

Speaker 1 ([00:01](#)):

So beautiful to hear your voice. And that is water. The first language, we all have to back to it, it comes from our water. So I would always say, "How is your water?" And you really can feel it when you're near somebody, right? You can tell when somebody's not feeling relaxed, you can tell automatically, because your water is already speaking. Your water is speaking to whoever is near you. It's just like water carries messages. Water is communication. And that's why I like that title, From Weeds We Grow. We go back to creation story. And I like that thought, when she was picking, but she didn't probably say weeds. She was picking medicines.

Speaker 1 ([00:55](#)):

And everything from the time of that journey from the Sky World, and when we look at that journey from the Sky World, and that hole that she comes, that talks about birthing. And that relates to water. That was our first home. You have to remember, that was your first home. And you had to take care of your water if you want to carry a child. You have to have good thoughts so that that child will be in that water with lots of love. If you are anxious, as I say, worried a lot, that baby will be going like this, turning around, because the water is upset. So we would always refer to: "How is your water today? How are you feeling today?" Because water carries your message of your cells.

Speaker 1 ([01:57](#)):

And this is why we would say in the language, [foreign language 00:02:01], and that would be like this. We would go and we would check out your water. We were well ahead of Star Wars. We knew by just doing this, we knew the language of your body, the waters. And so when you prepare yourself every day in a good way, this is how you are able to communicate without even speaking. You are able to communicate with the plant life, with the weed, as they call weeds. You're able to talk to them, because they're just waiting for you. And how many of you have been outside and all of a sudden, you see the leaves moving? It's they're talking to you. But we have forgotten how to listen. We've forgotten how to be still. [foreign language 00:02:54] pick up your ears and listen.

Speaker 1 ([02:56](#)):

And we are, I guess you could say how my grandpa explained, we're like radios. I remember those radios a long time ago, those big old radios. And I was at my grandpas, I said, "Where's that voice coming from? How can that voice get in that box?" Because that's how big, our radio was this real big floor model. And I even asked if I could look in behind it to see who was in there, to see who was talking. But my grandfather said, "It's on waves in the air." And he says, "We all have forgotten to listen." He says, "Now we need to pick up our ears and listen." So that is a very important relationship. Listening to your water. Just take some time and listen to your water. We have to still our water sometimes, because if we don't still that water, that water disrupts our mind.

Speaker 1 ([04:04](#)):

That's how important it is. That's why the plant life, they are speaking to us. How many like the smell of cut grass? Yeah. That's their spirit has, as they say, it devastated me when I first heard, they're dying. When somebody cuts a grass, they release their spirit, and that's that fragrance. That's that smell. Everything is related to water, and that's why our people knew that you had to take care of water. And that's why our language, you all must have heard from the old people. You can't swear in our language. There's no way. Oh, there's funny ways of saying something, but there's no swearing. You know how

your grandma would get [foreign language 00:04:57] and it was just so that her water wasn't being disrupted.

Speaker 1 ([05:00](#)):

But today, every time you swear, you are harming yourself. You're harming your water. You're causing it to be, as they say, very rough. So all nature is always trying to calm our water. That's why you feel so good when you go into the forest. That's why, even when you lay on the ground, it's the water in the Earth and all creation. They're in communication. And it's so amazing, because the plants are speaking to you. The bees. The butterflies. They're all speaking. They're speaking the language that we all understood a long time ago, because that's what the Creator give us the gift to understand everything. That's why He made water as a form of communication. Isn't that amazing? It's amazing because you can speak to the water way up North, and that water will carry that message to the East Coast. And along that, he will share all that good message.

Speaker 1 ([06:05](#)):

So this is why we like to sing over the water, so that it brings that energy of love to all creation. So when it's coming down that river or stream, it's passing out goodness and kindness, and this is why when we hit that water drum, that's a powerful one. You give birth to that water drum, and I was so blessed when I got my own water drum. My hand is small, so our water drums are fit just to put in your hand so you can sing like that. But before you can use it, you have to give it birth. And that is, how I was taught, was you take a cup of water, and then you put it into the drum. You give that drum its life, communicating all those feelings that you have felt. To help you to be well. To help all things be well.

