

Friends..... \*\*\*\*\* .....,

Some of these quotes are so old, no one knows the time. They come from my ancestors, from Kalaallit Nunaat, Greenland. They come from the oral tradition of the people at the Top of the World. Now for the first time the Elders have permitted the wisdom of the Old Ones to be written down. Treasure the words in your hearts.

May they lift your spirit.

In Unity,

Angaangaq - The Man Who Looks Like His Uncle.

Angakkorsuaq

## The Ancient Ones Speak.

- My way is not the only way.
- The greatest distance in the existence of Man is not from here to there nor from there to here. Nay, the greatest distance in the existence of Man is from his mind to his heart. Unless he conquers that distance, he can never learn to soar like an eagle and realize his own immensity within.
- The Old Ones say that one day when the rock-hard Big Ice becomes so soft that you can no longer leave your handprint on it, this would be the sign that Mother Earth is in great turmoil. My mother Aanaa Aanaqqi said she never thought she would witness the prophecy being fulfilled in her lifetime.
- The easiest ice to be melted is the ice on the ground, the hardest ice to be melted is the one in the heart of Man. Only by melting the ice in the heart of Man does Man have a chance to change and begin using his knowledge wisely.
- My Grandmother Aanakasaa says: Life is a Ceremony in itself, worthy of Celebrating with a Ceremony.
- The Beauty of the Circle is that we cannot see each other's backs and the Strength of the Circle is that we can only see each other's beauty.
- The prayer for the body is food. The food for the spirit is a chant. The food for the soul is a prayer, talking to the creator. And so, you and I will become whole.
- Every time you talk to your heart she will always speak back. Now is the time for you and I to learn to listen to our heart.
- Listen, listen, then listen more until the story becomes part of you. Then, only then, will you be able to tell the story in your world, your powerfully beautiful world.
- The most beautiful smile is a smiling heart.
- Lift up your spirit above the present so you can look with eyes of faith into your own future. Aanakasaa - my Grandmother - says that your future is powerfully beautiful, if only you could learn to see it.
- When something stops growing it dies.
- One single plant started with one single seed. When you find the seed of a berry, you hold in your hand a berry bush, which can sustain thousands of people with this single seed. That is the power.
- You are worth coming home to. Everyone of us is worth coming home to.
- Walk in a good way. Walk tall and powerful as you are meant to be, for times and times to come.

