

HELP CREATE A KINDER WORLD

YOUR GUIDE TO INDIGENOUS WISDOM



# ONE HEART

ONE SPIRIT



AUSTRALIA

[createkinderworld.org](http://createkinderworld.org)  
THE ONE HEART-ONE SPIRIT PROJECT



“This film provides a truly moving experience, showing the beauty in seemingly little things. To put it dramatically, One Heart-One Spirit offers a solution for the quickening demise of the entire human race – show respect for each other and our world.”

– Chelsea Wick, Film Ink

## ACKNOWLEDGEMENTS

This Guidebook could not have been made without the generous spirit of Beverly and Kenneth Little Hawk who deeply believe in the central message of the **ONE HEART-ONE SPIRIT PROJECT: Help create a kinder world by taking better care of each other and taking better care of the Earth.**

Authors: Anne and John Pritchard

A free download of this guide is available at [createkinderworld.org](http://createkinderworld.org).

For printed booklets contact:  
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### THE ONE HEART-ONE SPIRIT FILM

Visit [onehearttribe.com](http://onehearttribe.com) for more info.

#### Film Production Credits

Writer/Director/Editor: John Pritchard  
Producers: Beverly and Kenneth Little Hawk  
Executive Producer: Greg Reeves  
Director of Photography: Paul Tait  
Interviewer and 2nd Camera: Melanie Hogan  
Narrators: Jack Thompson and  
Kenneth Little Hawk  
Original Music: SINH-TALA - Kenneth Little Hawk (flutes), Greg Reeves (guitars), and John Pritchard (drums and keyboards)

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**NOTE: SEE ALL VIDEO CLIPS AT [ONEHEARTTRIBE.COM/VIDEO](https://onehearttribe.com/video)**





YOUR GUIDE TO INDIGENOUS WISDOM

# 1 HELP CREATE A KINDER WORLD

[createkinderworld.org](http://createkinderworld.org)

# HELP CREATE A KINDER WORLD

## YOUR GUIDE TO INDIGENOUS WISDOM

Indigenous Peoples worldwide number between 300-500 million, live in 90 countries, embody and nurture 80% of the world's cultural and biological diversity, and occupy 20% of the world's land surface. They speak an overwhelming majority of the world's estimated 7,000 languages and represent 5,000 different cultures.

Welcome to ***YOUR GUIDE TO INDIGENOUS WISDOM***. This Guidebook showcases key principles of indigenous culture based on video clips from the ***ONE HEART-ONE SPIRIT*** movie.

**This Guidebook will introduce you to the time-tested wisdom of Indigenous Peoples to help us all create a kinder world.**

You'll learn about important indigenous beliefs from Native American elder, Kenneth Little Hawk, Australian Aboriginal leaders of the Yolngu nation, and Australian cinema legend, Jack Thompson, official Ambassador of the annual *Garma Festival*. The *Garma Festival* is the most important annual Indigenous event in Australia and the location of the ***ONE HEART-ONE SPIRIT*** movie.

**AUSTRALIAN ABORIGINAL CULTURE HAS SURVIVED FOR OVER 40,000 YEARS**





# THE ONE HEART-ONE SPIRIT PROJECT

## OUR FILM PARTNER



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## OUR SPONSOR



[EMPOWERMENTWORKS.ORG](http://EMPOWERMENTWORKS.ORG)

EMPOWERING  
LOCAL SOLUTIONS  
FOR A THRIVING  
WORLD

**The One Heart-One Spirit Project** was founded in 2016 to expand on the message of the **ONE HEART-ONE SPIRIT** movie by creating supplementary educational material. “**HELP CREATE A KINDER WORLD - Your Guide to Indigenous Wisdom**” is our first instructional GuideBook, website and free iBook/PDF download written by Anne Tantalo and John Pritchard in collaboration with Beverly and Kenneth Little Hawk. It will be distributed as part of the **2017-18 One Heart Movie-College/University World Tour**. **The One Heart World Tour** is coming to a College near you! Our **Film Partner** is **Tourism Australia** and our **Sponsor** is **Empowerment Works**, empowering local solutions for a thriving world.

**The One Heart-One Spirit Project** celebrates indigenous wisdom by promoting respect and equality for all human beings, as well as respect for the Earth with its incredible biodiversity of animals and plants.

**It is now time for the world to come together in harmony and learn from our indigenous brothers and sisters who can teach us the wisdom of their ancestors and help us create a kinder world.**

The **ONE HEART-ONE SPIRIT** movie experience will forever serve as a foundation for inspiring kindness in the world. Visit [onehearttribe.com](http://onehearttribe.com).



# THE GOAL OF THIS GUIDEBOOK

## THE GOAL OF THIS GUIDE TO INDIGENOUS WISDOM:

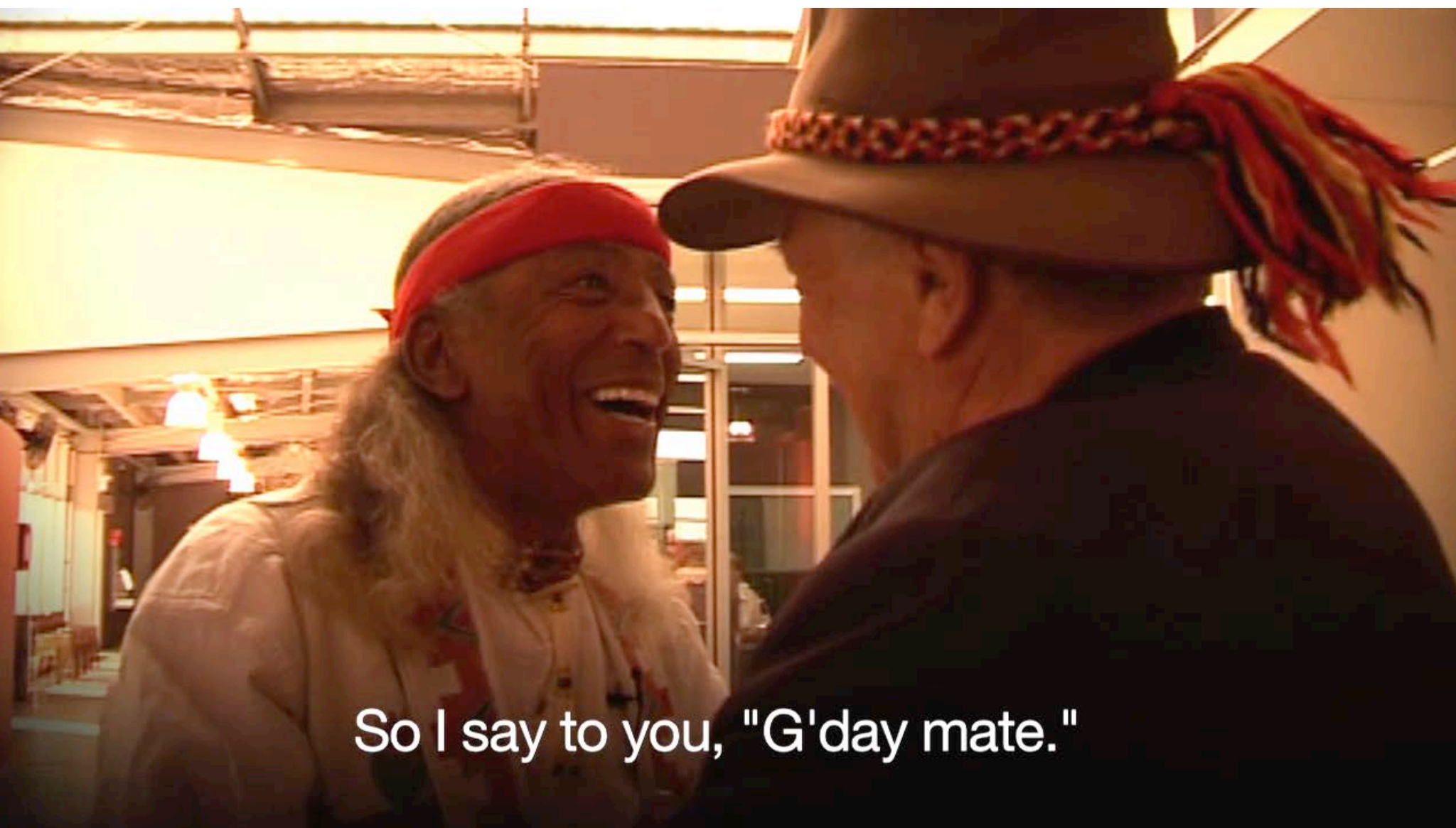
Inspire us all to take better care of each other and take better care of the Earth. This is the essence of indigenous wisdom around the world.