Speaker 1 ([07:10](#)):

And so when we use the water drum, the water drum carried not only our message, but it carried the message of all creation. It carried the water that was flowing that came from the Sky world. Can you imagine all those good thoughts from all creations? Especially the Creator, when he sent down that water. Can you imagine all that love that was put into that? And all the water that all the trees and all the plants, they took part of that. But people have lost that understanding. And today I was very sad, because I crossed our grand river, and what I saw was sad. It was very dark brown. Dark brown, and our river should never be that way.

Speaker 1 ([08:05](#)):

It makes me sad, because when people don't realize, they like to build up their cities where? Along the river. Along the waters. And what do they do? They flush their waste into that river. It's sad. It's really sad, that people have affected the water so much. Can you imagine how sad those fish and all creation are, knowing that the people have forgotten? And so we must bring that message back, because people have forgotten how to speak to water. You know, we could clear up the water, too. Every one of you could help. And I would need your help. Today is the time of the moon, and that's water. The water in us is that relationship between us and the Sky World. It's our relationship with our own Grandmother Moon.

Speaker 1 ([09:20](#)):

This was the first woman that came, and because she was here all alone, she had a lot of struggles. You know, you think this pandemic was terrible? Can you imagine her being without a home, being without a lot of things. Being without food. Here she came. And she was with child. She didn't give up. And that's

one of the most beautiful things. When we hear those stories, those stories are to let us know, they're to communicate from the past, that, "Get up." You can be resilient, because all creation show us that. And that's why we have our Thanksgiving address, because the trees, they cannot get up and run and get shelter. All the animals, all the plants, they cannot get up and run away. They have to take that renewal of life.

Speaker 1 ([10:17](#)):

So I'm sure that if we all got together, because we're starting to really open up and caring, we're taking care of our water by using good words to ourselves, we're using good foods to ourself. This pandemic in a way was a gift, that's what we are told. It was a gift to remind us how to appreciate what we have. Because our people have gone through a lot. Everybody has gone through a lot of challenges before. It's sad when you hear Mother says, "I never want my children to see this. I never want my children to experience this." This is reality. And we all need to not give up hope, because the natural world is always speaking to us.

Speaker 1 ([11:14](#)):

You know that rain that happened last week. It came to speak to us. How many heard that Grandpa speaking? Oh, he was speaking loud. He was saying, probably, "Come on, you guys. Get up here and say thank you." You know? We were always told when you hear that first thunder, you're to get up and give thanks, because He come to look after you. You'd like to thank your Grandpa when he comes and looks after you, right? He's taking care of your water. You have to remember that. He comes to take care of your water. He comes to take care of that water so that it is going to be usable for all creation. And that's why He had to really come, because all creation was speaking to Him. "Creator, we need clean water." And so He answered that. Yes, it rained very heavy, but it was because, if you see what is happening around, how we have forgotten how to take care.

Speaker 1 ([12:26](#)):

And the trees are speaking to us. The animals are speaking to us. And this is what we need to remember: we need to remember that all we have to do is listen. We can feel. We can feel. There is water in everything. And that is like us. Now, relationships. You know that Creator put water in us. That's logic. Why? Was to clean us. But everybody is abusing themselves by not using their water. They're making it stagnant. They're causing themselves to be suffering. I would say they're abusing themselves. They choose to abuse themselves. When the Creator doesn't want them to abuse themselves, this is why He give us water. We're to do ceremony because the water is that sacred gift. It is your birthplace. It is that home.

