

# Remember

by Joy Harjo

Remember the sky that you were born under,  
know each of the star's stories.

Remember the moon, know who she is.

Remember the sun's birth at dawn, that is the  
strongest point of time. Remember sundown  
and the giving away to night.

Remember your birth, how your mother struggled  
to give you form and breath. You are evidence of  
her life, and her mother's, and hers.

Remember your father. He is your life, also.

Remember the earth whose skin you are:  
red earth, black earth, yellow earth, white earth  
brown earth, we are earth.

Remember the plants, trees, animal life who all have their  
tribes, their families, their histories, too. Talk to them,  
listen to them. They are alive poems.

Remember the wind. Remember her voice. She knows the  
origin of this universe.

Remember you are all people and all people  
are you.

Remember you are this universe and this  
universe is you.

Remember all is in motion, is growing, is you.

Remember language comes from this.

Remember the dance language is, that life is.

Remember.