

Week 1, Unit 1 Anchor Text - In Lak'ech (Poem & Article)



Directions: We will read the poem as a class, and then read the poem to yourself. Then answer the prompt below.

Section 1 - Poem: *In Lak'ech* is a Mayan poem adapted by Luis Valdez. We recite *In Lak'ech* to remind us of our community, to set our intention for class, and to remind us of our collective humanity.

Tú eres mi otro yo. You are my other me.

Si te hago daño a ti, If I do harm to you,

Me hago daño a mi mismo. I do harm to myself.

Si te amo y respeto, If I love and respect you,

Me amo y respeto yo. I love and respect myself.

Write in Complete Sentences: What is the author's message in this poem? What is your initial reaction to the poem? What connections can you make, or what does this remind you of?

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| <ul style="list-style-type: none"> • The author says... • The author's message is... • Luis Valdez thinks that... • The author believes in Lak'ech means... | <ul style="list-style-type: none"> • My initial reaction is... • I think that... • I am... | <ul style="list-style-type: none"> • A connection I can make is.. • This reminds me of... • I can relate this to... • This is like.. |
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Drop the Knowledge! (Share Out)

- Choose who will be Partner A and Partner B. A: _____; B: _____
- With the partner across from you, share your written response with your partner (A goes first, then B).
- Compare your responses and record one OR two similarities you both saw below:

- Look back at your response and choose ONE sentence to share with the community. Put a star next to the sentence that you want to share out.
- Share your sentence with the community during our Community Circle.

Directions. Read the article with your partner. Partner B should read paragraph 1 & 3, and Partner A will read paragraph 2 & 4. As you read, circle any words that are unfamiliar to you AND find one line that you connected to.

Section 2: In Lak'ech Article - By Luís Valdez and Domingo Martinez Paredes

- (1) In Mayan tradition, there is a greeting that many people working with Mayan wisdom know of. It is the law of In Lak'ech Ala K'in, which means I am another yourself (A modern day interpretation). It also means I am you, and you are me (A traditional Mayan interpretation). We have come to understand that this Mayan greeting is an honoring for each other. It is a statement of unity and oneness. In Lak'ech Ala K'in mirrors the same sentiment of other beautiful greetings such as Namaste for East India, Wiracocha for the Inca, and Mitakuye Oyasín for the Lakota. It doesn't matter which culture you come from. But when one of these sacred greetings is given, there is always an action of placing the hands over the heart.
- (2) The more I walk the Mayan path, the more I understand the depth that In Lak'ech Ala K'in teaches. This greeting has become more than a simple, honorable Maya greeting. It has evolved into a moral code, and a way to create a positive reality for all life. As we near 2012 with all its doom and gloom prophecies, we have a moral obligation to the Spirit to live the code of In Lak'ech Ala K'in.
- (3) It is common knowledge these days that every action we take in our lives affects all living things. We understand that if we act negatively, our actions impact all life negatively. When we act positively, we affect all life in a positive manner. When we live the Mayan code of In Lak'ech Ala K'in, we know that every action we take is out of respect for all life, and we are living and giving from our hearts.
- (4) We can give our hearts in a positive manner every day by saying In Lak'ech Ala K'in to each other, to the trees, to the sky, to the birds, and to the stars. You can greet each sunrise by saying In Lak'ech Ala K'in. Each and every day we have together is sacred, so acknowledge this day by giving it your heart. Remember when you give in this way, you are also giving to yourself! You are not giving your energy away to something

separate from yourself. You are giving to another part of yourself!

