



# **The Seven Paths**

**Changing One's Way  
of Walking in the World**



**ANASAZI Foundation**

**Foreword by Good Buffalo Eagle**



**BK**

Berrett-Koehler Publishers, Inc.

San Francisco

*a BK Life book*

## The Seven Paths

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# Dedication

*Most sincerely, we thank the young people  
and their families who have come  
to walk the trail with us.*

*It is to you that we dedicate this book.  
Your courage and love give this book  
life and meaning. Your forward  
walking has filled the world with beauty.*

*One of our TrailWalkers,  
Lara Ackerman, summed it up  
when she said,*

*“The most beautiful thing in the world  
is a heart that is changing.”*

# Foreword

## **I am Good Buffalo Eagle. Hear my words.**

The Creator gave all Two-Legged beings a sacred gift. We call this the Gift of Choice. Regardless of where we are born, all come to earth with this gift. Along with this Gift of Choice, all Two-Legged beings have a sense of knowing right from wrong from the One Who Stands Within. Therefore, the Gift of Choice allows us to choose knowingly.

My Pauline, the Woman of my Heart, states that in her Navajo language, life is a walking, a journey. So, if life upon Mother Earth is a journey, there are two ways to walk.

By applying the Gift of Choice, we can choose to walk forward or we can choose to walk backward. Because we choose knowingly, with every step we take forward or backward, we are accountable.

Because we are accountable, there are consequences. Consequences, however, are not chosen. They might be delayed, but by and by they will come.

Forward Walking choices are rewarded with consequences that light the way to peace, happiness, joy, comfort, knowledge, and wisdom. Backward Walking choices bring to the Two-Legged beings consequences of misery, despair, and darkness.

At the end of our lives, when our bodies are about to be laid in Mother Earth, we will know for ourselves whether we are a Two-Legged being full of light or a Two-Legged being full of darkness. At that time, we cannot turn around and point a finger accusingly in the air. **WE** will know because **WE** are the ones who chose to walk forward toward the light or backward toward darkness.

Hear my words. Ponder the narrative of the Seven Paths. For you, like the young man in the story, can turn toward a New Beginning. Don't believe the dark whisperings that invite you to walk backward. At any time in your life, you have the power to turn forward. No matter how young or old you are, you have the power to turn and walk forward. That's the ANASAZI Way.

We extend an invitation to all to utilize the power of the Gift of Choice, which will teach us the Forward Walkings that will bring peace. Let's look at the present and with anticipation into the future at what we can become—a Two-Legged being full of light!

I am Good Buffalo Eagle. I have spoken.



# Preface

**There is much to be learned** from the world around us—far more than we normally comprehend. The Ancient Ones knew this well—most particularly the wise teachers among them—those who, in the Navajo tongue, were called “Anasazi.”

These ancient teachers understood well that no man is as wise as Mother Earth. She has witnessed every human day, every human struggle, every human pain, and every human joy. For maladies of both body and spirit, the wise ones of old pointed man to the hills. For man too is of the dust and Mother Earth stands ready to nurture and heal her children.

Unfortunately, modern man has moved far from Mother Earth. And as he has done so, his maladies have multiplied. Our work is with those who have been struck with the maladies of the modern age. We have found that no modern prescriptions heal the human heart so fully or so well as the prescription of the Ancient Ones. “To the hills,” they would say. To which we would add, “To the trees, the valleys, and the streams, as well.” For there is a power in nature that man has ignored. And the result has been heartache and pain.

This book, *The Seven Paths*, presents what might be described as a way to healing—seven elements among nature that combine to heal human hearts. It is a way designed by the Creator and presented by Mother Earth to all who have the wisdom to seek her. We have learned to seek her often over these many years, and like the Anasazi of old, we have the sacred trust of inviting others to do the same.

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# **Beginnings**

## **The Making of a Walking**



## The Age of “I”

I am a lone voice, a lone man,  
the last of a people.

In my walking, I have seen many days of the earth—  
from the days of dust and simple villages to the  
days of concrete and gleaming cities.

I have observed revolutions  
in science, medicine, and technology.

I have watched as man, once bound to the earth,  
has launched himself toward the stars.

I have seen what I never could have imagined and  
what my people never could have dreamed of.

Man has become impressive indeed.



But, young friend (and no matter your age, to me you  
are young), of all the days I have witnessed, today—  
your day—is the most unhappy.

I see it in the faces I meet on sidewalks and in the voices  
I hear in your cities.

Mother Earth has never been more crowded,  
yet her inhabitants have never been more lonely.



You live in the age of “I.” Man looks out for himself, and  
only secondarily for others. In the philosophy of your day,  
happiness is a product of the fulfillment of personal wants.



Would it surprise you to hear that man’s unhappiness is due  
in large measure to the way he is seeking after happiness?