



#25 *The First Name*



A Cherokee grandmother was teaching her two granddaughters their names. She turned to her first granddaughter and explained, “You are ‘Adahy’. It means ‘lives in the woods’.” Turning to the second granddaughter, she went on, “And you are ‘Ahyoka’, which means ‘she brought happiness’.” “Names can be beautiful, just like you” she continued, “but always know this. A name can also do harm. There was a time before names. The little girl who received the very first name came into a village. The people were so intent to learn her name that they soon forgot to see HER!” Suddenly, she faced Adahy, while turning her back on Ahyoka. “How would it be if I said the name ‘Ahyoka,’ or even said, ‘she brought happiness’ - but forgot to see YOU? Would this not hurt? Would the name be enough?” Turning back to Ahyoka, she emphasized, “A name is never enough. You must always turn back and look again to the one you have named.”

LEARN THE NAME, BUT KEEP LOOKING