After reading the **GUIDEBOOK**, we hope you will embrace the following principles presented in the **ONE HEART-ONE SPIRIT** movie:

- **Respect All People & the Earth**
- **Become Less Materialistic**
- **Think Seven Generations Ahead**
- **Be More Compassionate**
- **Be Humble and Do Not Humiliate**
- **Give Love and Practice Forgiveness**
- **Be Patient**
- **Meditate and Connect with Nature**
- **Be Kind and Do No Evil**
- **Give Many Gifts**

*“We need to remember to be humane, compassionate, and unselfish.”*  
—Kenneth Little Hawk

In other words: Always try to be kind! **Every act of kindness counts, no matter how great or small! Help Create A Kinder World!** Visit [createkinderworld.org](http://createkinderworld.org).



So I say to you, "G'day mate."



# THANK YOU KINDLY FOR READING THIS GUIDE

## OUR MISSION:

*Thank you for your interest in reading this Guide to Indigenous Wisdom. We hope it inspires you to be an even kinder person than you already are.*

—John Pritchard  
Founder/Director,  
THE ONE HEART-ONE SPIRIT PROJECT

Predicated on the good-hearted theme of the movie, the **ONE HEART-ONE SPIRIT** mission is to **help create a kinder world.**

We do this by promoting the indigenous wisdom contained within the **ONE HEART-ONE SPIRIT** movie: **how to take care of one another and how to take care of our Mother Earth.** We are all part of the the same human family, the One Heart Tribe. Visit [onehearttribe.com](http://onehearttribe.com) to learn more about the movie.

Now is the time to bring indigenous and non-indigenous people together in harmony. We are bringing the **ONE HEART-ONE SPIRIT** movie to college students and the general public all over the world. We hope you enjoy this Guide!

### MAKE A CONTRIBUTION TO SUPPORT OUR MISSION

We are a 501(c)3 non-profit project and welcome your generous, tax-deductible donation.

Please donate by check, made out to **ONE HEART-ONE SPIRIT**, and mail to: One Heart-One Spirit, 150 Candlewood Drive, Williamstown, MA 01267.







# ONE HEART

## ONE SPIRIT

## WATCH VIDEO CLIPS FROM THE MOVIE

Join Native American elder, Kenneth Little Hawk, in Australia and discover the oldest surviving culture in the world.

[VISIT: ONEHEARTTRIBE.COM](http://ONEHEARTTRIBE.COM)

The 3 day Australian Garma Festival in Northeast Arnhem Land brings non-indigenous and indigenous people together in celebration. Garma means: "Coming Together in Harmony." The **ONE HEART** movie was shot on location at the Garma Festival where Aboriginal culture has been present for over 40,000 years.

WATCH VIDEO #1: Visit [onehearttribe.com/video](http://onehearttribe.com/video)



*"The One Heart movie provides historical insight into one of the world's oldest surviving cultures in northern Australia while simultaneously speaking to the very important issue of human diversity and caring for the environment. It's great to hear this movie will be reaching college students all over the world."*

—Magnus Bernhardsson, Williams College Professor of History and Global Studies



# MOVIE TESTIMONIALS



The **ONE HEART-ONE SPIRIT** movie had its International Premiere in Australia on July 15, 2017 at the Melbourne Documentary Film Festival and won Best Indigenous Documentary.



“This film provides a truly moving experience, showing the beauty in seemingly little things. To put it dramatically, One Heart-One Spirit offers a solution for the quickening demise of the entire human race— show respect for each other and our world.”

—Chelsea Wick, Film Ink

***"There is a shift taking place on planet earth. Whether it is business, academia or government, the next generation wants something new....something human. They can feel it deep within. One Heart - One Spirit shares this awakening by going back to the oldest living indigenous people on the planet; the Aboriginal people of the Yolngu Nation. Be prepared for the beauty and majesty of this documentary as it awakens your heart...as it did mine."***

- Brad Szollose, Global Business Adviser and Best-Selling Author of *Liquid Leadership: From Woodstock to Wikipedia*

***"One Heart-One Spirit shows us the need to discover the threads and emotions that bind different cultures together, the harmony we need to ward off an apocalyptic future. Underneath the unnatural boundaries societies have created to mark their ways, their means, their lands, lies nations peopled by individuals who should seek the togetherness understood by the first nations. One Heart explores these themes by documenting the journey of Little Hawk, a Native North American, to the renowned Garma festival, Australia's most significant Indigenous event, and a model for self-determination, reconciliation, Indigenous knowledge sharing, transfer and exchange."***

- David Greenberg, Director of Marketing, Music Works International

***"What an unexpected film! Its inspiring message, and the incredible people that inhabit it, shows the way to a much-needed bridge between the ancient wisdom and contemporary thinking. This film is something everyone should see and meditate long and hard over. Outstanding."***

- Perry Vayo, Academy Award-winning Screenwriter, Media Producer

***"This movie is wise, spiritual, and all about us being one Human Family. It will give the young people hope about what direction to go. The truth is our real mother is Mother Earth and there is no waiting... we must save the Earth now!"***

- Rich Damone, Educator and Musician

***"This film has such a positive message. And it manages to convey it without stepping on a lot of toes."***

- Charlie Tokarz, Educator and Musician

***"It's an excellent documentary...very authentically shot and the choices of interactions were diverse... the music is really good...Great film."***

- Bill Elberty, Founder and Coordinator of the QUEST Program for "at risk" students in grades 9-12

***"Best movie I have ever seen! ... It's all about humanity!"***

- George "Circling Eagle" Tooks, Actor, Singer





The **ONE HEART-ONE SPIRIT** movie will be on an international tour of colleges and universities in Australia, Asia, Europe and the Americas during 2018 and 2019.

#### USA Screenings:

Williams  
Amherst  
Dartmouth  
Cornell  
RIT  
Harvard  
MIT  
Boston College  
Boston University  
Tufts  
Yale  
NYU  
Columbia  
Princeton  
Stanford  
Berkeley  
UCLA  
USC  
Caltech  
Johns Hopkins  
Georgetown  
Howard University

***"What a beautiful and seamless movie about indigenous wisdom. It's a very compelling message that the entire world needs to embrace."***

- Gene Carletta, Electric Boat Designer, Owner of Blue Planet Catamarans

***"The overall message of peace and unity is wonderful and the photography of the aboriginal people is beautiful."***

- Matt Bosson, Writer, Director, Producer

***"Great to see the harmony between all the people... from the North and South, and East and West!"***

- Viggo Mortensen, Actor, Poet, Artist, Musician, best known for playing Prince Aragorn in the *Lord of the Rings* trilogy.

#### COLLEGE AUDIENCE FEEDBACK

***"The film was an outstanding introduction to the Yolngu people in a careful, thoughtful and respectful way. My students were riveted to the film and really excited to discuss it afterwards. The interweaving of the two cultures worked magically together to bring out the commonalities they and we all share, and to explain so well the many important messages of the film."***

- Jess Le Vine, Brookdale College Professor of History

***"The cinematography was exceptional - it really worked to bring out the messages in the film."***

- Jennifer Yanibelli, Brookdale College Video Producer

***"The film shows what being compassionate is all about: the strong sense of family and mutual respect, the acceptance of all life unconditionally and the power of positive thought."***

- Native American Studies student

***"The incredible endurance and patience of the Yolngu people really came through in the film."***

- Native American Studies student

***"The way in which the people in the film talked about life and humankind was very captivating - you can easily connect on a personal level."***

- Native American Studies student

***"The theme of togetherness and continuity is strong throughout."***

- Sociology student

***"The cultural commonalities between American and Australian original peoples really comes through!"***

- Sociology student





# 2 RESPECT ALL PEOPLE & THE EARTH

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# RESPECT ALL PEOPLE AND THE EARTH

Indigenous people believe we must not only respect all humans as family, but also respect the Earth and all its species. This idea of “kinship” with all life is central to living a happy, balanced and meaningful life.

The modern world has much to learn from our indigenous brothers and sisters. We are not separate. We are all part of the same human family and like any family it is critical that we care for one another. The same goes for our relationship with the Earth. We must honor and respect the land, the sea, the air, the animals, the plants... all life is our family: One Heart, One Spirit.

**WATCH VIDEO #2:** Visit [onehearttribe.com/video](https://onehearttribe.com/video)



Kenneth Little Hawk shares the “How Would It Be?” poem with the radio audience in the Northern Territory of Australia.



# HOW WOULD IT BE?

KINDNESS  
BEGINS WITH  
RESPECT AND  
CARING FOR  
ONE ANOTHER.

The Earth is our  
Mother who provides  
humanity with water  
and plants and animals  
for our survival. We  
need a healthy Earth if  
we wish to survive.

