

Prayer of the Directions

(Rosella M Kinoshameg)

O Great Sprit, Father of all creation:
We thank you for bringing us together
On our journey around the Medicine Wheel,
That we may exist in balance of spirit, mind and body,
That we may function in harmony with all that is around us,
We give thanks for the gifts from all the directions:

East

We give thanks for the gifts of vision, guidance and leadership
May we be like the Eagle: to fly high and see far
As to watch and guard the well-being of the Anishinaabe.
May we see situations clearly and always lend a helping hand.
May we listen and be a true leader: provide service.

South

We give thanks for the gifts of love, trust, and discipline.
May we learn to love and to treat another with love:
To listen with our eyes, our ears and our hearts; to overlook the negative and be positive;
To voice, to communicate; and to make an effort to do something good for others.
May we be determined to fulfill our purpose and achieve the goals that we set.

West

We give thanks for the gifts of introspections and perseverance.
May we be like the turtle, to go within, to see from within.
May we accept ourselves as we really are.
May we too be like the bear and have the strength
And pursue the challenge of achieving the highest level of care.

North

We give thanks for the Wisdom, understand: gifts of the intellect.

May we be strong like the strong animals, and learn to be good providers.
May we think clearly to make good decisions, that are balanced by reason.
May we learn how things fit together and see the reflections of life.
May we learn how to balance our lives.

Mother Earth

We give thanks for the gift of life.
We give thanks for the provisions of our every need:
The plants for our food and medicine,
The trees for our shelter, protection, warmth.
May we always respect these, taking and using only what we need.

Father Sky

We give thanks for the gifts of the sun: light, energy, and warmth.
We give thanks for the those thinks that we need to be in harmony
With our environment: the winds, the rains, the snow, and the sleet.

For all these gifts we say MIIGWECH, MIIGWECH, MIIGWECH, MIIGWECH.