Speaker 1 ([13:33](#)):

It is the birthing of all, and so when I take this water, I always, no matter where I travel, I always speak to the water first. Wherever I travel across a territory and there's water, I say, "Hello." I always speak to my river when I go by, because I let the river know that I admire that journey that it's taking. And so I know the water thanks me, because I get a lot of good blessings. I get a nice fragrance of rain. I get a nice fragrance of the flower. It's like gratitude. So the rain opens up and lets them express their selves, the flowers, the plants, the Earth. Because that's how they speak, is by their fragrance. And that has come as a result of water.

Speaker 1 ([14:24](#)):

So we always go back to creation story, right now it is that first quarter, or it's their last quarter. We have to always remember, the Grandmother, she had all that life experience. You know? She cried. And she knew why she was given water. She cried because she had to renew herself, because she was in a place without, and she knew she had to be resilient, and that's what we need. We need to wash ourselves inside to be resilient, because it speaks to every cell. Every part of our cells, our bones, our tissues. If you are not drinking any water, your bones will be missing that communication, and your bones, when you get older, if you neglect yourself, this is why bones get brittle. And you know you can be walking and all of a sudden it'll snap. This is why you need water in your body.

Speaker 1 ([15:34](#)):

This is that relationship of taking care of that stability. Know we need movement. That is a very important relationship. That is that sacredness that the Creator give to us, when He give us that life, that first life, because He said, "I give you this breath, and because I give you this breath," He says, "I'm going to make moveable parts in you. Because," He says, "You need to be moving to move that water." That water has a relationship to perform on a regular basis. And so that water goes through and flushes you, to pick up any particles that is waste and to flush it out of your body.

Speaker 1 ([16:28](#)):

It can come many ways, and that's why the Creator put water in us. How many of you sweat? Well, you're supposed to. How many of you cry? Well, I sure do, because I know I need to release a lot. Release the pressure off my heart. Release the pressure off my neck, my shoulders, my back, my organs. That's a relationship. That is a very solid relationship. If you don't release it, those organs, they suffer. This is what causes a lot of health problems. That's why the Creator put... we're supposed to be fine moving machines. And that was because He give us water inside us. So a lot of people have headaches. You know what? It's because they're not drinking enough water. And then they'll take pills instead of drinking water.

Speaker 1 ([17:30](#)):

And that causes a little problem, because once you start taking pills, you'll end up taking another. So you have to be very careful. Now, we go back to Creation. So here She is. She's here on this Earth. And She remembers all those teachings that She was given in the Sky World. And She knew this is why She came to water. She was to hit that water, splash. But the birds kind of protected Her, but they put Her in that water, and a turtle came up, but that water splashed on Her. Now if I was to go like this, and splash water on you, that is to waken you up and to clear your mind. Isn't that amazing? The other way, too, was to put out the fire. When a little one was very upset and screaming and yelling, the Mothers would say, "Oh we got to put out the fire."

Speaker 1 ([18:42](#)):

So they would go and get the cup of cold water, and they would go and they would throw it on the little one. And you know when you get cold water thrown on you, what do you do? You go... and so, in a sense, your fire has been put out. No longer are you going to be angry. And so that's that relationship of maintaining peace. Maintaining peace. Now, the other part. You know, She never had a hot tub. She never had a shower. And one of the things that we need to get back to is having cold showers. When you were little, you could run in a lake and you could go and play. You didn't need it heated up. You knew. And I remember one of my granddaughters, we were at the lake for a long time and I tried to get

her out of there. And she was going like this. She wanted to stay longer. And that was because she loved that relationship. She loved that relationship, what it did for her.

Speaker 1 ([19:48](#)):

So that water was another gift to build up our immune system. See, when you use a lot of hot water, you weaken your muscles, you weaken that. Yeah, there is a time to have hot water, but majority, you are to be having cold showers. There was a picture given to me to share this teaching that I was doing. A young man says, "Grandma," he says, "Look at this picture I found." He came and talked to me later because I was talking about taking cold showers. Here he had brought me this picture of toddlers in their little bathing suits, like little bikinis or little swimming trunks, and here they were on the snow, rolling around in the snow. Walking around in the snow. See? That's water.