“How would it be if you, yes you, looked at me as brother?  
How would it be if she, over there, looked at her, over there,  
as sister? Elders, all elders, as Grandmother and Grandfather.  
And the children, all of the children, as our own.  
How would it be if we looked at Earth as Mother?  
How would it be if we looked at Sky as Father?  
How would it be if we really cared for each other?  
That’s the reason our ancestors existed at all.  
How would it be?”

— Kenneth Little Hawk



How would it be if we looked at Earth as Mother?





# WE CAN SHOW RESPECT TO ALL PEOPLE

When we respect and treat our fellow human beings as family, we can better walk in each others' footsteps and practice the kindness of unconditional love.

*"So live your life that the fear of death can never enter your heart. Trouble no one about their religion; respect others in their view, and demand that they respect yours. Love your life, perfect your life, beautify all things in your life. Seek to make your life long and its purpose in the service of your people.*

*Prepare a noble death song for the day when you go over the great divide. Always give a word or a sign of salute when meeting or passing a friend, even a stranger, when in a lonely place. Show respect to all people and bow to none. When you arise in the morning, give thanks for the food and for the joy of living. If you see no reason for giving thanks, the fault lies only in yourself. Abuse no one and nothing. For abuse turns the wise ones to fools and robs the spirit of its vision.*

*When it comes your time to die, be not like those whose hearts are filled with fear of death, so that when their time comes they weep and pray for a little more time to live their lives over again in a different way. Sing your death song and die like a hero going home."*

—Chief Tecumseh (1768-1813), Shawnee tribe, Ohio/Missouri/Oklahoma.





# 3 BECOME LESS MATERIALISTIC





It's time now for non-indigenous

## BECOME LESS MATERIALISTIC

We must not limit ourselves to a materialistic view of life that sees everything as separate and disconnected.

*“For us, it’s a spiritual land with spiritual people. It’s time now for non-indigenous to be able to start to learn to enter into that spirituality and start to taste, taste that sweetness, like wild honey, of that spirituality. That’s beautiful.”* —Dr. Djiniyini Gondarra, Yolngu elder.

**WATCH VIDEO #3:** Visit [onehearttribe.com/video](https://onehearttribe.com/video)



Yolngu elder, Dr. Djiniyini Gondarra, speaks about how it is now time for non-indigenous people to become more spiritually connected to the Earth.



# BE LESS SELF-CENTERED

WE MUST CURB OUR EGO. WE ARE NOT THE CENTER OF THE UNIVERSE.

It is possible to have much greater respect for our fellow humans, as well as the plants, the animals and the Earth, upon which we depend for survival.

The world does not revolve around us and only us. We are part of a wonderful world and while we certainly have the option to selfishly serve ourselves, it is a much better idea to serve others. It is this very act of service to others that lies at the heart of indigenous wisdom. Being generous of spirit has many benefits, from creating better relationships, to making the world a more harmonious, peaceful place.

By being considerate and curbing our egos, we can truly develop meaningful relationships. We can be less egotistic by getting off that high horse of superiority and listen to what our friends and family have to say. Acting superior is really a mask for deeper insecurities that foster negative outcomes. Forgetting the rights and well being of others is no way to be a success. Exploiting other people's weaknesses may temporarily give you the upper hand, but ultimately you will lose and have no friends on whom you can depend. See **Chapter 6** on Humility.



We cannot afford to treat ourselves



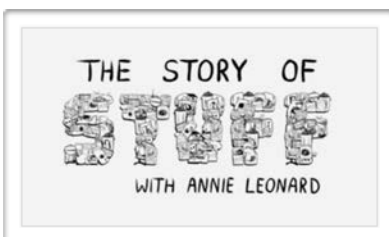


as the center of the Universe,

## CAN WE END OUR MATERIALISM?

Be more selfless. Put your energies into helping others and use money to free yourself, not chain yourself down to more material possessions.

Check out *The Story of Stuff* movie that is all about the impacts of our consumer-crazed culture on people and the planet. It has been viewed over 40 million times: [storyofstuff.org](http://storyofstuff.org)



The indigenous way is good-hearted, not materialistic. Materialism is a value system that is preoccupied with possessions and the social image they project. Indigenous cultures are preoccupied with strong, interpersonal relationships and the social well-being those relationships produce.

**WATCH VIDEO #4:** Visit [onehearttribe.com/video](http://onehearttribe.com/video)



and everything else as a kind of disposable non-entity.

Australian acting legend, Jack Thompson, speaks about how we must relearn about our connection to nature and stop being so self-centered and materialistic.





# 4 THINK SEVEN GENERATIONS AHEAD

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## THINK SEVEN GENERATIONS AHEAD

Every decision should result in healthy, sustainable relationships seven generations into the future.

These healthy, sustainable relationships are not only for people, but also for every living animal, plant and ecosystem on the Earth.

We must consider our decisions as they will affect the future and prevent the destruction of our planet

Learn about ECOCIDE:  
[See pollyhiggins.com](http://pollyhiggins.com)

Before we engage in any harmful activities, we must consider the long-term effects on the people and the Earth seven generations ahead. This is the philosophy many indigenous peoples use for making sure the youth and future generations will thrive.

**WATCH VIDEO #5:** Visit [onehearttribe.com/video](http://onehearttribe.com/video)



Kenneth Little Hawk shows the young Yolngu boy how the flute works to the delight of his Grandparents & others looking on. The flute is an unfamiliar instrument in Aboriginal Australia.



# THE SEVENTH GENERATION

MAKE  
DECISIONS  
THAT WILL  
BENEFIT ALL  
FUTURE  
GENERATIONS!

The Constitution of the Iroquois Nation, "*The Great Law of Peace*," explains the "seventh generation" philosophy as follows:

"The thickness of your skin shall be seven spans -- which is to say that you shall be proof against anger, offensive actions and criticism. Your heart shall be filled with peace and good will and your mind filled with a yearning for the welfare of the people of the Confederacy. With endless patience you shall carry out your duty and your firmness shall be tempered with tenderness for your people. Neither anger nor fury shall find lodgement in your mind and all your words and actions shall be marked with calm deliberation. In all of your deliberations in the Confederate Council, in your efforts at law making, in all your official acts, self interest shall be cast into oblivion. Cast not over your shoulder behind you the warnings of the nephews and nieces should they chide you for any error or wrong you may do, but return to the way of the Great Law which is just and right. Look and listen for the welfare of the whole people and have always in view not only the present but also the coming generations, even those whose faces are yet beneath the surface of the ground -- the unborn of the future Nation."

## The Constitution of the Iroquois Nation

was used as inspiration for the *United States Constitution* and in 1988 was recognised as such by a resolution in Congress.

We the People of the United States, in order to form a more perfect Union, establish Justice, insure domestic Tranquillity, provide for the common defence, promote the general Welfare, and secure the Blessings of Liberty to ourselves and our Posterity, do ordain and establish this Constitution for the United States of America.

### Article 1

Section 1. All legislative Powers herein granted, shall be vested in a Congress of the United States, which shall consist of a Senate and House of Representatives.

Section 2. The House of Representatives shall be composed of Members chosen every second Year by the People of the several States, and the Electors in each State shall have Qualifications requisite for Electors of the most numerous Branch of the State Legislature.

No Person shall be a Representative who shall not have attained to the Age of twenty five Years, and been seven Years a Citizen of the United States, and who shall not, when elected, be an Inhabitant of that State in which he shall be chosen.

Representatives and direct Taxes shall be apportioned among the several States which may be included within this Union, according to their respective Numbers, which shall be determined by adding to the whole Number of free Persons, including those bound to Service for a Term of Years, and including Indians not taxed, three fifths of all other Persons. The actual Enumeration shall be made within three Years after the first Meeting of the Congress of the United States, and within every subsequent Term of ten Years, in such Manner as they shall by Law direct. The Number of Representatives shall not exceed one for every thirty thousand, but each State shall have at least one Representative; and until such Enumeration shall be made, the State of New Hampshire shall be entitled to choose three, Massachusetts eight, Rhode Island and Providence Plantations one, Connecticut five, New York six, New Jersey four, Pennsylvania eight, Delaware one, Maryland six, Virginia ten, North Carolina five, South Carolina six, and Georgia three.

When Vacancies happen in the Representation from any State, the Electors thereof shall, in Writs of Election to fill such Vacancies. The House of Representatives shall choose their Speaker and other Officers; and shall have the sole Power of Impeachment.

Section 3. The Senate of the United States shall be composed of two Senators from each State, chosen by the Legislature thereof, for six Years; and each Senator shall have one Vote.

Immediately after they shall be assembled in Consequence of the first Election, they shall be divided as equally as may be into three Clauses. The Seats of the Senators of the first Class shall be vacated at the Expiration of the second Year, of the second Class at the Expiration of the fourth Year, and of the third Class at the Expiration of the sixth Year, so that one third may be chosen every second Year; and if Vacancies happen by Resignation, or otherwise, during the Terms of new Legislatures of any State, the Electors thereof may take temporary Appointments until the next Meeting of the Legislature, which shall then fill such Vacancies.





