



## Spiritual Practice: Lakota Prayer Traditions



This is the month of April, and we understand how much we have not been honest about the lives and spirituality of Indigenous people in this country. We share this prayer from the Lakota Tradition and encourage you to engage in honest conversation and reflect on the words of this prayer.

### **My Spirit is One With You**

My spirit is one with you, Great Spirit.

You strengthen me day and night to share my very best with my siblings.

You, whom my people see in all of creation and in all people, show your love for us.

Help me to know, like the soaring eagle, the heights of knowledge.

From the Four Directions, fill me with the four virtues of fortitude, generosity, respect, and wisdom; so that I will help my people walk in the path of understanding and peace.