

Ute Prayer

From the Uncompahgre Ute Tribe

Earth teach me stillness
as the grasses are stilled with light.
Earth teach me suffering
5 as old stones suffer with memory.
Earth teach me humility
as blossoms are humble with beginning.
Earth teach me caring
as the mother who secures her young.
10 Earth teach me courage
as the tree which stands all alone.
Earth teach me limitation
as the ant which crawls on the ground.
Earth teach me freedom
15 as the eagle which soars in the sky.
Earth teach me resignation
as the leaves which die in the fall.
Earth teach me regeneration
as the seed which rises in the spring.
20 Earth teach me to forget myself
as melted snow forgets its life.
Earth teach me to remember kindness
as dry fields weep with rain.