Speaker 1 ([20:50](#)):

So why should we complain when it's winter? That is another gift the Creator, He give us water to play, to relax us, to remove all those worries that's on us. That's why people, when there's guilt and shame, what do they do? They go and take a shower to make them pure again, to make them good again. And that's why that water has a very powerful medicine for all of us. And that's why we would call it the Jack of all trades. Does everything and anything. We can't live without it. So we have to start learning how to be thankful to it. We have to learn how to start being in ceremony. What does your hands do when you first thing, this is what my Grandma reminded me. When you go and wash your face, what do you do? You go like this. You're in ceremony. You're in ceremony. You're putting your head down and you give thanks to the water.

Speaker 1 ([21:58](#)):

You're acknowledging the water. And so you put it to your face and you renew yourself. You know, a long, long time ago, when the visitors start arriving here, one of the things they saw was our youthfulness. Our youthfulness. And it was all due to water. So the soldiers said, "What is this magic potion you guys are having that you look so youthful?" "Ah," we said, "It's water." And they, "Quit making fools out of us." And they end up killing a lot of our people because they thought we were making fools out of them. We said, "It's water. Just plain water." And it has medicine for everything that you need. But they said, "No." But yes, they had killed many people because we had told them the use of water. Isn't that silly? It's just like, wow.

Speaker 1 ([22:59](#)):

And that's so true. We are caught up in the Western world, where you have to put on a lot of... to make yourself look young. Now I was waling in the mall, and you know how they have those little booth with all the cosmetic and everything. And I go walking by, and she stopped and she goes, "Come here." She said, "What do you use for your skin?" I felt like that pioneer a long time ago when they ask you, "How do you keep youthful?" And I said, "Water." So she looks at me, "Water?" I says, "Yes, water." She said, "What makes your skin so smooth and so soft without wrinkles?" And I says, "Water." And she goes. So it was just like a replay in history.

Speaker 1 ([23:52](#)):

So always remember that water has giggles. It has giggles. Do you notice when you laugh, your water's like this? It likes it. This is why our back just gets so sore. Us indigenous people, we have some really good belly laughs, because it is medicine, and this is when it really shakes, oh heck. And my Mom would

say, "Oh heck in it." And she would be just laughing so hard. She would say, "Stop, stop." And we'd get laughing again. And pretty soon, you know what? That water changed, and I would always say, my mom looked so fresh again. So new again. And because a mother of 12, she needed renewal. She needed it. So, you see, just a simple gift of laughter. I don't know those scientific terms, but I always think of those happy cells inside us, and how they're just bubbly, just like ginger ale.

Speaker 1 ([25:11](#)):

My grandma would say it's just like ginger ale inside, and they just keep bubbling up and down inside us. And so it's up to you. You have that choice. That's what the Creator give you. You have a choice. Nobody else can make you upset or angry. You have a choice if you want to stay angry. And that's when our water becomes stagnant. It becomes rile. We'll end up having health problems because if we don't take care of that water, that's why the Creator said, "Cry if you need to cry, because I want you to." For those that need to open up, this is what we used to do at wood's edge. A lot of people carried grief. And what we did a long time ago was we would come and be out of our village and we would sit there and wait for the men to return, and we would take care of them, because they saw a lot of things that had abused their spirit.

Speaker 1 ([26:22](#)):

They saw drinking, they saw dysfunctional family behaviors when they went away. And so the leaders told, we must protect our people. We must not bring their water into our communities. And you know what they called that water? They call it fire water, because it disrupted. They call it a mind changer. And so they would see a lot of things. They would see a lot of things when that fire water took over. And it hurt them. It hurt their spirit. So this is when they would come home. We would make sure they never entered the village til we took care of them. And this is when we would brush their hair, comb their hair, take care of them. We used the feather, the lightness.

