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For Immediate Release:

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## BAD MOUTHING OTHERS BAD FOR THE SOUL Eskimo Elder Visits San Antonio with Important Message

Eskimo-Kalaallit Elder Angaangaq or “Uncle” says the damage done by talking about people behind their backs or bad mouthing is grossly underestimated. The Greenland native is in San Antonio for one day to spread his message. “The most damaging thing we can do is talk about one another the way we shouldn’t. The greatest joy we can experience is to look at each other straight in the eyes and feel good. That comes from not back biting.”

He says Eskimos may be more cognizant about speaking badly about each other because there are such few people in the culture, primarily based in Greenland, Canada, Alaska and parts of Siberia. “If we talked badly about each other, everybody would be talking badly about everyone.”

Why do we badmouth others? The elder says that we think we become bigger than what we are by bad mouthing others. “But that is only momentary,” he says with a smile. “In the end, it primarily harms the speaker. Plus, you can feel when someone is speaking badly about you.”

In his speeches, Uncle emphasizes the power of the circle, where when people hold hands you see only their front, only their beauty, not their backs. “Words are very powerful, very important. Words carry a lot of weight.” The Elder says speaking badly may come very naturally to some people who on a regular basis badmouth even their closest friends. It can be “excruciatingly difficult to stop.” But, he will offer tips to San Antonians about how to stop.

Uncle's message is part of a tour to lift the human spirit, and "melt the ice in the heart of man." He says, while it is understood how ice melts on land in his native Greenland, it is still a mystery what will melt the heart of man. He'll bring his intensive teachings and healings of the Far North to San Antonians **today, Thursday April 7<sup>th</sup> from 6 p.m. to 8 p.m. during at free seminar at Nine Lives Books, 4919 NW Loop 410**, in the Village at the Summit Shopping Center. The Elder will also be available to the **news media** beginning at 2:00. His family belongs to the Healers and Shamans of the Far North.