The traditional homeland of the Navajo (Diné) are marked by four sacred mountains that stretch across modern-day Colorado, New Mexico, and Arizona. According to tribal stories, the Navajo (Diné) emerged from the lower worlds to this region, which they call Dinétah, or “among the People.” Dinétah is the place where earth people and Holy People interacted; their relationships form the foundation of cultural practices that underlie Navajo (Diné) life today. After many invasions by Spain, Mexico, and eventually the United States, the Navajo (Diné) mounted campaigns of resistance in order to remain in their ancestral homelands.