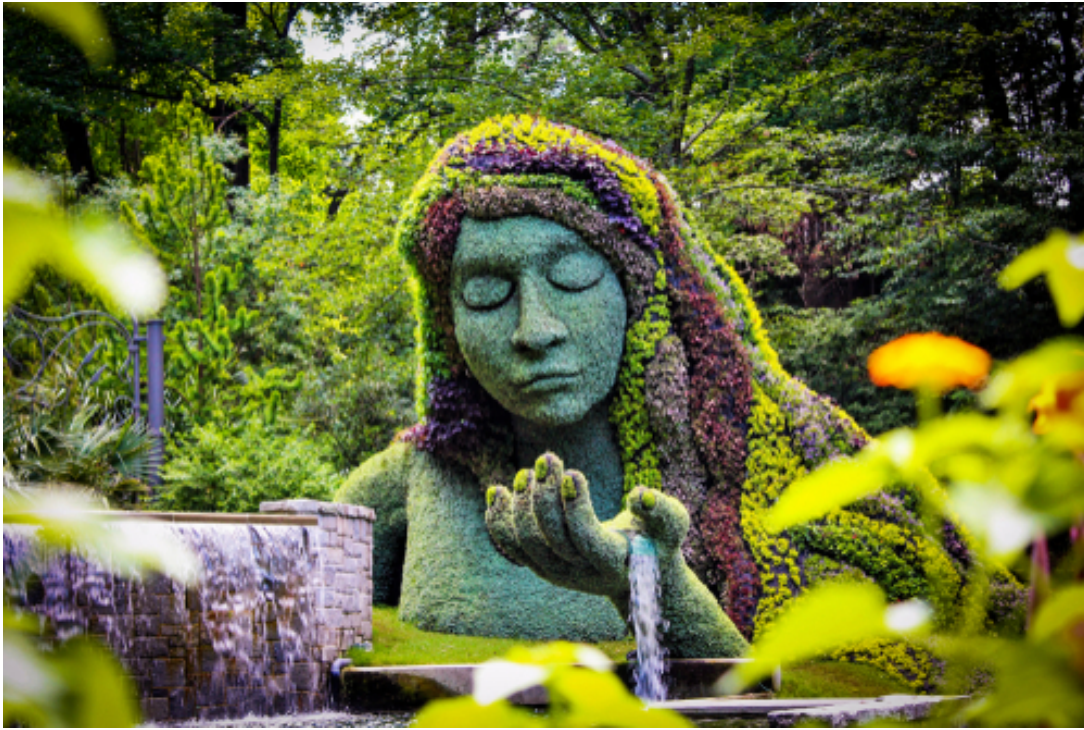


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Inner strength is found through deep inner search and meditation, especially in times of change and transition. It takes courage and strength to risk shapeshifting ourselves, our vision of life, and our sacred dream. In the shaman tradition, we move into the pain that we experience in life to find the possibilities for learning and growth that are hidden there. When you experience your pain in all of its aspects, you can move through it, emerging as a more powerful and strengthened person. You release the pain, yet keep the lessons.



"Great Spirit, Mother Earth, powers of the four directions, my allies, my medicine animal, my ancestors, the Sisterhood of the Shields, and those who love me, be with me now and hear my prayer.

" I will manifest within this lifetime my true destiny by finding the hidden passions that live within my heart and soul, those hidden passions for truth, for harmony and balance and goodness, that live within me.

"I will not be afraid to look at the dark side of my being.



That dark side is my instinctual nature, which I have denied in some way in

my life. To repress who I really am is to live a lie, and to live my life through the eyes of others, not through my own eyes.

"I pledge, Great Mother, to take responsibility for who I am in this life, for my weaknesses and strengths. I pledge to walk the path as a Spiritual warrior of the heart.

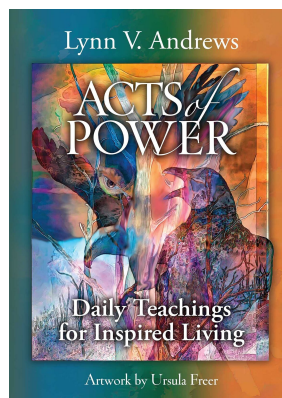
"As I see the many mirrors I have created around me in my life, I will not be afraid to look in them. And I will realize that no matter what reflection I see, it is the reflection of some aspect of you, Great Spirit, and for that I will love all that I see.

"To take my power in this lifetime is to understand that I am made of power, and that power is the reflection of you, Great Spirit. I understand that the first lesson of power is that we are alone in the struggle toward enlightenment. I also understand that the last lesson of power is that we are indeed all one. You are my light and my love and my way, Oh Great Spirit, and I honor you all the days of my life! HO!"

In Spirit,



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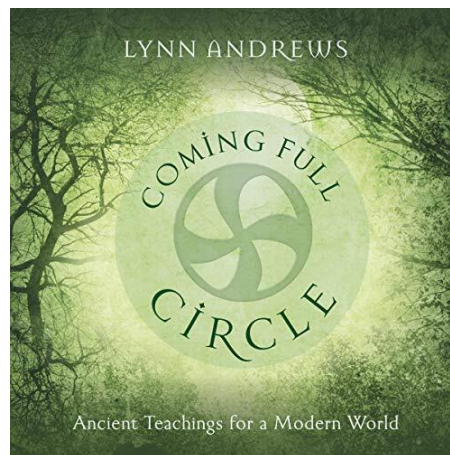
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Julie McColly Hill



As a certified creative aging teaching artist and seasoned life enrichment director, I built a 30-year career cultivating imagination and promoting arts engagement as a wellness initiative. Today, as I move into the second half of my life, at the age of 60, I walk my talk by living an art-filled life dedicated to lifelong learning and community service. Although I consider myself to be a jack of all trades type artist, my core creative interest is painting.

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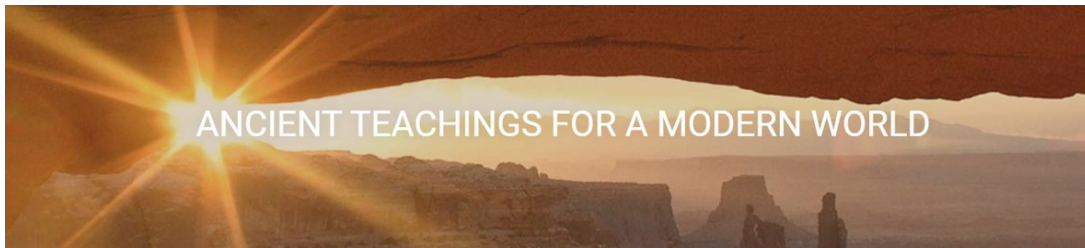
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