Speaker 1 ([27:25](#)):

And so now, what are the people doing? Because we've done that. Now they're into going like this. Tapping. Tapping your water. Tapping. To let go of all that trauma that's in your body. And that is like, "Hey, wake up." It's telling your body, let it go. It's okay. It's okay. So this is what we do, because I work in addiction field, too. And that's what we do, is helping to release the blockage that is in your cells, the anger, the hurt of traumas that's in your cell. And so we need water to move it, to move it and to flush it. This is why you'll see anger tears come in healing sessions, because we have to bring that water forward.

Speaker 1 ([28:13](#)):

We have to have that flood come through and wash out all the anger and the pain and all those things that makes them feel that way. So water has been a gift, a very special gift that we have forgotten how to take care of it. And that's why you need to be reminded. Are you taking care of your water today? Are you crying on a regular basis? You're supposed to be crying, really, more than four times in one month. You're always to be changing your water. Always changing your water, because what does it do? If you don't change your water, it effects everything in your body. Relationship with your organs, relationship with others, because others can pick up how your feeling. Their water is already talking to you. And so that really effects the little ones, the children.

Speaker 1 ([29:18](#)):

The children are the barometers. They know when things aren't right. Yet, they say they're cranky babies. They're colicky babies. You know why? It is because of the adults. Their water is talking to the child's water. So that baby is very smart. You know what that baby does? That baby will cry. You know, sometimes that Mom, she gets so upset she ends up crying herself, too. What? So that mother goes and picks that baby up, and what does she do? She starts rocking the baby. She starts rocking the baby. And the baby will keep crying, and she keeps rocking the baby. You know what? That baby says, "Hm, she's finally relaxing." Because after all, that mother will start to feel very good, because she has calmed her water. See?

Speaker 1 ([30:16](#)):

She has calmed her water. That baby has calmed her water. Any time a child needs comforting, what do we do? We rock them. We rock their water. We bring them back to a good place. We rock. And you know, you even do it to yourself. When you're in that place, when you are struggling with life sometimes, you don't know what to do, what do you do? Intuitively, your body will rock. Will rock, because what is it doing? It's going to put you back in balance again. And so this is why we have acknowledging the moon and people call them Moon Ceremonies. Well, October is the one that's the closest to the Earth. And you know Halloween was sacred, but there was jealousy out there, because we were very intuitive with listening to creation. Because the plants would talk to us and tell us what kind of medicine to use for someone that was having a problem.

Speaker 1 ([31:34](#)):

And the ones that were angry said, "They are witches." So this is why Halloween was created. Because they wanted to break that gathering of enlightened people. Because we would celebrate. We danced. We moved our water. We were celebrating life. And so what they saw was, they said, "Oh, they're worshipping the Moon." What we were doing was we were putting ourself in balance. We were bringing ourselves in that good place. And so I had a very good friend that did her thesis on women, and especially about the witches. And we used to get in some real good discussion and this is what she shared with me, was about Halloween. She comes from that Western route. The college, the university and that. And I come from the traditional. And so when we sat and talked about these things, I saw that's what happened, because there was still some sacred ceremony, because that moon comes closest to the Earth.

Speaker 1 ([32:52](#)):

That's when that energy between the two worlds, again, comes. You know why it comes that close? It's because we need to hear again. We need to intuitively be in tune with that energy. Oh how many of you are becoming in tune? I know many of you. Many of you. Because the Moon has been really, really becoming quite noticeable. And people are doing more ceremonies acknowledging the moon. So you are listening. And so we used to know that this time, that relationship from the Sky World to the physical world was to give us this energy for the renewing of our lives. And so what did we do? We have moon water. How many of you have used your moon water? This moon water can do miracles. And yes, even the Christians, they would gather the water on Easter Sunday.

