

2005 Summer Seasonal Message #7: Let Your Arrow Take Flight

“Pray,” Ruby Plenty Chiefs said. “Prayer can change the world. Your light will affect all of those around you and give them the strength and the inspiration to go on and celebrate the magnificence of what they are.”

I dried my tears and held Agnes’s hand. I watched her beautiful face etched so deeply by time and experience. “For me,” I finally said, “prayer is the expression of innocence. It is our radiant bridge to Great Spirit. Through the grateful heart in innocence, all things are possible.”

Dear Friends,

The City of New Orleans and the entire Gulf Coast of Louisiana, Mississippi and Alabama, like so many places in our world today, are in great need of everything to do with life – of that which heals life, of that which sustains life, of that which reaffirms, renews and emboldens the life spirit within us, around us, and in our connection to the Great Spirit and our precious Mother Earth. As you reach out to give help in whatever ways you are able, please remember the power that you carry in all that you do by finding balance on the Sacred Wheel. Remember the importance of moving from manifestation in the South, where we find ways to give whatever physical relief we are able, to spirit in the North, where we infuse ourselves and our efforts with inspiration and prayer, strength and the wisdom of Great Spirit, before returning again with trust to the world of manifestation in the South. It is through this North/South transit that we truly walk in power.

Prayer for Strength

Great Mother Goddess, Sower of dreams, Of this fecund Mother Earth, Help me to experience your light In every moment of my life. Help me to experience your dream In my earth walk. As a beautiful rose growing in my being, Let me breathe in The perfume of your essence And your perfection, Permeating every cell in my body.

You have given me blood, Great Mother, Blood, the carrier of my future incarnations. Help me to serve you well, So that I may know my lifetimes As they have imprinted my spirit shield With the image of your face.

You are the power That motivates me, That brings me closer To my shaman center, And to my psychic equilibrium. You are the one Who fills me with inspiration, Who helps me to feel the rose within – The perfection of physicality And spirit manifested In my earth walk. You are a wrathful And a benevolent ruler. Help me not to fear The shadow side of myself, The dark side of my femininity. I am Crazy Woman, and I am the Rainbow Mother. I am Death Mother, and I am the Great Nurturing Mother. The sacred cross of feminine power Lives within me.

As I see your sacred face Reflected in the eyes Of my sisters and brothers, Great Mother Goddess, Give me the strength To follow your path, To feel your rose within me, To plant my seeds on this earth, And reap the wisdom as they grow. Help me to change and to be strong Throughout the coming year. Great Mother, I honor you All the days of my life. Ho!

Give from a heart and an intent that is one with Great Spirit, and wrap everything you do in the great gift of prayer.

A Prayer for the Children

As I look across the great expanse Of wilderness, I think of what is important and sacred in this life, And I think of the children. We are in a life where we must protect the children. The children are

sacred. The children, beyond all others, Must be recognized and honored For their presence. The hope of the world is with them.

It is our responsibility To tear away the veils of ignorance For our children, so that they may learn What is real and what is true. A wilderness untouched by human hands is Like the map of spirit within a child. It is open to experience, to the newness of life. Let spirit imprint the souls of the children. It is we adults who change the face of growth In our children. We are the ones who Destroy the vision of the young. We take our will and ask our children to live In our shadow. We want our will to be theirs.

Great Spirit, help adults to understand the children. Let there be no harm. Great Spirit, carve a trail for the young ones, So that they may grow strong and free And full of light. Thank you Great Spirit, for hearing my words. I ask you for the children Who do not yet know how to pray. Help them to see your face and hear your words Forevermore. Ho!

As you move forward on your own path towards enlightenment, your own shines out around you as a beacon of hope and inspiration for others. Send your own healing light along with whatever aid and assistance you may choose to give.

I Am Full

Someone once said, Great Spirit, That the only thing to fear is fear itself. Perhaps there is great wisdom in that comment, Because I see all around me The manifestations of fear. I see unknown diseases running rampant. Oh, Great Spirit, help us to heal our spirits So that we can heal our health. Health is the greatest gift you have given us.

As I look at the mountains reflecting the setting sun, I see the preparation for darkness. I see the great canyons losing their light, Moving into a time of hibernation – The long, dark night of the soul. But the sun will rise in the morning, And new light will be brought to those corners Where shadows lurk and fears abide, And suddenly, like ghosts in the night, They are gone, and a new day dawns. Thank you, Great Spirit, for giving us a new day. Thank you, for bringing the sun and illuminating The mountains of endeavor in our lives. Each of us has a sacred mountain within us, Great Spirit, and I am climbing, Ever climbing, toward the top. Help me on my journey, Great Spirit, So that one day I can look out across the vast desert From a new perspective And see the magnificent mystery of life As a truly reclaimed dimension of truth.

Great Spirit, You have sent so many shamans to teach us, And these shamans stand quiet, in silence, All around the world, In the great trees that provide such magnificent shade From the heat of summer. The sentinels of saguaro cactus That guard over the history of the land – They remember so much that we have forgotten.

Thank you, Great Spirit, for the shamans, The great stones that create our mountains. Thank you, Great Spirit, for helping me to climb, For giving me the will to search out What is real and true. You are never ending in your support of me, And I feel your hand, Great Spirit, Resting at my back, Holding me up when I would fall, Giving me comfort When I feel the terror of night encroaching. Help me, Great Spirit, to see now Across the world from my mountain peak. Help me to see with new eyes. Help me to hear your words whispered on the winds. I know that you send me many allies, Great Spirit. These allies surround me, If only I could see them and sense their presence. I celebrate you, Great Spirit, every day of my life, And I give thanks for the creation Of this great schoolhouse called earth. I thank you for my shaman path, For the light of the sun, The dance of the moonlight across my path, And the stars that lend us their wisdom,

The Pleiades that give us comfort In the teachings of the ancient ones. The buffalo roamed here once, Free and stout and strong. They have transformed now Into other places in the universe, But they have left their memory, The sound of their hooves As they would run in herds with the wind. Great spirit, forgive us For not understanding the trail. Forgive us for our ignorance. But we

will do better, and we are learning, And we are committed to the path of heart. Thank you, Great Spirit, For all that you have given us. Ho!

In prayer and spirit,

Lynn Andrews

(Walk In Spirit: Prayers for the Seasons of Life)

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