

# 7 DIRECTIONS

EAST SOUTH WEST NORTH

SKY

EARTH

HEART

## WELCOME

Let us settle into **HERE**, feeling our weight supported, softening our boundaries and expanding our senses to connect with the all benign Beings around us. Yesterday was the Summer Solstice, so let us honour and thank **SUN**, our fiery star.

## OPENING PRAYERS

Maker and Keeper  
of the seven directions and their teachings.

We greet you, mighty magnetic-fields. For your unceasing stream and thank you for your protection from cosmic bombardment and radiation. We honour your endless flow of protons from **NORTH** to **SOUTH**.

We give thanks to Sky **ABOVE**. Mighty Sol, Sun who rises **EAST** with gifts of light and heat. Who sets **WEST** allowing darkness to reveal circling Moon and our ancient ancestors, all the myriad Star-Folk.

We give thanks for Earth **BELOW**.

You carry and nourish us and all kin. For your gentle curving away to Horizon that encircles us and to Gravity who anchors us. Mother and Home.

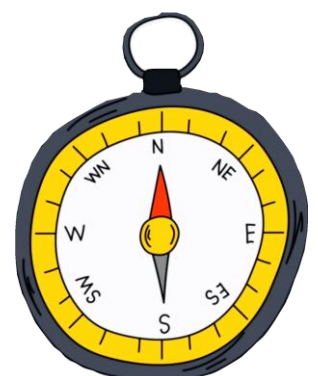
We offer you Maker and Keeper our **INNER** space, the hospitality of our hearts and minds. May we be a dwelling place here, swept clean in your honour. Excuse our dusty corners but welcome anyway.

Let it be so.

## MEDITATION

You are invited to wander and ponder with some words gathered from a selection of Turtle Island First Nation sources called 'Praying the Directions'.

Start facing **EAST** (a most easterly facing tree has been marked with a ribbon) and then quarter turn to your right, to follow Sun's path around the cardinal points of the compass.



## OFFERINGS

You may like to make an offering to each direction as you pray; be open and aware of what Freya Mathews calls *ontopoetics*. There are bowls of (barley) and oil (organic rapeseed), Sea Salt and spring-water or perhaps you would prefer to bring something else.

“It is not to be considered a theory but a view of reality and an understanding of the world as a communicative presence.”

Freya Mathews, “Invitation to Ontopoetics”

<https://www.freyamathews.net/downloads/InvitationtoOntopoetics.pdf>

### FACE THE EAST (gold)

“Oh, Great Spirit and angels of the East where the sun rises. Renew us and guide our paths, send down light into our hearts and minds. Great Spirit, you gift today with hope and creativity. Come Holy Spirit and angels of the East.”

### FACE THE SOUTH (red)

“Oh, Great Spirit and angels of the South where the sun shines hottest. Bring warmth into our hearts and love to all our relations. Send warm and soothing winds to comfort us, gentle as the breeze unfolding spring leaves. Come Holy Spirit and angels of the South.

### FACE THE WEST (black)

“Oh, Great Spirit and angels of the West, where the sun sets. Teach us to be at home in the dark and in the silence of the night. Teach us to let go as we sink into the unknown and await the sun rising tomorrow, knowing that one day we must fade into you. Then lead us into beauty. Come, Holy Spirit and angels of the West.”

### FACE THE NORTH (white)

“Oh, Great Spirit and angels of the North, where fierce freezing storms blow. Give us strength and protection from everything that is harsh, everything that hurts, everything that makes us squint. Let us move through life ready to take what comes from the north. Teach us to be brave. Come, Great Spirit and angels of the North.”

### FACE THE SKY (blue)

“Come, Great Spirit and angels from above. Father sky teach us the wisdom of the winged ones and so, seek wisdom and perspective in life. Come, Holy Spirit and angels from above.”