# TOXIC POLLUTION IS KILLING MILLIONS

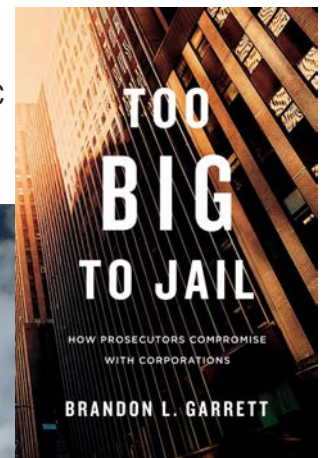
Even with many environmental laws in place, too many corporate giants continue to pollute the air, the land, the water, and our food.

Repeat Offenders:

EXXONMOBIL  
CHEVRON  
BP  
SHELL  
KOCH INDUSTRIES  
TYSON FOODS  
PERDUE FARMS  
US STEEL  
WAL-MART  
MONSANTO  
PFIZER  
NESTLE  
DOW CHEMICAL  
DU PONT  
CARGILL

Companies across the globe freely dump toxic substances into the environment and get off with minimal punishments, sometimes even walking away from a pollution incident without being held accountable. These companies have no regard for a philosophy such as **the seventh generation**. Their irresponsible acts of pollution kill millions of people around the world every year. Most are protected: Too Big To Jail.

For corporations 'Too Big To Jail,' prosecutors count on a promise to behave and send no one to jail. NPR public radio interviews law professor Brandon Garrett: [npr.org](http://npr.org).





# 5 BE MORE COMPASSIONATE

[createkinderworld.org](http://createkinderworld.org)





## BE MORE COMPASSIONATE

Jack Thompson is the official Ambassador of the Garma Festival, which is the most important indigenous event in Australia. It is held the first weekend of every August at Gulkula in North East Arnhem Land and is the location of the **ONE HEART-ONE SPIRIT** movie.

*“Compassion has its origin in the recognition that we are all the same thing. All things are the same thing. These people are the same thing. This fire. This world. We are all the same thing. When you truly recognize that, it’s not possible to be any thing other than compassionate.”*  
—Jack Thompson

**WATCH VIDEO #6:** Visit [onehearttribe.com/video](https://onehearttribe.com/video)



Jack Thompson speaks about “Compassion” at the fireside.



# WE ARE ALL THE SAME!

OTHER PEOPLE ARE JUST LIKE WE ARE, THEY JUST LIVE ON A DIFFERENT PART OF THE PLANET.

Jack has spent many years learning the wisdom of Aboriginal Australians and is an adopted son of the Yunupingu family who created Garma in 1998.

The Garma Festival is all about non-indigenous and indigenous peoples “Coming Together in Harmony.” Indigenous people believe we are all part of the same human race. We are all brothers and sisters who simply live on different parts of the Earth. We feel separation because our selfish ego competes and attacks too much instead of cooperating and living in harmony. It is not easy to be kind in our materialistic world.

Many say we cannot change. That we cannot live together as a brotherhood and sisterhood of diverse people. So many of us focus on differences in nationality, race, and religion that we have lost our true connection with humanity. There is a better way: **Be More Compassionate!**

The indigenous solution to our problems requires us all to be more compassionate with the goal of developing more peace and prosperity. Have we not learned the lessons of war and aggression that divide us?



We are all the same thing.





This fire. This world.

## CULTIVATE A HEART OF COMPASSION

**Jack Thompson has a heart of gold. He is a true humanitarian and advocate for indigenous people. As an actor, he has been awarded the Australian Lifetime Achievement Award, as well as the Award for Outstanding Contribution to Australian Film Entertainment.**

No one is better than any other. We have so much in common. We need to embrace our differences and have more compassion for one another. Just like there is great beauty in the diversity of nature, there is great beauty in the diversity of human beings.

Fortunately, the world at large is beginning to celebrate its diversity and appreciate the beauty of so many different cultures. We have a long way to go, but we have a chance to be more compassionate in the 21st century than at any time before in history.

**So, how do we cultivate a heart of compassion?**

- 1. We appreciate that despite differences and diversity, we are all connected as one human family.**
- 2. We care about those less fortunate than ourselves and forgive the ones who abuse their power.**
- 3. We practice the Golden Rule of unconditional love and treat others as we wish to be treated.**

**With more compassion in the world, kindness will prevail.**





# 6 BE HUMBLE & DO NOT HUMILIATE



I said, "What's wrong grandfather? What's wrong?"

## BE HUMBLE & DO NOT HUMILIATE

Kenneth Little Hawk has been telling the story of “Two Wolves” for many years as part of his “Little Hawk Show” that has toured the world for over thirty years.

Being humble is very important. Humility is the opposite of arrogance and is a critical part of being kind. When we act with humility we are showing our respect for others, while simultaneously keeping our ego in check. When we humiliate someone, we are hurting them with our cruel behavior. Humiliation brings all kinds of negativity into the world.

**WATCH VIDEO #7:** Visit [onehearttribe.com/video](https://onehearttribe.com/video)



I feel like I got two wolves fighting in my heart.

Kenneth Little Hawk tells the “Two Wolves” story to Jack Thompson as they ride to the Garma Festival from the airport.



# THE TWO WOLVES STORY

ONE WOLF IS MEAN AND THE OTHER WOLF IS KIND.

The Two Wolves story comes from a Cherokee legend that illustrates the most important battle of our lives: the one between our good thoughts and our bad thoughts.

*One day, my grandfather was telling me a story while holding his heart and moaning, “Ohhhhhhhh... ohhhhhhhh.”*  
*I said, “What’s wrong grandfather? What’s wrong?”*  
*“Ohhhhhhhh. I feel like I got two wolves fighting in my heart.”*  
*I said, “Two wolves fighting in your heart grandfather?”*  
*“Ohhh... yeahhh. Two wolves fighting in my heart. One wolf is mean and greedy, angry, vengeful, hateful, prejudice and racial!”*  
*“And the other wolf grandfather? The other wolf?”*  
*“The other wolf is kind... goodhearted, generous, and sharing.”*  
*“Which wolf will win the fight in your heart grandfather? Which one will win the fight?”*  
*“The one that I choose to feed!”*

— Kenneth Little Hawk





The other wolf is kind... goodhearted,

## HUMILITY STARTS BY CHOOSING TO CARE

**Little Hawk lives his life as a role model of the good wolf who is always kind, goodhearted, generous and sharing.**

Genuinely caring about others is the first step in humility. Being humble allows us to look out for others by keeping their best interests in mind. We not only take an interest, but we actively listen to what others have to say. In this way, by giving of ourselves with humility we are acting in a selfless manner and this is what kindness is all about!

Humility does require a positive mindset. Probably the greatest role model for humility is your own mother. Good mothers are always putting their kids before themselves and showering them with bundles of love and kindness. When a mother isn't humble, the kids don't feel the love that they need to grow in a healthy way. Humility is all about giving in a good-hearted way.

Humility is not just a virtue for humanity, but it is also a virtue for being kind to the Earth... being kind to Mother Nature.

Nature teaches us to be humble in so many ways and there is a quiet strength in the Earth's humility. The land and oceans feed us, the rivers and springs give us water to drink, the trees give us oxygen to breathe, and the beauty of nature inspires us to be happy. We owe our lives to the Earth and she does not belong to us, rather we belong to the Earth.





# 7 GIVE LOVE AND PRACTICE FORGIVENESS

[createkinderworld.org](http://createkinderworld.org)





# GIVE LOVE AND PRACTICE FORGIVENESS

Four Yolngu grandmothers invited Little Hawk to a special meeting to hear him play his flutes and learn about his Native American culture.

**The most important part of indigenous wisdom is family.** And family is all about giving love, unconditional love. Give love to every living being as they are all your extended family. All the nations of the Earth are your family: the water nation (fish), insect nation, winged nation (birds), plant nation, four-legged nation (animals), and two-legged nation (human).

**WATCH VIDEO #8:** Visit [onehearttribe.com/video](https://onehearttribe.com/video)



Kenneth Little Hawk teaches the grandmothers how to say “I Love You” in sign language.



# LOVE AS FORGIVENESS

## LOVE AND FORGIVENESS WORK HAND IN HAND

When we truly love someone, don't we always forgive them? And don't they always forgive us? In love, we must forgive as we have been forgiven or there can be no love. When we have been wronged, our freedom and happiness depend upon our willingness to forgive the wrongs committed against us. It is through this forgiveness that we experience love.