<http://www.guadalupecardona.com/in-lak-ech.htm>

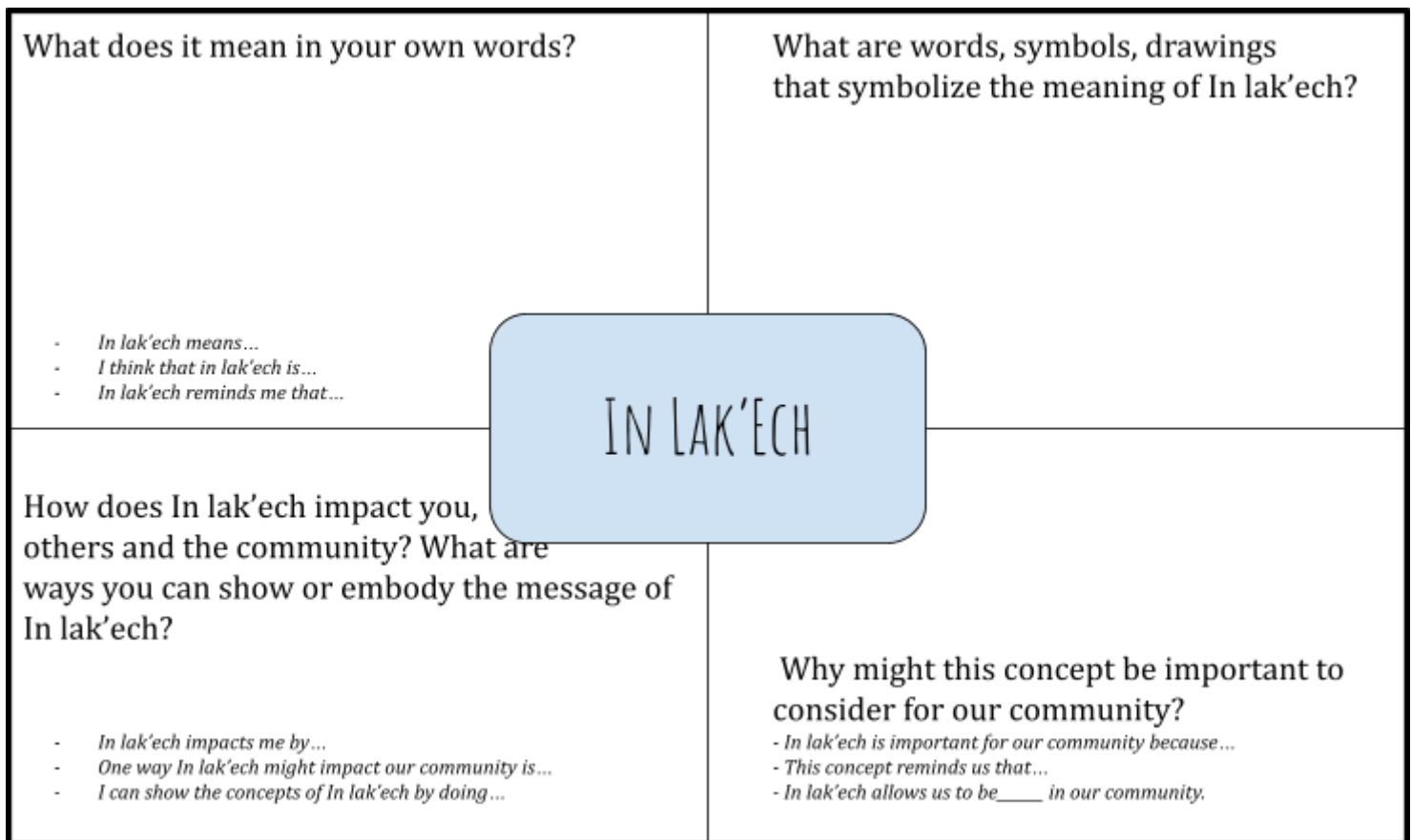
Look at your circled words and compare them to your partner's list. Write down your common words here:

What is ONE line that you connected to or reminded you of something in your life? Explain.

- One line I connected to is... because...
- I felt drawn to this quote... because...
- This quote reminded me of...

Now share out one of the lines with your partner.

Directions: Read the poem AND article again to yourself. Complete the diagram below.



Using your answers from above, you will participate in something called, Lines of Communication, to find out what people thought about In lak'ech.