### FACE THE EARTH (iron red)

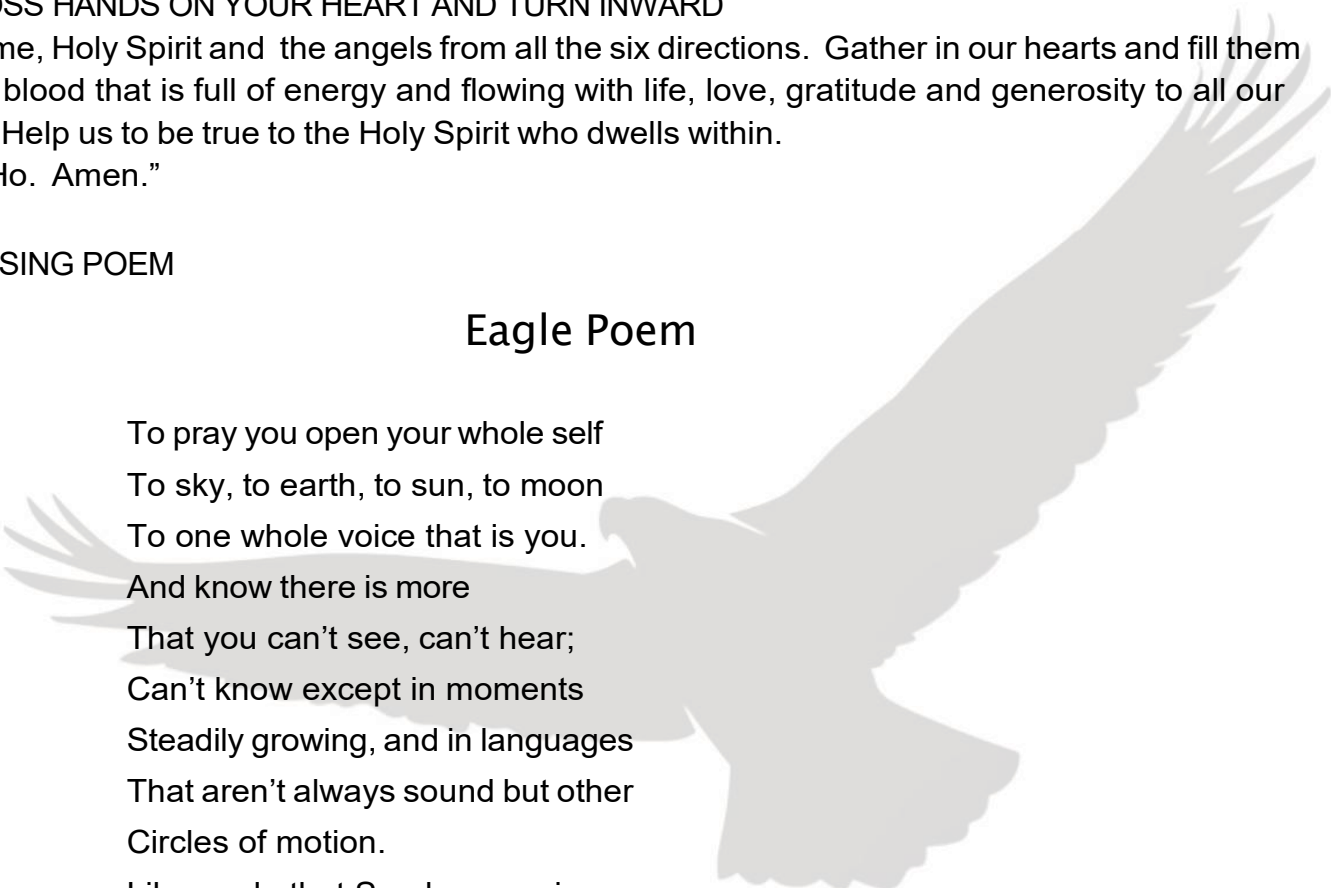
“Oh, Great Spirit and angels below us. Where the plant-beings find their roots and sustenance. Teach us to remain grounded and thankful to our Mother Planet Earth and to honour and respect her. Come, Great Spirit and angels of the Earth.”

## CROSS HANDS ON YOUR HEART AND TURN INWARD

“Come, Holy Spirit and the angels from all the six directions. Gather in our hearts and fill them with blood that is full of energy and flowing with life, love, gratitude and generosity to all our kin. Help us to be true to the Holy Spirit who dwells within.  
Ah Ho. Amen.”

## CLOSING POEM

### Eagle Poem



To pray you open your whole self  
To sky, to earth, to sun, to moon  
To one whole voice that is you.  
And know there is more  
That you can't see, can't hear;  
Can't know except in moments  
Steadily growing, and in languages  
That aren't always sound but other  
Circles of motion.  
Like eagle that Sunday morning  
Over Salt River. Circled in blue sky  
In wind, swept our hearts clean  
With sacred wings.  
We see you, see ourselves and know  
That we must take the utmost care  
And kindness in all things.  
Breathe in, knowing we are made of  
All this, and breathe, knowing  
We are truly blessed because we  
Were born, and die soon within a  
True circle of motion,  
Like eagle rounding out the morning  
Inside us.  
We pray that it will be done  
In beauty.  
In beauty

Jo Harjo, 1990

Jo Harjo is a member of the Muscogee (Creek) Nation  
and was named U.S. poet laureate in June 2019.