

## Resources: Life Lessons from the book RED THUNDER

In RED THUNDER, readers see through new eyes essential life lessons, including:

- Respecting elders' wisdom and appreciating the many rewards of extended family.
- Living in harmony with the earth, nature, and the animal kingdom.
- Opening ourselves to the incredible healing power of nature.
- Incorporating ceremony and prayer in daily life.
- Properly honoring motherhood, marriage, childbirth, and major rites of passage.

Author David Matheson, a respected member of the Coeur d'Alene Tribe, is a traditional leader who has worked continuously to retain tribal cultural traditions, native language, and ceremonial practices, keeping his heart in the traditions of his people and his talents and understanding in the 21st century. His knowledge of ancient teachings provides him with a deep understanding of the ceremonial practices of native people.

### The Way of the Warrior.

*"Death, losing life, and fighting for life are sacred things. The warrior way is not about glory and celebration." (p.33)*

### Our Familial Bond with the Land

*"The mountains and the lakes, they are a part of us...It feels like us, like we do. The country is alive. It knows us. It is related to us. It is our Noona, our mother. It is our family. It is our belonging." (p. 56)*

### Our Animal Protectors

*"A low-lying eagle passed overhead, looking intently back and forth through the forest. He was the guardian of the land, the protector against evil. Should he ever disappear or cease to exist, the land and all upon it would perish." (p.68)*

### The Healing Power of Nature

*"Just to be in nature has medicinal power. It opens your heart and your mind. As you turn your mind to nature, your soul is refreshed. When the soul is renewed, the heart and mind are joyous and the body is healed. Nature makes you turn to the Higher Power in thankfulness. Moreover, in your spiritual thanksgiving, the soul rejoices. The healing power of the natural world is magnificent." (p.74)*

### Respect for Ceremony

*"Ceremonial ways are sacred and powerful. Only those so authorized by the sacred beings of nature could conduct them, or pass them down to others whom they deemed worthy or qualified to conduct them. Our ceremonial ways were protected from abuse or misuse. To mimic or pick up someone's ways, without proper authorization, was more than wrong or foolish. It was dangerous.*

*"Spiritually, it would not work out for you or the people you tried to help. Some great misfortunes might actually befall you or your loved one." (p.210)*

## The Role of Heroes

*“We want peace. We want the goodness of life. That is why we are blessed by the Kolunsuten (God). We never kill or take life indiscriminately, nor do we take slaves. All people are equal. War at just any cost is insanity; but peace at all costs is slavery.” (p.237)*