

Reading helps us on our life's journey

By Mary Lou Smoke

I sure hope that everyone is enjoying this fabulous weather! It feels so great to have the sun beating down on our faces instead of getting whipped with wind and snow! But don't worry, that wind and snow is just around the corner, so get out of the house and enjoy whatever sunny days are left - if you get the chance!

I have been receiving many comments about my column that I share with you all. All of the remarks have been quite positive and uplifting. I have received e-mails from some readers and I have received phone calls - one as far away as Wisconsin! A lady from Alderville contacted me about some traditional herbal medicine literature. Unfortunately, I have misplaced the reply address that I had - so this might be a good opportunity to share some interesting titles that my husband and I have in our book case.

I am always reading! Everyday, I try to keep up with what is happening in the non-Native world by reading a daily publication that often has slanted views. (It is good to know what the adversary is thinking about!) I also read weekly and monthly Native Newspapers that are printed here in Turtle Island. My husband and I read through eight Aboriginal papers which keeps us well informed.

I am very grateful to the Creator that I can just go down to the basement where my husband and I have our very own Native library that contains close to five hundred books! We have been collecting these books for years and throughout our travels. I have been cataloguing them and have them stored in alphabetical order. Time has not permitted us the pleasure of being able to read all of them yet (one day!), but I would like to share a few titles that

I have had the chance to read. I have benefitted from the knowledge contained within these tomes. If you're interested in any of the following books, check out your local library or give us a call, and maybe we can connect you somehow.

Once a week, we help to facilitate the Medicine Wheel - a twelve step healing program. Every meeting, someone reads the daily writing from Don Coyhis' "Daily Meditations with Native American Elders". Don is Mohican. You may have seen his columns in some of the Native newspapers. He writes about "Wellbriety". For more information, contact the White Bison Inc., 6755 Earl Drive, Suite 110, Colorado Springs, CO 80918; telephone 719-548-1000.

The very first book that I recall reading that really opened my eyes was "Bury My Heart At Wounded Knee", by Dee Brown. I read that

book back in 1971, but it is still around.

"The Grieving Indian" is a book written by Ojibwe Elder, Art Holmes, who shares his discovery of help and hope. It gives some insight into alcoholism that often runs rampant in our families or communities. This book is published by Indian Life Books.

"The Mishomis Book - The Voices of the Ojibway" by Edward Benton Benai, which was published by the Red School House will let you know about the Mediawewin's legends and some of their beliefs.

"Mitake Oyasin" We Are All Related by Dr. A. C. Ross; Bear Publishing informs about our Traditional ways as do "Native Wisdom: Perceptions of the Native Way" and "Mother Earth Spirituality" both written by Eagle Man (Ed McGaa), Four Directions Publishing.

"Songs For The People" by the late Arthur Solomon; New Canada Publishers, is a must-have for persons wishing to discover the ways of a Great Anishinawbe Elder.

If you were to read these books that I've just listed, you will become very informed and then will be able to journey on to the next level of understanding.