

# Roadmap for Hope

*“You have been granted audiences with the oldest spirits within me.  
Listen to those words and pass them on.  
Take them into your own heart and try to get others to do the same.”*

—Spirit of the Universe

In Book 1, the Anquetas tells us, “If you want to put the world in a positive, healing place, remember this: the act of wanting something generates a feeling of want, which is negative, adding to the problem. Believe positively that things are better or are on the road to improvement. This thinking creates positive energy. There is a difference between wanting, believing, and knowing. Knowing is the best, the strongest. Knowing how the world should be generates the strongest positive force. Do uplifting activities, simple things that create joy in your life, and think positive, grateful, and hopeful thoughts while doing them.”

1. Honor our Earth—connect with nature.
2. Care for the body—make healthy choices.
3. Create with joy—do uplifting things.
4. Raise vibrational energy—smile and laugh.
5. Know that there is plenty—share what you can.
6. Respect each other—make personal connections.
7. Ask for assistance—reach for the Light.
8. Live with gratitude—appreciate what is.

Roadmaps have multiple sideroads you may take toward your destination. On the spiritual path, detours provide new vistas, awaken your awareness, and can elevate your consciousness.

## ***Lakota Instructions for Living***

*Friend do it this way—that is, whatever you do in life,  
do the very best you can with both your heart and mind.  
And if you do it that way, the Power of the Universe  
will come to your assistance  
if your heart and mind are in Unity.  
When one sits in the Hoop of the People,  
one must be responsible because All of Creation is related.  
And the hurt of one is the hurt of all. And the honor of one is the honor of all.  
And whatever we do affects everything in the universe.  
If you do it that way—that is, if you truly join your heart and mind as One,  
whatever you ask for, that is the Way It's Going To Be.*

—passed down from White Buffalo Calf Woman

