

OPENING WORDS

The beauty of the trees,
the softness of the air,
the fragrance of the grass,
speaks to me.

The summit of the mountain,
the thunder of the sky,
the rhythm of the sea,
speaks to me.

The strength of the fire,
the taste of salmon,
the trail of the sun,
and the life that never goes away,
they speak to me.

And my heart soars.



- Chief Dan George, Tsleil-Waututh (1899 - 1981)

CREATING THE MEDICINE WHEEL

The Medicine Wheel, also known as the Sacred Hoop, connects us with all realms of life. When you address the Directions, you call into wakefulness those particular aspects of Spirit reflected in yourself.

"To the East: to the new day, to the Light Within and the Light Without. East, the place of illumination of sight and thought. Thank you for the awakening of life. May my thoughts be aware of the gifts inherent in each moment.

I call for your power and spirit to come in.

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**"To the South: to Trust and innocence and potential. South, the place that holds the sacred fire of creativity and growth. For music and art and all those things that carry joy and communion. May I learn from you the dance of life as I navigate the road home.**

**I call for your power and spirit to come in.**

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"To the West: to the night sky that draws us inward. West, power of places between the worlds, I turn to you seeking passage into the depths of knowing and unknowing. May I learn the ways of compassion and nourish understanding.

I call for your power and spirit to come in.

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**"To the North: Home of the old ones and those gone by. To the wisdom place, Spirit's mountaintop. North, I turn to you for wisdom. In the place free of shadow I seek perspective and a path of service. May I live upon this gracious earth with remembrance and gratitude for my elders in all realms.**

**I call for your power and spirit to come in.**

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"To Mother Earth, enfolding all beings, hear my prayer for all your children. Help us to live in your embrace with reverence and respect for one another and for you."

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**"To Father Sky, encircling all beings with the light of protection, warmth, clarity and vision. Grant me the courage to bring the radiance of my true Self out into the world, and the humility and self-esteem to foster the radiance of others."**

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Hold both hands over your heart, as you say:

“And finally, to that place within my being where the 6 directions meet. May I live today from this center of wholeness and balance.”

PRAYER

(Native American, attributed to Black Elk)

Oh, Great Spirit, whose voice I hear in the
wind,
Whose breath gives life to all the world.
Hear me; I need your strength and wisdom.
Let me walk in beauty, and make my eyes
ever behold the red and purple sunset.
Make my hands respect the things you have
made and my ears sharp to hear your voice.
Make me wise so that I may understand the
things you have taught my people.
Help me to remain calm and strong in the face
of all that comes towards me.
Let me learn the lessons you have hidden in
every leaf and rock. Help me seek pure
thoughts and act with the intention of helping
others.
Help me find compassion without empathy
overwhelming me.
I seek strength, not to be greater than my
brother or sister, but to fight my greatest
enemy - Myself.
Make me always ready to come to you with
clean hands and straight eyes. So when life
fades, as the fading sunset, my spirit may
come to you without shame.

OPENING THE MEDICINE WHEEL
With humility and gratitude we thank the
Great Spirit and the energies of the
interconnected web of all existence from
which we draw our very breath, for
empowering us on our journey today.

SING: The earth, the air, the fire, the
water, return, return, return,
return...CLOSING WORDS

Hold on to what is good,
Even if it's a handful of earth.
Hold on to what you believe,
Even if it's a tree that stands by itself.

Hold on to what you must do,
Even if it's a long way from here.
Hold on to your life,
Even if it's easier to let go.
Hold on to my hand,
Even if someday I'll be gone away from you.

Pueblo Indian Prayer

