

## Prologue

*The Hike, Grand Canyon, Arizona, 1984*

Suzanne drew back the natural cotton curtains and opened the windows centered on each wall of the adobe hut, letting in a soft breeze with the morning light. She called to her twin sister, Jessica, who tossed in bed, still half-asleep. Suzanne walked over and tapped her on her shoulder. "Come on, Jesse; don't waste your visit. You promised you'd go with me on a hike," she said. "Come on, please? It could be a life-altering experience for both of us. I swear, today we will see eagles soar. That's something you don't get to see in LA."

Suzanne returned to the simple wooden kitchen table and opened her backpack. In it she put a feather, a bundle of herbs, a small gourd bowl, a rolled-up woven mat, a little leather pouch, and a book of matches. She buckled the backpack closed with two leather straps.

"Eagles, schmeagles," Jessica mumbled into her pillow. "I don't buy all that spiritual crap."

"But, Jesse, I already packed for both of us. It's a little chilly out there, but the air is so clean. The canyon'll be like heaven."

"Ugh," Jessica groaned and started to rise, stopping to shine her nails on the sheet. "You're sure it won't wreck my hands? I've got this assignment coming up."

"You and your hand modeling. Come on, toots," Suzanne said.

"Okay, Okay."

"You'll see. We can hike to a special place Daniel showed me; it's like magic," Suzanne said. "Be a nice break from that LA pressure."

"Daniel Whitehorse, the medicine man? More of his Native American stuff, I bet."

"You ought to try getting into it, Jesse. He showed me a wonderful healing ceremony I'll share with you. As long as you promise not to tell." Suzanne poured some water into three plastic sports water bottles and attached them to her belt, a thick strip of Velcro on leather.

Jessica laughed cynically. "Like, who am I gonna tell?"

"Well, the details are sacred."

"Healing? I don't need any healing." Jessica got up and dressed, raking her fingers through her long, frizzy hair. "What'll we eat along the way? Trail mix, I suppose."

"Sure, it's good for you. You'll need the energy."

The two sisters left the room, bickering as usual, not realizing that after today their lives would never be the same.