

## Listening

In the dark  
pre-dawn mornings,  
I listen to the trees.  
Sometimes I hear nothing,  
but feel their reassuring presence.  
Sometimes words sail  
into my head,  
like the goldfinches  
landing on my bird feeder.  
Today they told me:  
Ground! Ground deeply.  
You will know people  
who get ill.  
You may know some who  
will die.  
You could even be  
one of them.  
Your task today  
is to ground and be  
a solid presence  
on this patch of earth.  
Watch us  
and follow suit.

- Maya Spector

## Shoulders

A man crosses the street in rain,  
stepping gently, looking two times north and south,  
because his son is asleep on his shoulder.

No car must splash him.

No car drive too near to his shadow.

This man carries the world's most sensitive cargo  
but he's not marked.

Nowhere does his jacket say FRAGILE,  
HANDLE WITH CARE.

His ear fills up with breathing.

He hears the hum of a boy's dream  
deep inside him.

We're not going to be able  
to live in this world  
if we're not willing to do what he's doing  
with one another.

The road will only be wide.

The rain will never stop falling.

~Naomi Shihab Nye  
*(The Red Suitcase)*

## **The Hopi Elders Speak**

### **We Are the Ones We've Been Waiting For**

You have been telling the people that this is the Eleventh Hour.  
Now you must go back and tell the people that this is The Hour.

And there are things to be considered:

Where are you living?

What are you doing?

What are your relationships?

Are you in right relation?

Where is your water?

Know your garden.

It is time to speak your Truth.

Create your community. Be good to each other. And do not look outside yourself for the leader. This could be a good time!

There is a river flowing now very fast. It is so great and swift that there are those who will be afraid. They will try to hold on to the shore. They will feel they are being torn apart, and they will suffer greatly.

Know the river has its destination. The elders say we must let go of the shore, push off into the middle of the river, keep our eyes open, and our heads above the water. See who is in there with you and celebrate.

At this time in history, we are to take nothing personally. Least of all, ourselves. For the moment that we do, our spiritual growth and journey comes to a halt.

The time of the lone wolf is over. Gather yourselves!

Banish the word struggle from your attitude and your vocabulary.

All that we do now must be done in a sacred manner and in celebration.

We are the ones we've been waiting for.

—The Elders Oraibi  
Arizona Hopi Nation