

Hawa'x'ala

Mu'la

Gratitude Prayer from Helagalís 'wale', the late Spruce Wamiss

Gilakas'la Bakwila'inuxw.

Thank You Creator.



Gilakas'la ka'eda 'nala tsoweyus gaxan.

Thank you for the life you gave to me.



Gilakas'la kano'xw dladlola dlu'wano'xw gukwalasi.

Thank you for my family and home.



Gilakas'la kan'oxw ha'me' dlu'wida 'wapi.

Thank you for our food and water.



Gilakas'la kan'oxw awi'nagwis dlu' he'stalis.

Thank you for our world and universe.

Gilakas'la Bakwila'inuxw. Gilakas'la.

Thank You Creator, Thank You.

To the Plant Medicines

Gaxan hawa'alotl Ka'st.

I come to pray to you friend.



La'os waxalita xa kwalgwit.

On behalf of the one
laying in the house (sick).



Gilakas'la Nawalakw!

Thank you Supernatural One!

To the Cedar Tree

O'man wata kus gaxus

ga'walagaxano'xw Nawalakw.

I am truly asking you to help us, Supernatural One.

Gaxan wata kus gwitgwelax.

I come to ask for your clothing.



Watlan ka'st tuma kus tokwima'sa.

I ask you Friend for your wonderful strength.

Gilakas'la Nawalakw!

Thank you Supernatural One!



Kwagu't H̄awa'x̄'ala to the Sun at Sunrise

Giladzi la B̄kwila'enux̄w, Ump, gaḫa'ix̄ ni't'id x̄wa ga'alax̄.

Welcome, Spiritual One, Father, as you come and show yourself this morning.

Gax̄'mans̄ k̄walago.

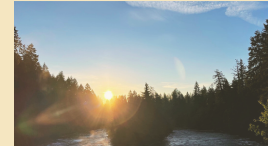
We come and meet alive.

**Wigaḫ̄ la dadamaḫ̄wiḫ̄ gaḫ̄an̄ k̄an̄ k̄iyosiḫ̄ 'yegas̄ x̄wa 'nalax̄,
B̄kwila'enux̄w.**

Protect me that nothing evil may befall me this day,
Spiritual One.

Ḡilakas'la B̄kwila'enux̄w.

Thank you Spiritual One.



Kwagu't H̄awa'x̄'ala to the Rising Sun

**La'amḫ̄an's̄ ḫ̄a'yugwalisayasut̄ tsa hiḫ̄alisayasut̄
tsan's̄ a'iki Ḡigama'ya.**

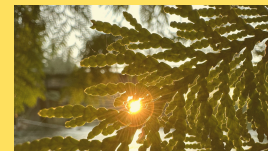
It is said we shall be changed on the earth by the one that comes down
to set the world right our Chief above.

**K̄iyoslalan's̄ lat̄ ḫ̄i'ḫ̄axwtsolagilis̄ gaḫ̄n's̄ lat̄ gaḫ̄n's̄ hiḫ̄alisayasut̄ tsan's̄
a'iki Ḡigama'ya.**

Nothing for us will be difficult on earth for us when we are set right
by the one that comes down our Chief above.

Ḡilakas'la a'iki Ḡigama'ya.

Thank you our Chief above.



Openings for Speeches and Gatherings

Gilakasda'xw'la hamat̄al liḱw̄alat̄e'.

Welcome all you people of this land

Gilakasda'xw'la naḱnamwiyut.

Welcome all you who-I-am-one-with

Gilakasda'xw'la ḱi'laxw̄al.

Welcome all you loved ones



Hilatola

Lend me your good ears.



Lamis̄as o'am hilatola.

You are going to listen now.

La'man's galaband̄

We're going to start.

la'man's galaband̄ sinadaḱ ḱi'lalman gax̄an.

We are ready to start the reason we are invited here.

ḱapeḱan's laxa 'awi'nagwisesa nation x̄wa nalax̄.

We are gathered on the land of the nation today.



Gilakas'la laxux 'awi'nagwisesa nation.

Welcome to the territory of the nation.

'Olakala iḱan noḱeyes lakus ḱilala gax̄an.

My heart is glad that I was invited here.

Iḱan noḱe' gax̄da'x̄wa ḱus.

My heart is happy that you are here.



A'iki Gigame' dukwaxalis lakas baḱwilayu's

Creator, look down on the ones
you gave spirit to.

Angwax̄t̄as?

Who are you?