On July 9, 2015, Pope Francis visited Santa Cruz, Bolivia and apologized for the sins and offenses committed by the Catholic Church against indigenous peoples during the colonial-era conquest of the Americas.

History's first Latin American pope humbly begged forgiveness:

*"I humbly ask forgiveness... for crimes committed against the native peoples during the so-called conquest of America."*

Little Hawk played a different flute for each one of the grandmothers.

*"We accept the apologies that are more than we could have hoped for from a man like Pope Francis,"* said indigenous leader, Adolfo Chávez.





# THE GIFT OF FORGIVENESS IS HEALING

**The grandmothers were in mourning about the death of a young brother. After Little Hawk played his flutes, the grandmothers said that they felt more connected as a family and also felt a healing come through the flutes.**

British colonization of Australia began in Sydney in 1788. After many long years of bitter racism, Australia is finally on the brink of officially recognizing Aboriginal Australians as equal citizens. Like the Indigenous people in the Americas, the Aboriginal people in Australia have suffered greatly—also experiencing the genocide of many tribes. Mavis Jumbiri, who lives a few hours west of the Garma Festival, experienced the power of forgiveness first hand in her own life and family, and has seen this healing reflected in the land around her. She was deeply impacted when a sister in her community shared a vision of forgiveness and healing in Australia. Mavis began to realize this vision at home, by practicing forgiveness. Not only did Mavis experience a weight lifted from her heart, this healing was also evident in her garden.

As both indigenous and non-indigenous Australians seek healing, Mavis' words echo the very definition of the Garma Festival (coming together in harmony): "*Instead of talking about unity and forgiveness, we have to come together.*"

It is through this very important example of forgiveness that we can all heal past and present wounds to move forward in greater harmony.





# 8 BE PATIENT



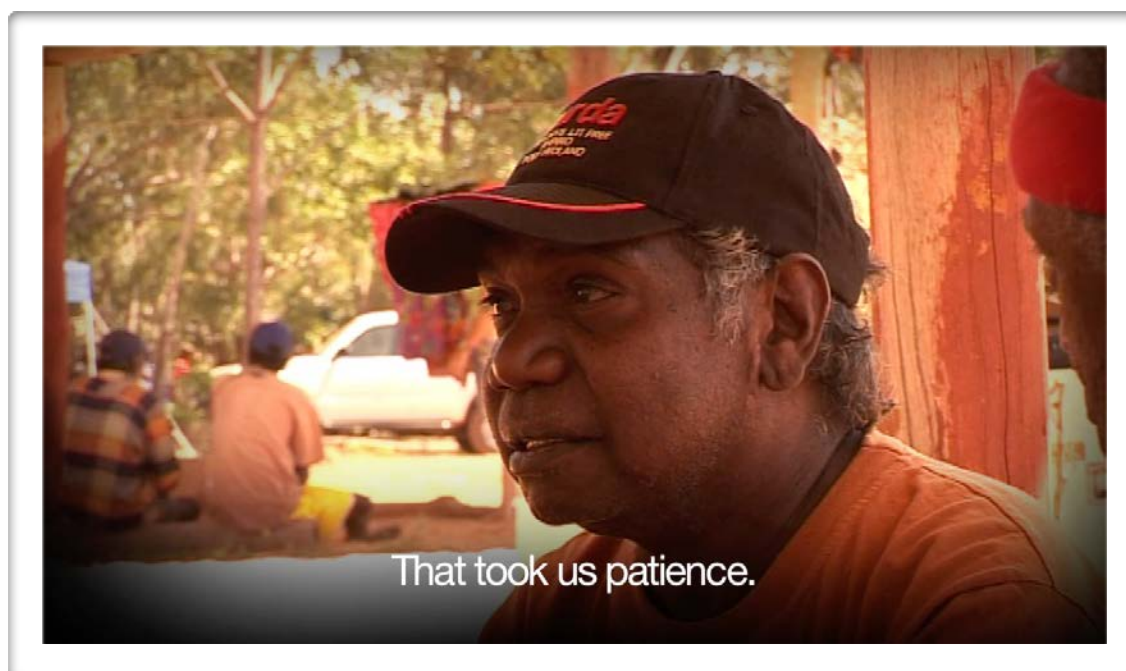
we've waited for 200 years.

## BE PATIENT

Mr. Yunupingu (1956–2013) was an Aboriginal Australian musician, high school principal, and co-founder of the Garma Festival. From 1986, he was the singer-songwriter and guitarist of the international Aboriginal rock group Yothu Yindi. In 1992, he was named Australian of the Year and in 1998, he co-founded the Garma Festival with his brother and sister. He also helped establish the Yolngu Action Group and introduced the Both Ways system, which recognized traditional Aboriginal teaching alongside Western methods.

The Australian Constitution does not currently recognize Aboriginal and Torres Strait Islander peoples, but this is about to change. Both the Prime Minister and the Opposition Leader are committed to having a 2017 referendum addressing racial discrimination in the Constitution.

**WATCH VIDEO #9:** Visit [onehearttribe.com/video](http://onehearttribe.com/video)



Mr. Yunupingu speaks about the patience his people have had for the past 200 years waiting for equal citizenship in Australia.



# PATIENTLY WAITING

In April 1998, Mr. Yunupingu was awarded an honorary doctorate by the Queensland University of Technology, "in recognition of his significant contribution to the education of Aboriginal children, and to greater understanding between Aboriginal and non-Aboriginal Australians".

Of all the developed nations in the world, Australia is the only one without a treaty with its Indigenous people, although it did almost happen many years ago. The failed promise inspired the hit song, "*Treaty*."

In 1988, the Prime Minister of Australia, Bob Hawke, visited the Northern Territory for the Barunga festival, where he was presented with a statement of Aboriginal political objectives by Mr. Yunupingu's older brother, Galarrwuy Yunupingu. Hawke responded to the Barunga Statement with a promise that a treaty would be made with Indigenous Australians by 1990. It never happened. With his Yothu Yindi band in 1991, Mr. Yunupingu wrote a song to highlight this broken promise of a treaty between Aboriginal peoples and the federal government. It would have been a great step forward in healing the gap between black and white Australia. The song was called "*Treaty*" and it became a worldwide success while promoting international awareness about Aboriginal culture.



we can go another 200 years.





Be patient... we'll find our way.

## WHAT DO WE GAIN WITH PATIENCE?

In the 2014 Australia Day Honours, Mr. Yunupingu was posthumously invested as a Companion of the Order of Australia (AC), for eminent service to the performing arts as a musician and songwriter, to the advancement of education and social justice for Indigenous people, and as an advocate for cultural exchange and understanding.

Note: The Yunupingu family has requested that in line with traditional protocols that the first name of the deceased is not to be used.

To have the patience and ability to wait quietly is considered a good quality among Indigenous Peoples. For non-indigenous people this is not so easy, but in many ways, the global movement for social and environmental change is patiently producing tangible results.

As Paul Hawken says in his groundbreaking book, *Blessed Unrest*, there is inherent goodness at the heart of our humanity, that collectively we can - and are - changing the world. “*Blessed Unrest explores the diversity of the movement, its brilliant ideas, innovative strategies, and hidden history, which date back many centuries. A culmination of Hawken's many years of leadership in the environmental and social justice fields, it will inspire and delight any and all who despair of the world's fate, and its conclusions will surprise even those within the movement itself. Fundamentally, it is a description of humanity's collective genius, and the unstoppable movement to reimagine our relationship to the environment and one another.*” - [www.blessedunrest.com](http://www.blessedunrest.com)

As indigenous people know, solutions in nature surpass what we think or know is possible. Today, we are patiently embracing the complexity and diversity of our problems by listening to our indigenous brothers and sisters. Surprise, surprise! A global renaissance is emerging.





# 9 MEDITATE AND CONNECT WITH NATURE

[createkinderworld.org](https://createkinderworld.org)





we teach them about, through meditation,

## MEDITATE & CONNECT WITH NATURE

Dr. Djiniyini Gondarra has been called the “Desmond Tutu of Australia” for his spiritual and political leadership in the fight for Indigenous rights.

*“For Australian Aboriginals in East Arnhem Land, we teach our children, our sons, our grandchildren, our granddaughters, we teach them, through meditation, about spiritual things to do with life, to do with land, to do with our relationship with different beings. The birds, the reptiles, things we find in land -- they’re our friends.” —Dr. Gondarra*

**WATCH VIDEO #10:** Visit [onehearttribe.com/video](https://onehearttribe.com/video)



about spiritual things to do with life,

Dr. Djiniyini Gondarra speaks about teaching children how to meditate and connect with nature.



# DADIRRI: DEEP LISTENING

## INDIGENOUS PEOPLE LISTEN AND CONNECT TO NATURE VIA MEDITATION

Aboriginal children are taught how to meditate and treat all the animals, birds, and reptiles as friends of the Earth.

