state of consciousness. This in turn determines how you act in the world.”

~ **Eckhart Tolle, author, *A New Earth***

There is a difference between healing and curing, and you can be healed even if you're not cured. Healing is about making connections to something other than yourself, something that reminds you that you're not alone on the journey.”

~ **Carl Hammerschlag, MD, author, *The Dancing Healer***

“Anywhere you find yourself on earth, you have only to look to the west, the east, the north and the south; the sky and the earth and the center, which lies within your heart and you, will always know where you are”

~ **Lewis Mehl-Madrona, MD, author of *Coyote Medicine***

“In Daoism and especially in the study of medicine, we first have to learn how to heal ourselves; become familiar with who we are.”

~ **Jeffrey Yuen, Daoist master scholar, teacher and practitioner of Classical Chinese Medicine**

“I cannot say whether I chose this path, or it chose me. What I do know is that it has been a path full of heart, and that a series of what still seem to me to be accidents, or happy coincidences, and has led me and continues to beckon me down the path...That trail, or path you are on is a way of leading to some sort of enlightenment, a search, ultimately for yourself – your sacred self.”

~ **Henry Niese, spiritual leader and author, *The Medicine is Sacred***

