

A Traditional Nourishment

The feeding upon the first drop of milk from his / her mother's breast, a child was actually receiving or inheriting the natural mineral goodness in attributes and the teachings of White Shell Woman. Mineral fluid nourishment known as 'colostrum' in the western terminology naturally happens several days before and after childbirth. In Diné traditional teaching, the colostrum fluid is interpreted and known as 'nanise' bidahtoo' dóó bitádííin' 'nourishing garden'; A natural concoction of sacred pollen dew / nanise' bitádííin' and nanise' bidahtoo' gathered of sacred herbs from within the depths and areas of the sacred mountains; Sinaajini, Tsoodzil, Dook'o'osliid, Dibentsaa, Ch'ool'í'í, and Dził Ná'oodiíi, are a few of mention, where the nourishing gardens were spiritually gathered and consumed as an initial nourishment. Once the fluid is consumed, it was understood that a child was fed of the 'nourishing garden', where a spiritual anointing had taken place. A natural nourishment containing pollen dust and mildew droplets formed from the sacred of places, serves as a natural sweetener mixed with breast milk. The natural nourishment is an endowed sweetening process in which Yikááh Yizhchí via White Shell Woman / Yoolgaii Asdzáán spiritually blessed each child born with goodness of her goodwill and being, a baptismal blessings encompassing the Sunrays, Rain, Rainbow colors and considerably everything in nature's atmosphere that would serve goodness, protection and spirituality to a child, to the fullest in ample and prosperous growth and development.