Aboriginal elder, Miriam Rose Ungenmerr, teaches that Dadirri is a unique gift of the Aboriginal people. By practicing Dadirri, Aboriginal people use inner deep listening to develop a quiet and peaceful still awareness of life. Dadirri recognizes “*the deep spring that is inside us.*” This inner listening is a form of meditation that builds strength and confidence within every aboriginal adult and child.

Miriam says, “*Dadirri spreads over our whole life. It renews us and brings us peace. It makes us feel whole again. In our Aboriginal way we learned to listen from our earliest times. We could not live good and useful lives unless we listened.*”

*We are not threatened by silence. We are completely at home in it. Our Aboriginal way has taught us to be still and wait. We do not try to hurry things up. We let them follow their natural course – like the seasons.”*

things that we find in land.





friends of the Earth, Mother Earth.

## PATIENTLY WAITING FOR THE RIGHT TIME

Every child is being taught to look after the land and the people. Meditation helps the child listen to the land and be in harmony with plants and animals. Nothing should be destroyed. You eat what is necessary, but not more than what you need to survive.

*“We watch the moon in each of its phases. We wait for the rain to fill our rivers and water the thirsty earth. When twilight comes we prepare for the night. At dawn we rise with the sun. We watch the bush foods and wait for them to open before we gather them. We wait for our young people as they grow; stage by stage, through their initiation ceremonies. When a relation dies, we wait for a long time with the sorrow. We own our grief and allow it to heal slowly. We wait for the right time for our ceremonies and meetings. The right people must be present. Careful preparations must be made. We don't mind waiting because we want things to be done with care. Sometimes many hours must be spent painting the body before an important ceremony.*

*Our people are used to the struggle and the long waiting. We still wait for the white people to understand us better. We ourselves have spent many years learning about the white man's ways: we have learned to speak the white man's language; we have listened to what he has to say. This learning and listening should go both ways. We would like people to take time and listen to us. We are hoping people will come closer. We keep longing for the things we have always hoped for, respect and understanding.” - Miriam Rose Ungenmerr*

Please consider making a donation to the [Miriam Rose Foundation](https://www.miriamrosefoundation.org).





[onehearttribe.com](http://onehearttribe.com)

10 BE KIND AND DO  
NO EVIL

[createkinderworld.org](http://createkinderworld.org)



I was told by an elder that many, many years ago,

## BE KIND AND DO NO EVIL

“Humankind has not woven the web of life. We are but one thread within it. Whatever we do to the web, we do to ourselves. All things are bound together. All things connect.”  
—Chief Seattle

*“I was told by an elder that many, many, many years ago, along with the three monkeys we know, **Speak No Evil, See No Evil, Hear No Evil**, there was a fourth monkey, but they cut the fourth monkey off. And the fourth monkey was like this (hands out front, palms up). And the fourth monkey represented, **‘Do No Evil’**.” - Kenneth Little Hawk*

**WATCH VIDEO #11:** Visit [onehearttribe.com/video](https://onehearttribe.com/video)



Kenneth Little Hawk tells the story of the fourth monkey.



# LIVING IN A KIND WAY

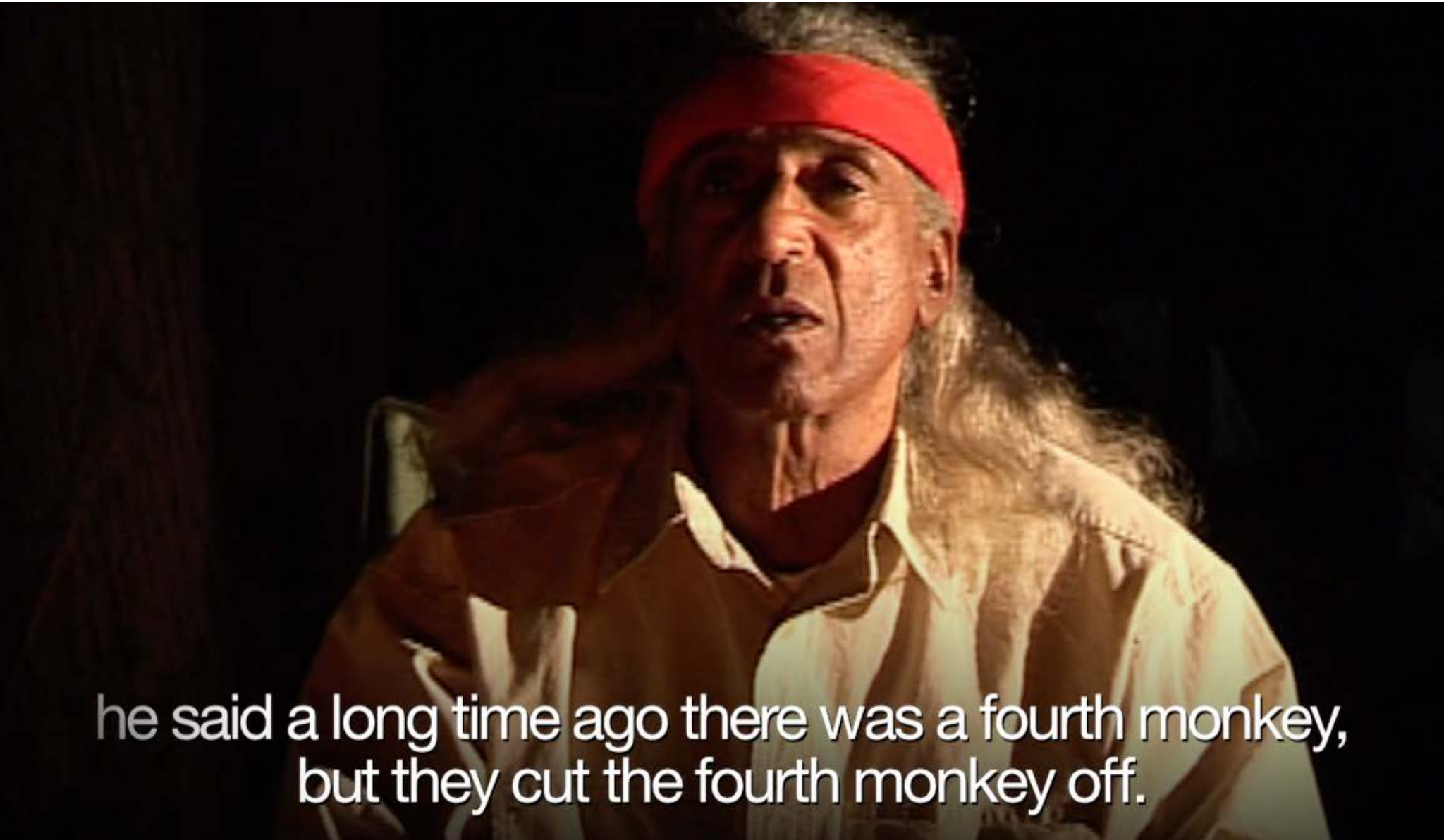
## HOW CAN WE BEHAVE IN GOOD WAY? BE KIND!

“All of us are responsible for the way we treat other living creatures and the Mother Earth.” - J. Forbes

We need to take a more compassionate and loving path. Jack Forbes wrote a great book to help us heal our unhealthy, materialistic culture, Learn more below: [Columbus and Other Cannibals](#)

