

An Iroquois Prayer

**We return thanks to our mother,  
the earth, which sustains us.  
We return thanks to the rivers and streams,  
which supply us with water.  
We return thanks to all herbs,  
which furnish medicines  
for the cure of our diseases.**



**We return thanks to the corn,  
and to her sisters, the beans and squash,  
which give us life.  
We return thanks to the bushes and  
trees,  
which provide us with fruit.  
We return thanks to the wind,  
which, moving the air,  
has banished diseases.**

**We return thanks to the moon and the stars,  
which have given us their light  
when the sun was gone.  
We return thanks to our grandfather He-no,  
who has given to us his rain.**



**We return thanks to the sun,  
that he has looked upon the earth  
with a beneficent eye.**



**Lastly, we return thanks to the Great  
Spirit.  
in whom is embodied all goodness.  
and who directs all things,  
for the good of his children.**