

More Words of Wisdom for Our Daughters

“The Sakha tradition of keeping silent should perhaps change. Maybe it’s not good. I think it’s time to change. It’s too hard to keep to yourself. You should share with other women - it will be easier to live.” —*Tatyana Martynova*

“When I became a grandmother, I felt a different way. I feel that the sun is different and the world is different. I have something new in my life. It was the greatest moment. —*Elizaveta Aleksandrovna Ivanova*

“When I think about the lessons I have learned in life, I think that you can’t be too quick to make decisions. You have to think things through. I wanted to marry to get out of the house when I was young. I knew I couldn’t afford a college education, so getting married was my ticket out. But I realized that’s not the answer. You have to plan your life. You have to have some sort of a plan and not just jump for one thing or the other.” —*Vera Earl*

“I’ve tried really hard to be a good teacher, mother and grandmother. If I have any advice to give to the next generation, it would be to be patient. Don’t be afraid to keep on learning. Don’t be afraid to admit mistakes. Don’t forget to vote. Pay your bills on time and learn the perils of debt. Love each other. And have fun!”
—*Jeannette Turton*

“The most important aspect of my life on this earth is that there is a spiritual life. Beyond the things that happen, we need to be in touch with the spiritual world, that side that makes us an even better human being. That would be the prime, important thing that I would hope to instill in the next generation.” —*Lauretta Walton King*

“But my sister Kendra came down and found me on the streets and reached out a hand. She told me ‘I care.’ I realized that I was tired of the way I was living and decided I really did want to live again. I realized that I need to live for myself and for my kids. Now, I am in the treatment center and coming here to get help. I want to live.” —*Larissa Williams*

“When I saw my parents in the hospital, I realized that material things cannot buy peace. People should focus on more spiritual things - on conservation, not on collection.” —*Sonia Lee Chou*

“All of the things in nature we can't explain, I think that God gave them to us for a reason. I think we have misused them - our trees, our fish. Our water is being polluted everywhere, not just here.” —*Amanda Simms Donahue*

“For me, I hate to say it, I never did like romance very well at all. I have always messed up my romances, so far - but friendship I have always done well. I have had long friendships. There is some song that says ‘I could never stand without my friends.’ That is how I raised my kids. That is how I did anything and still to this day it is about community.” —*Ann Matranga*

“Times get rough, but you got to go on. You've got to get the shoes and the food and you can't be too proud to work.” —*Johnnie Rose Rasmussen*

“My daddy used to be a medicine man and he taught me to do these things. He taught me how to plant, what you can use for your kids when they get sick. That is what I always use. I am still using it. There are people that come around and ask me what kind of herbs that you are using. I come over with them on this mountain and I show them. We are still using those things. That is how we live all these years. Then we have our own religion. To pray early in the morning and the afternoon, and the evening. We are still doing that. Myself, I am still doing that. So everything is OK with me. “ —*Julia J. Curley*

“She just teaches us that you have to do for yourself. You can't depend on other people, or the government, or your tribe because it won't get you anywhere. She teaches us to be compassionate towards other people when they need help – if you see other people that need help, you help them. You just don't look at somebody, when somebody is in need; you help them out.” – *Caroline Wilson*

“It's hard to give advice to young people because they are going to go their way no matter what. But had I, at a very early age, been less cynical and much kinder, and much more forgiving towards others and less judgmental, I probably wouldn't be struggling with a lot of the guilt that I have now.” —*Dalia Vasiulis*

“Do the truth all the time. No lying. I say, God knows what you do. So do the truth all the time.” —*Connie Mirabal*

“There is a poem by Edgar Guest. I am going to just paraphrase a little of it, but it starts out, ‘I have to live with myself and so, I want to be fit for myself to know.’ And later on it says, ‘Never to stand in the setting sun and hate myself for the things I’ve done.’ That’s something I read in my youth and it has always stuck with me. Live your life; be true to yourself; know your values; don’t sell yourself short, and as a Baha’i, I would add; learn to be content under all conditions.” —*Virginia Healy*