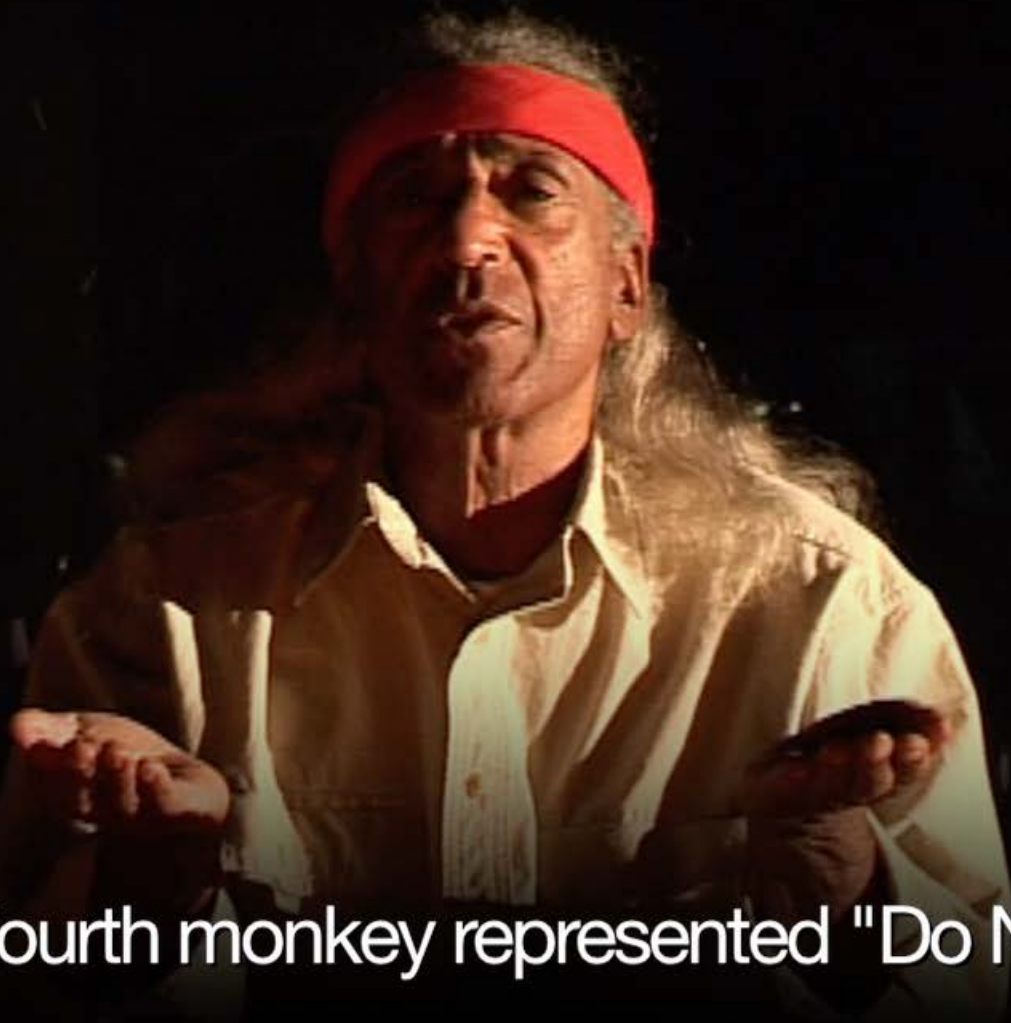
Being kind is all about good behavior. How do we behave towards other humans? How do we behave towards the earth? How do we behave towards other living creatures? The simple answer: Be kind.

Native American Studies professor and founder of the Native American movement (1961), Jack Forbes, identifies the Western compulsion to consume the earth as a sickness. Forbes writes: "*Brutality knows no boundaries. Greed knows no limits. Perversion knows no borders. These characteristics all push towards an extreme, always moving forward once the initial infection sets in. This is the disease of the consuming of other creatures' lives and possessions. I call it cannibalism.*" In his book, [Columbus and Other Cannibals](#), Forbes warns us of an epidemic of insanity, which he called wétiko psychosis, the cannibal disease. It's a spiritual illness, or soul disease, that causes people to become predators, and to relentlessly consume the lives of others. Wétiko is a Cree word that literally means "cannibal."



he said a long time ago there was a fourth monkey, but they cut the fourth monkey off.





And the fourth monkey represented "Do No Evil."

## BEING KIND ELIMINATES EVIL

### What Does the Fourth Monkey Mean?

The fourth monkey for "Do No Evil" is a symbol for us all to be kinder and do good deeds with less ego.

The fourth monkey is also known as "Fear No Evil" for being unafraid when it looks (sees no evil), listens (hears no evil) and communicates (speaks no evil).

And finally, the fourth monkey is in a meditation position reminding us to seek inner truth and unconditional love.

The wétiko/cannibal disease encourages reckless living and overpopulation, and it flourishes amidst a majority of consumers. Most often, males are possessed by the worst forms of the disease and they become dangerous. Obviously, a world dominated by men is not a place of health and balance. But women are not immune. The wétiko culture has taught everyone to hunger for extravagance and excess, constantly cannibalizing other lands and other lives. We can never have enough. We can never find peace.

Is it possible to eliminate this cannibal disease? Yes. Will it be easy? No. We need to create a just and healthy society, and cannibalistically-minded people cannot do this. Healing must come first through kindness. As Jack Forbes writes, we must redefine reality and "*live a life that is worthwhile, one that is filled with precise acts, beautiful acts, meaningful acts... the path that only a wisdom-seeker can travel.*" Material things have no significance. "*It is rather the quality of our acts, of our struggle, of our motives, of our love, of our perseverance which are truly significant.*"

Humanity has created many good paths to follow, based upon kindness, compassion, love, and sacred rituals. We hope the **ONE HEART-ONE SPIRIT** movie and this humble **Guide To Indigenous Wisdom** will be a compelling source of inspiration for you and your friends to **Help Create A Kinder World.**





# GIVE MANY GIFTS

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# GIFT-GIVING

“Be kind to everything that lives.”

—Native American Proverb

## **BE KIND BY GIVING GIFTS: JUST LIKE MOTHER EARTH GIVES TO US**

Mother Earth, Nature, not only gives us physical goods, but more importantly, gives us gifts of beauty, art and spirituality every day. Perhaps the greatest wisdom that is practiced by Indigenous cultures is the tradition of gift-giving. By giving a gift, the giver is showing respect and honor to the receiver which often extends to their family and ancestors. Status is given to those who give to others rather than those who accumulate the most wealth: a Gift Economy versus commodity economy. **Gift-giving is an essential practice of Indigenous wisdom and Indigenous people are historically generous.** Giving gifts is also the easiest cure for the wétiko psychosis and a practical way to “Do No Evil.”

## **VISIT THE ONE HEART TRIBE STORE**

# INDIGENOUS GIFT STORES

[B. Yellowtail Shop](#)

[Nishology](#)

[Sabawear](#)

[Sweet Medicine Drums](#)

[Aboriginal Art Gallery](#)

[Dreamtime Kullilla Art](#)

[Dilly Bag Store](#)

[Didgeridoo Shop](#)

[Wind River Native Gifts](#)

[Planet Corroboree](#)

[Matoska Trading](#)

[The Wandering Bull](#)

[Better World Arts](#)

[Eagle Spirit Store](#)

[Shuma Kolowa](#)

[Manitobah Mukluks](#)

[Tribal Spirit Music](#)

[Flutes Online](#)

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“Kindness is more than deeds. It is an attitude, an expression, a look, a touch. It is anything that lifts another person.”

—Plato

## RESOURCES ON KINDNESS

[100-ways-to-be-kinder](#)

[randomactsofkindness.org](#)

[kindnessfoundation.com](#)

[operationkindness.net](#)

[theworldkindnessmovement.org](#)

[greatkindnesschallenge.org](#)

[blessedunrest.com](#)

[thekindnessrevolution.net](#)

[wikihow.com/Be-Kind](#)

[storyofstuff.com](#)

[spreadkindness.org](#)

[thebekindpeopleproject.org](#)





# ONE HEART

ONE SPIRIT



AUSTRALIA

# THE ONE HEART -ONE SPIRIT MOVIE

[onehearttribe.com](http://onehearttribe.com)

# THE **ONE HEART-ONE SPIRIT** MOVIE

WE ARE ALL CONNECTED. WE ARE ONE HUMAN FAMILY.

Official website: [onehearttribe.com](http://onehearttribe.com)

***“Positive and life-changing, this educational film shows how the ancient wisdom of connectivity to all life on earth can inspire humanity to make more humane choices toward our planet and one another.”***

—Anne Tantalo, Author/  
Coach, BrainPower  
Coaching

Join Native American Mi'kmaq/Mohawk performing artist Kenneth Little Hawk as he travels half-way around the world to Australia where he meets legendary movie star, Jack Thompson. In North East Arnhem Land, Jack introduces Little Hawk to the oldest surviving culture on the planet: the 40,000 year old Aboriginal people of the Yolngu nation. At the annual Garma Festival, the Yolngu people greet Little Hawk with open arms as if he were a family member. He plays his flute and shares his Native American stories with everyone he meets: Djalul, the Didgeridoo master; Djiniyini, the wise Yolngu elder; Dr. Yunupingu, Garma co-founder, Australian of the Year and Yothu Yindi lead singer; Ms. Yunupingu, the artist and healer; Timmy, the tour guide; the Grandmothers; the Australian Ambassador to the United States; and Galarrwuy, Garma co-founder and Australian of the Year.



Here lives the  
world's oldest culture.





They have survived  
for over 40,000 years.

## THE YOLNGU PEOPLE

The Yolngu are caught up in a daily struggle to protect their culture that has survived for 40,000 years. ***The Garma Festival***, which started in 1998, aims to give both non-indigenous and Indigenous people an opportunity to share in this ancient culture and knowledge about the land. ***The Garma Festival*** has become the most important annual indigenous event in Australia.