Speaker 1 ([34:00](#)):

Yeah, Easter Sunday they would go out very early in the morning and they would dip their cup with the water flowing. This, and they would dip it, and they would take it and they'd give thanks. So it's not any different than what we do with Moon Ceremony. And that's what we have to understand. There's a lot

of similarities in how we acknowledge Creation. Especially with fire and water. So as I said, the Moon is very close. And so that October Moon was the time that we really celebrate, because what did we get? We got abundance of food to help us through the winter. That's why we have Thanksgiving in that time. Really meaningful. And there, again, comes our words. Being so grateful, all plants, when we speak to them they puff themselves up with love, because when you take them and eat them, you know your immune system's going to be boosted and you're going to be protected for the winter.

Speaker 1 ([35:12](#)):

But we're not eating the foods. What are we doing? We're abusing the sacred foods, the pumpkin. The pumpkin is sacred, but people just cut it up and throw it out afterwards. And that's disrespect. That's what I was told. And I often thought about that. Why would they make a real awful face on it when it come to give us a big smile, to give us life? That relationship, that smile was just to let us know that they were taking care of us. And so that time of October was a time that there was jealousy. Again, that's water being disrupted. Jealousy is water that's being disrupted. It affects all your organs. You cannot think right. Your whole body is in a struggle. And this is what had happened.

Speaker 1 ([36:20](#)):

And so we have again to see how much the vibration is all around the universe. There is man's law, that's the lowest. The universal law, and the spiritual law. And those two laws work together, the spiritual and the universal law. And so it's just like one goes over the other, and it makes that music. So there comes that music. And then they talk about how water became music at the time of Creation. So in that time, one of the brothers said, "I will make it easy for my people. They will not have to struggle. I will put in a current, and so if they get tired, they can just sit in it and it will take them home." "Ah, you're giving them too much. We have to have challenges once in a while." So he put rocks in that river.

Speaker 1 ([37:30](#)):

And so you know, at first he went, "Oh my gosh, they're going to get hurt." But no, the rocks started to sing a song. They bubbled. And so the sparkled, they danced. And so people are aware of them before they come to them, and so it's because of their music, the bubbling, and you see that over a rapid. And it is quite amazing that to go through rapids, it is a high. I've been on one. And I had to, because I wanted that relationship with the water. I was up in Alaska and I went white water rafting. It was birthing. It's all I can say. It was birthing, because I felt this is how birthing is. You have to hang on. And it was amazing. It was amazing.

Speaker 1 ([38:34](#)):

So every time, I always think of when you look into water, if you are angry, that water will be, as they say, shaped out of portion. It will be curled up or it will not shine like a star. When you say goodness and kindness, it is just like your water explodes and it becomes like sunbursts. And that's why they say, take care of your water. So if you really want to know more, look at Dr. Emoto. He has done a lot of work with our water. He validates a lot of our knowledge. That's what I said. We can clear up a lot of places if we only gather at the river and sing to it instead of abusing it. We should go every so often, go to the river and sing to it. And that's what he did. He showed that, that it can be done. And isn't that amazing? Just singing to the waters. And that's what we do to our children. We sing to their waters.

Speaker 1 ([39:52](#)):



We sing to our spirit to calm our waters. So why not do that? Water renews us. It has ability to repair us and restore us. And so when we go to sleep at night, when the sun sets, that means the water has now finished. It now needs to relax. And so this is why we're not supposed to be up very late. Well, after I'm done here, I'm going to a hot tub. I'm going to the water again, to take care of me. And people, we've always given bath. We give our children bath. And so that they can sleep well. And so know that your intention with water is that healing part. Honor it and celebrate it, that it has given you that renewal of life. I always look at it, how a flower, that's how my grandma explained when a broken spirit, it is like a plant. A dried out plant. It wilts and the ground is hard. And all it needs is water. Water and songs to sing to it. And that revives it. It brings it back to life.

Speaker 1 ([41:22](#)):

And that's what it is for all of us. The simple gift, that's what we need, is that water. Knowing the ceremonial part of it, saying thank you. Thank you for this amazing gift of renewing my life. We also knew that this moon water could heal, because when you put a lot of love in it, it has... I told my nephew it has superman power. It goes in and it can heal, because what it does, it goes, and when I put it on a broken skin and I use that water, and all my cells, my bones, they would feel that love going into my body. It's just like the sun shining through, that big sunlight coming through and then you feel all that love. And pretty soon wherever I'm injured will start to heal.