Nugwa'am. name .

My name is name .

Gayut̄an lax place .

I come from place .



**He'man gayut̄asi
awi'nagwisesa tribe .**

I come from the lands of the tribe .

Hedan gayut̄i lax place .

I am from place .



**Gayut̄an laxa tribe
dlu' wida tribe .**

I come from the -tribe- and the -tribe-.

**Gayut̄an laxa clan
sa tribe .**

I come from the 'na'mima
of the tribe .



Hedan gukwali lax place .

I live in place .

Xwanukwan t̄as name .

I am the child of name .

**He'man abampi name
(wate).**

My mom is name (passed).

**He'man Sisasami name
dlu' name**

My children are name and name .

**He'man gagampi name
(wate) gayut̄i laxa tribe .**

My grandfather is name (passed)
from the tribe .



He'am

I am finished/done

Gilakas'laxi

Thank you

Ha yu'am

That is all.

Gilakas'la laxex

Thank you for that.

Ka'gamalala

Really pay attention.

Ninakili

Said after saying
something important

abampi

mom

umpi

dad

sisasami

children

hi'lu'si

great-grandparent

gagampi

grandfather

gagasi

grandmother

lawanami

husband

ganami

wife

Expressions of Gratitude

**Omaṅ's haḡulis ḡilakas'xa xan's ni'noxsola
kwalskwalyakw'wa'te'.**

We are forever grateful to our noble old people (past).

Ikaṅ noḡe' legaṅ's kaḡuṭta xan's gwayilelas.

My heart feels good that we are learning our traditional ways.

Olakalaṅ's 'wila ḡalḡapoṭa ki'ses kiyoxwi'daṅ's gwayilelaseḡ.

We are all working together so our traditional ways don't get lost.

Awaḡxa'sam's awilagila kus ḡaxma kus.

It shows that you care because you are here.

Yu'megaṅ's olaḡala ik paṭayaṅ's ḡaxex ḡwa'elasa.

It is good medicine what we are doing here.



Olakalaṅ mu'la.

I am really grateful

ikaṅ noḡe' xwa 'nalax.

My heart is happy today



Daṭa xa ik noḡe.

Carry a good heart

Daṭux da ḡigame xa ik noḡaye'.

The chief carries a good heart



Gaxe'ganux dukwala gwayi'elasa kwalskwalyakw wate'.

We came here to witness the ways of the old people.

Łokwimadzanakwala legan's nanagige' xan's gwayilelas.

We're strengthened when we follow our traditional ways.

Gaxman's wila galgapola.

We come here to hold on to one another.

Omegan's hayulis mayaxalapa, laxwalapa, wixustotlaxan's bagwad 'wila.

We all continue to respect, love, and uplift each other.

Ha'nata laxan's legan's galgapola

Keep doing what you're doing and hold each other up

Wixans wi'la kakutlapa.

Let's learn together

Omaxan's mayaxalapa.

Let us respect one another.

Łokwimasan's le'gan's galgapola.

We are strong when we hold each other up.

galgapola

Lift each other up, hold
hands or link arms

maya'xalapa

Respect one another

hutlilapa

Listen to one another

laxwalapa

Love one another

bagwansapa

Visit one another

Chiefly Phrases

Gaxman's tlanama'.

We've come having been invited to be here.

Gaxme'gan's tlanama' my tribe .

We've come having been invited to be here, my tribe .

Gaxme'gan's tlanama sa tribe gigigame'.

We've come having been invited to be here, the tribe Chiefs.

Ha, Gaxman's tlanama la xan's Gigame name .

We have been invited here by our chief, name .

Ha, Tribe kan's wige o'am mumalkaga'la.

Tribe , We are going express our appreciation.

Ha, gilakasux da gigama'yex.

We say thank you to the chief.

Olakala mu'lan noke'a gaxla kus yawatsi.

I'm really grateful to be here in your Dance House.

Ha, gilakas'la a gaxla kus humalaxus walasakus ha dlugwe'a gigame'.

Thank you for what we witnessed, the great treasure of the (host) chief.

Humomas gaxanox sus 'walas dlugwa'ya gigame'.

You have shown us your great treasure, chief.

Gilakas'la gaxa kusa hulamayu gaxano'xw.

Thank you for allowing us to take what we need so we can carry on
with what we are doing.

Use "Ha" to emphasize sentences.

Use your body (gestures like pointing, bending your knees, and nodding) to emphasize important phrases and embody the physicality of our Old People