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### **A message from the Hopi Elders 2001 To my fellow swimmers:**

There is a river flowing now very fast.

It is so great and swift that there are those who will be afraid. They will try to hold on to the shore, they are being torn apart and will suffer greatly.

Know that the river has its destination.

The elders say we must let go of the shore, push off into the middle of the river, keep our heads above the water.

And I say, see who is there and celebrate.

At this time in history, we are to take nothing personally, least of all ourselves, for the moment that we do, our spiritual growth and journey come to a halt.

The time of the lone wolf is over.

Gather yourselves. Banish the word struggle from your attitude and vocabulary.

All that we do now must be done in a sacred manner and in celebration.

**We are the ones that we have been waiting for.**