Speaker 1 ([42:27](#)):

That's how simple. We forgot that. we do not have enough faith, and that's the saddest part. We do not have enough faith today. That's why we run to medication. That's why we run to pills. That's why we run to fire water, because we want instant cure. But look at how long we have been ignoring our bodies, ignoring the role of water. You look at all the plants. They'll go so long and they need water. They need water. You know, if your grass turns brown, I would say that is a lot of people that have that in their being, "I don't care" attitude. We need to say, "I care." And when the water hears that, the water also cares. Because if we say we don't care, our water will also be saying the same thing. And so this is why a simple thing as soaking our feet and using the medicine, and we use that fire and water. Now we take a lot of pills.

Speaker 1 ([43:54](#)):

You see, they have overcoats on. And so when they go through, these two are the guards, and so it's just like going through a car wash. They go through, they don't know where they're supposed to, and then they go right to the septic bed, because they don't know where they're supposed to go. This is why indigenous people, we would gather the plant, we would dry it, and we would talk to the water and ask the water for its support and its purpose, what we're going to do with it. And that water now becomes our helper. It now carries that, it opens up that plant. And it also talks to that plant and says, "Together, we will bring forth a gift for this person that is asking for help."

Speaker 1 ([44:48](#)):

And so this is why there is that deep relationship with our medicine. There is that deep relationship. And so when we apply fire, the medicine, the weed, or the plant and water together, you see the three? The plant, the heat, the sun, and the water. And so this is how creation is. So it's almost like the two row wampum. It's almost like that. So in between, those white rows would be the fire, the plant, and the sun. So there are many, many illustrations to remind us on our relationship with water. Even the dogs

will, as they say, our animals know how to find water. It's us that have forgotten how to find water. How many of you know how to find water if you were left in the woods? Think about it. Think about it.

Speaker 1 ([46:05](#)):

You know, water comes first thing in the morning. It's the dew. It's the Grandmother's love. She touches all plants. And so that's your first drink. Also, you are to go out bare feet, and at first dew. That is powerful medicine. And you walk in that dew. So there's water all the time. It's amazing. So we have gathered here for the purpose of renewing our relationship with water. And I'm just looking at the globe and I just want to just mention this before I can ask some questions. At the time of Creation, the two brothers, one was creating all good things to our life skills to support us and how to recover, to be resilient and everything; and then his brother came around. He liked what his brother was doing and he tried to copy it, but he never completed it because he was impatient, so he'd just leave it.

Speaker 1 ([47:09](#)):

And so he was just almost like a little brother following you around and not finishing what he was supposed to do. So the brother said, "Well, I got to finish this, and he's not helping me," so he says, "I'm going to touch this water." He touched the water. It caused the land to divide. Now we have Turtle Island, and we have this other island. Europe. And he says, "Hm, he's going to be trying to come. I better do something else. I got to protect this Creation here. So he said, "Well, I'm going to put salt in there." Salt in there. So that's why the ocean is salty today. But that salt, he put that salt in there, is because those people that are traveling, that is another remedy to help their bodies, the salt water. How many use salt water?

Speaker 1 ([48:15](#)):

You gargle with it. You're supposed to gargle with it. You're supposed to soak your feet. How many of you have been to the ocean? Your body draws into the ocean. It pulls, it detoxifies us. And so this is why. But then, the brother woke up and he saw there was the ocean between them, and he says, "I have just as much power as my brother. So I'm going to fix him, too. I can do that, too." So he went and he touched it, and the water froze. So we have our medicines. Frozen water and salt water. Those are still medicines today. The Creator turned them into great medicine. So there is a lot more, but my body has said I have filled you with enough, and so I will answer some questions now.