“Prayer is absolutely necessary and we all know that, but it is amazing how it works.”
—*Audrey Deets Marcus*

“Read, listen to politics, learn about all kinds of different things. The most exciting thing for me is when I find out one new thing every day. Have a question. There is an answer. I just find that exciting to learn and ask intelligent people.”
—*Silvia Stoik Christianson*

“I think for our young people, no matter who they are, they need to know how to love someone. They need to know how to cry and they need to know that it’s OK to express your feelings. Whether it be about politics or about life; they need to be able to express that without being fearful of being reprimanded for doing so.”
—*Darlene Johnson Nix*

“I drove my car up ‘til I was 95 years old. I used to go to Las Vegas once a month. I used to go every month to go and watch Engelbert Humperdinck. He was my favorite singer.” —*Madeline Musengo Perry*

“My most important piece of advice to young women would be to expand their minds. They should read all the time. I don’t think the world will survive without the minds of women.” —*Mildred Keith Stark*

“I remember listening to a program, like a monologue on late night TV one night, and an older black woman - I wish I knew who it was - said something that stuck with me and I use it all the time. I don’t claim that I came up with it, but I use it all the time and I love to pass it on. It’s ‘Older should be bolder. Older should be bolder.’ —*Donna Elam*

”And when we think we can’t get over that, yes we can. The only thing that takes us there is the old ways of the people - the fire. And that fire will always burn as long as it burns in the heart of every Indian person and their spirit. Our mind can go crazy on us and take us in every different direction, but a heart, a heart know loves. It just goes to sleep for a while but it knows love. And that love needs to be nurtured and given. And that is what the fire does for us. That is what our traditions do to us. It brings it back and when there are hard times we go to our fire. We go to that tree, to that wood we put in the fire and it brings all the stories out and it brings all the things we need to know. Our ancestors want us to acknowledge them when they appear in the clouds, when they appear in the sky or in the night. Or when the rain drops and we think they are crying for something. Or when the storms come and they are telling us, ‘We send you the storms so you can learn. Know that if you ask us we will be there for you.’ There is no storm that we can’t get over, no tragic thing that comes in our lives that we cannot override. For the Creator is with us and walks with us in everything that happens.” —*Adelina Alva-Padilla*

“And at one point I realized that whereas I thought I wanted the American dream - the man and the kids and the perfect family home - I realized that Hollywood had done a lot of damage and a lot of the ideas women have about what is desirable really have no solid, spiritual or real foundation. Its way too much make believe and not in a good way. And as a part of what I came to understand was that what I really, really wanted was to be OK with myself. That is something that I never thought was possible. I thought I might get the man, and the kids, and the house and the way of life, but to really love me and really be OK being with me - that was a bit farfetched. Except I realized on this journey, that’s what I got to be.” —*Amanda Metcalf*

“You always have to be patient and whatever happens you have to take it for a good thing in life.” —*Zahra Dabiri*

“It’s important to strive hard to do the best we can to help humanity. However small and insignificant a job may be, we should do it with love.” —*Lakshmi Narayan*

“My advice is that people should treat each other with respect and respect each other. You need to have a certain attitude toward people, as if they are you. You need to have this kind of attitude toward everyone. It’s important not to think of people as beneath you.” —*Elizaveta Gavrilievna Soboleva*

“And the most important thing is love. If you have this feeling and you are loved, women get strength from this. And it is very important that people understand each other and love each other very much in all situations.”

—*Akulina Vasilievna Vinokurov*

“My advice is that you all become good people, that you work hard, have families, educate your own children and to be supportive to each other and to love each other and to lead a peaceful life.” —*Anna Pavlova*

“The most important thing is someone’s life is his or her children. If you have children when you become old you are very happy.” —*Avgustina Egorovna Pavlova*

