



This can be done by multiple participants, by leaders or by a single person.

We stand in a circle, holding hands, consciously honoring our interconnectedness with each other and all life.

We now wish, at the start of our journey together today, to invoke the gifts and energies of the different directions and different aspects of creation and to ready ourselves to receive them.

Dropping hands now, we turn first to the East.

East - Yellow - Eagle

Illumination. Vision. Place of new beginnings. The ability to be childlike, here and now. The season of spring.

We ask for illumination and guidance, for new beginnings, for the ability to be childlike and fully present, here and now. We call upon our brother, the Eagle, to carry messages throughout the web of life and with divine spirit so we may experience being totally connected.

All Turn to the South

South - Red / Green - Rabbit, Mouse, Deer

Life, growth and healing. Being young. Generosity, love and trust, interconnectedness. Summer.

Help us receive the messages of the east in a state of innocence and grace, of openness and vulnerability. We desire to take our rightful place with earth and all of our brothers and sisters. We receive the energy of the south and respect and take care of what we receive.

All Turn to the West

West - Black - Bear

Strength, Introspection into life's meaning. Inner knowing. Acceptance of our true self. Middle age. Fall.

Give us strength so we can take the illumination and lessons we have learned in humility, and apply them in our daily life with courage.

All Turn to the North

North - White - Buffalo

Wisdom and purification. Fulfillment and completion. Detachment, letting go. Connection with our elders, our ancestors. Winter.

Give us wisdom to apply our learning with strength and detachment for the purpose of helping our people. We receive the energy of the north respectfully and gratefully.

All Turn to the Center of the Circle

Earth, our Mother

Let us turn now to Earth, our Mother, to the center. Through her we receive life, and in union with her, we belong. She teaches us to live in harmony with the circle of life. We are nourished by her: she teaches us the eternal cycles. We accept ourselves as children of Earth, we draw in the energies and teachings of Earth, our Mother.

Father, sky

Turning above, we accept the energies of Father Sky. He gives us the vision of what can be, the desire to know, and the perfect circle of life's balance between earth and sky.

Sun

The sun in the sky is the source of energy for all life on Earth.

We consciously take in the great energies of the sun, the light and the warmth that we all require for life, and we are grateful for all that the light of the sun gives and reveals to us today.

Grandmother Moon, the stars

We open to the beauty, intuition and vision our Grandmother Moon and the stars share with us, and for what they reveal of the cycles, tides and seasons of our lives.

Animals

All under the sun are our brothers and sisters who have much to teach us, to share with us. What we do to any of the other beings in creation, we do to ourselves. We open to our kin and accept the energies between us, that changes both them and us in the flowing and sharing.

Great Spirit, Great Mystery, The One

We surrender to that from which everything comes and returns, that sustains all Life.

With our circle complete, we say thank you three times.

Closing

We thank the energies of the East (pause and face each direction), South, West and North, the Earth, the Sky, the Sun, the Moon and Stars, all Beings, and Great Mystery for bringing us together and allowing us to sing the Song of Life. And we release all the energies we called upon to return home with our gratitude and blessing.