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Ten ways ancient Native American wisdom can lead to a more balanced life today

GRAND RAPIDS, MI – February 7, 2011 – In a world full of high stress, war, ecological disasters, and financial upheaval, the co-author of the inspirational biography of a traditionally trained Native American elder shares ancient indigenous secrets for a leading healthy, balanced life.

“Indigenous peoples have much to teach about the attitudes and actions that lead to living a good life,” states Molly Larkin, co-author of *The Wind Is My Mother, The Life and Teachings of A Native American Shaman*. “As I struggled with fear of an uncertain future, money woes and a high stress job, I turned to Bear Heart’s simple teachings and they have transformed my life.”

Larkin offers the following life tips from Bear Heart:

- Never complete a negative statement. You might start out thinking it, but don’t complete it because you’re about to enter it into the computer in your head and it could come true.
- Develop your powers of observation. Be aware of everything going on around you -- it could save your life.
- Whenever we pray for something and receive it, one thing that Native people are taught to do is say thank you. When you do that, many more blessings come.
- Native people teach never point a finger of scorn or judgment at your fellow man because when you point, there are three fingers pointing back at you.
- When you give a lifting hand and make someone feel better for it, you’ve given that person medicine.
- If you practice using your instincts with small things, such as whether you need your jacket when going outside, you will eventually be able to rely on them for the big decisions in life.
- Life as though you might die tomorrow. Do what you would like to be doing, and do your best each day.
- Morning prayer: “I thank You for another day. I ask that You give me the strength to walk worthily this day so that when I lay down at night, I will not be ashamed.”

- The beauty of silence, the lack of frenzied activity for a period of time helps us collect our thoughts and center our lives so we can maintain a sense of calm when we return to the hectic society and resume our work.
- Too often we define success in terms of financial achievement. View success instead as doing your very best at all costs.

The Wind Is My Mother, The Life and Teachings of a Native American Shaman, published by Berkley Books, is available in bookstores nationwide for \$15.