

# INDIAN SPIRIT



Little Bird

The Sun Dance is so sacred to us that we do not talk of it often.... The cutting of the bodies in fulfillment of a Sun Dance vow is different from the cutting of the flesh when people are in sorrow. A man's body is his own, and when he gives his body or his flesh he is giving the only thing which really belongs to him.

Chased by Bears  
Yanktonai Dakota



When a man does a piece of work which is admired by all we say that it is wonderful; but when we see the changes of day and night, the sun, the moon, and the stars in the sky, and the changing seasons upon the earth, with their ripening fruits, anyone must realize that it is the work of someone more powerful than man.

Chased by Bears



Little Bird  
Southern Arapaho