The festival takes place at Gulkula, a site which overlooks the Gulf of Carpentaria, and which has profound meaning for the Yolngu people, its traditional owners. They believe that it was here that their ancestor Ganbulabula first created the didgeridoo, known as the Yidaki. North East Arnhem land is regarded as a heartland of Aboriginal culture and land rights. The Yolngu place great importance not only on upholding traditional ways of hunting and gathering, but also on preserving their link to the land through stories, painting, music and dance. Their land, their culture, and their lives are all one... one heart, one spirit!



To learn more, visit  
[GARMAFESTIVAL.COM.AU](http://GARMAFESTIVAL.COM.AU)



# JACK THOMPSON, NARRATOR AND GARMA AMBASSADOR



To learn more about Jack Thompson, visit [IMDB.COM](https://www.imdb.com/name/nm0862868/)

Australian actor Jack Thompson is a true humanitarian. He is the official ambassador for the *Garma Festival* and the Yothu Yindi Foundation. Executive Producer, Greg Reeves, contacted Jack to invite Ken & Beverly Little Hawk to come to *Garma* and make the film.

Jack has been awarded the *Australian Lifetime Achievement Award*, as well as the *Award for Outstanding Contribution to Australian Film Entertainment*. He has also been Inducted into the *Australian Film Walk of Fame*.

Jack is best known for his performances in *Breaker Morant* (1980), *The Man from Snowy River* (1982), *Midnight in the Garden of Good and Evil* (1997), *Star Wars: Episode II - The Attack of the Clones* (2002); *Leatherheads* (2008); *Australia* (2008); *Mao's Last Dancer* (2009); *Don't Be Afraid of the Dark* (2010); *Mystery Road* (2013); *The Great Gatsby* (2013); and *Diamonds Down Under* (2017). At the Cannes Film Festival, Jack was awarded Best Supporting Actor and won the Australian Film Institute's Best Actor award for his role in *Breaker Morant*.



# THE ONE HEART TEAM

KENNETH & BEVERLY LITTLE HAWK, GREG REEVES, AND JOHN PRITCHARD

Sinh-Tala is a phrase from the Koyukon Inuit (Eskimo) tribe that refers to the fundamental spiritual powers on the Earth's surface.



It all began in New York City with the World Music band **SINH-TALA** in 1995,

**SINH-TALA**: Ken on flutes, Greg on guitars, and John on drums and keyboards.

**SINH-TALA** releases their one and only album, "First Light" in 1996: Visit [iTunes](#) | [Youtube](#)

July 2006: Greg invites Ken & Beverly to Australia for a six week tour of the Little Hawk Show.

August 1-3, 2006: Jack invites Ken & Beverly to Garma and Greg hires team to film it.

January 2014: Greg sends 35 hours of footage to John to make the **ONE HEART** movie.

July 15, 2017: International Premiere at the Melbourne Documentary Film Festival.

The **ONE HEART** movie soundtrack features the music recorded on the **SINH-TALA** album, "**First Light**."



# LITTLE HAWK PRODUCTIONS



To learn more about Little Hawk Productions, visit [KENNETHLITTLEHAWK.COM](http://KENNETHLITTLEHAWK.COM)

Little Hawk Productions is the creative, indigenous force behind the entire **ONE HEART-ONE SPIRIT** movie. Beverly and Kenneth Little Hawk have been running Little Hawk Productions for over 30 years and have performed “**The Little Hawk Show**” to over 3 million people around the world.

Wherever they go they teach their audiences how “*we can make choices to live in harmony with one another and we can make choices to live in harmony with the environment.*”

While touring throughout the United States, Australia and Europe, they have performed at many distinguished locations including Lincoln Center, the American Museum of Natural History, and the Kennedy Center in Washington, DC.

Since 1998, they have produced seven albums and written two books that share Little Hawk’s Mi’kmaq/Mohawk heritage and Native American music. Their “**Little Hawk Show**” DVD for children is a big hit on Amazon and they are currently working on bringing their “**Care for the Earth**” album to life as an animated film: “**The Good Heart Tribe.**”



# GREG REEVES - EXECUTIVE PRODUCER



Greg is an innovative producer who worked with Jack Thompson on a series of concerts inside the **Abercrombie Caves** in Australia, in the late 80's and early 90's. It was Greg's ingenious vision to connect Jack with Little Hawk at the **Garma Festival** in 2006 and hire Paul Tait and Melanie Hogan to film over 35 hours of raw footage.

As for putting the final film together, he and Director John Pritchard have a long history of working together. In 1995, Greg and John began as partners in the New York City based multimedia production company, **Light & Sound**. During this time they also performed together with Little Hawk (Greg on guitar and John on drums and keyboards) as the world music band, **SINH-TALA**.

**SINH-TALA** is an Inuit eskimo word that means: Spiritual Power on the Surface of the Earth. In 1996, they produced their one and only **SINH-TALA** album, "**First Light**," which just so happens to be the music you hear on the **ONE HEART-ONE SPIRIT** soundtrack.

Greg's latest baby, called "**Lidstock**," is an original music festival based in Lidcombe Australia, held every year on the anniversary of Woodstock. Greg still plays with his band, the Reprobates, around Sydney and currently works as a Senior Software Engineer who lives happily with his wife and daughter.





# JOHN PRITCHARD - WRITER/DIRECTOR



To learn more about John's company, visit [ETERNALWAYS.COM](http://ETERNALWAYS.COM)

John is an award-winning multimedia producer and educational filmmaker. This is his fifth time directing an educational film and his third movie featuring his close friend Kenneth Little Hawk.

John is the owner/director of Eternal Ways, an American multimedia publishing label for educational movies, books, music, and online training. He has developed a proprietary "Movie-in-a-Book" process to create companion books and study guides for iPhones, iPads and Macs, as well as the Kindle platform and print.

John has also produced commercial software products and provided multimedia consulting to Fortune 500 and Advertising firms such as BBDO, Young & Rubicam, Saatchi & Saatchi, Time-Warner, Sony, Apple, McGraw-Hill, Canon, Simon & Schuster, Bear Stearns, Citibank, and American Express.

He is currently developing the international collegiate tour for the **ONE HEART-ONE SPIRIT** movie which features this GUIDEBOOK, John's newest "Movie-in-a-Book": **Help Create A Kinder World - Your Guide To Indigenous Wisdom.**

For more info, visit [createkinderworld.org](http://createkinderworld.org)





John and Anne Pritchard

# THANK YOU

[createkinderworld.org](http://createkinderworld.org)

# THANK YOU FOR HELPING TO CREATE A KINDER WORLD

*Thank you for reading this Guidebook and watching the videos from the ONE HEART movie. Thank you also for helping to create a kinder world. It's up to each and every one of us to do whatever we can to make the world a better place.*

*We would love to hear from you. Contact us: [kindness@onehearttribe.com](mailto:kindness@onehearttribe.com)*

—Anne and John Pritchard, THE ONE HEART - ONE SPIRIT PROJECT

We are a 501(c)3 non-profit project and welcome your tax-deductible donation: [one4all.org/charities/onehearttribe](http://one4all.org/charities/onehearttribe).

## LET US WALK IN BEAUTY (Lakota Prayer, 1887)

*Oh, Great Holy, whose voice we hear in the wind  
and whose breath gives life to all the world.  
Hear us. We are small and weak.  
We need your strength and wisdom.*

*Let us walk in beauty.  
Make our eyes ever behold the red and purple sunset.  
Make our hands respect the things you have made  
and our ears sharp to hear your voice.  
Let us learn the lessons hidden in every leaf and rock.  
Make us wise.  
So that we may understand  
the things you have taught the people.*

*We seek strength.  
Not to be greater than our brothers and sisters,  
but to fight our greatest enemy... ourselves.  
Make us always ready to come to you  
with clean hands and straight eyes,  
so when life fades, as the fading sunset,  
our spirit, may come to you  
without shame.*

**WATCH VIDEO #12:** Visit [onehearttribe.com/video](http://onehearttribe.com/video)



Kenneth Little Hawk recites “Let Us Walk In Beauty” Prayer



UNITED STATES CANADA UNITED KINGDOM NETHERLANDS FRANCE GERMANY CHINA JAPAN AUSTRALIA



2018-19

# ONE HEART MOVIE COLLEGE/UNIVERSITY TOUR

THE ONE HEART - ONE SPIRIT MOVIE IS COMING TO A COLLEGE/UNIVERSITY NEAR YOU!  
Featuring Q&A/Group discussions with the film's director, John Pritchard.



Discover the oldest  
surviving culture in the world!

## ONE HEART - ONE SPIRIT

WE ARE ALL CONNECTED. WE ARE ONE HUMAN FAMILY.

A documentary film and interactive  
"Movie-in-a-Book" project brought to you by  
THE ONE HEART - ONE SPIRIT PROJECT

HELP CREATE A KINDER WORLD

[onehearttribe.com](http://onehearttribe.com)

