

RISING SUN, MORNING PRAYER

To the East I give thanks to the sun, the morning sun, the rising sun, the homeboy, the holy boy for life, light, warmth, color, sight, photosynthesis and energy. I give thanks to the East for the animals, birds, fish, and plants; the energized forms. I give thanks to the wisdom of the East. I give thanks to the cultures of the East: the Euro's, the Russo's, the Slavs, the Step-tribes, and the Middle-Easterns. May we live together internally and between each other in Peace. I give thanks to the East for all sentient and non-sentient beings of which we are a part.

To the South I give thanks to the ice fields of balance. I give thanks to the animals, birds, fish and plants; the energized forms that provide nourishment, nurturing and beauty. I give thanks to the sense of taste. I give thanks to the wisdom of the South. I give thanks to the cultures of the South: the Africans, the Middle and Lower Americas, the New Zealanders, the Australians, the Indonesians, the Sri Lankans, the Indians, the Pakistanis, the Bangladeshis, and the Afghanies. May we live together internally and between each other in Peace. I give thanks to the South for all sentient and non-sentient beings of which we are a part.

To the West I give thanks to the waters in all of their names and forms. I give thanks to the animals, birds, fish and plants; the energized forms. I give thanks to the rain that comes to provide water to drink, that slacks our thirst, and provides life's fluids. I give thanks for the wisdom of the West. I give thanks to the cultures of the West: the whales, orcas, seals, porpoise, dolphins, otters, manatees, the Asians, the Southwest-Asians, the South Pacific Islanders, and the Pacific Islanders: the Maoris, the Tahitians, the Fijians, the Samoans, the Tongans, the Filipinos, and the Hawaiians. May we live together internally and between each other in Peace. I give thanks to the West for all sentient and non-sentient beings of which we are a part.

To the North I give thanks to the ice fields of balance. I give thanks to the animals, birds, fish and plants; the energized forms. I give thanks to the healing and cleansing winds. I give thanks to the high winds for bringing the winter storms. I give thanks to the middle and the lower winds for providing bird's flight and life's breath. I give thanks to the senses of scent and sound. I give thanks for the wisdom of the North. I give thanks to the cultures of the North: the Mongols, the Upper-Americas, the Inuit, and the Laplanders. May we live together internally and between each other in Peace. I give thanks to the North for all sentient and non-sentient beings of which we are a part.

I give thanks to the Heavens for life, guidance, protection, overview, and seeding. I give thanks to the animals, birds, fish, plants, and humans; the peoples of the earth. I give thanks to the wonders, the mysteries, the wisdom and the cultures of the Heavens that we may live together internally and between each other in Peace. I give thanks to the Heavens for all sentient and the non-sentient beings of which we are a part.

I give thanks to the Earth, our home, our hearth, heart, foundation and footing that we may heal together in a good way. I give thanks to the animals, birds, fish and plants; the energized forms. I give thanks to the minerals for courage, strength, structure, and discipline. I give thanks to the crystals for connecting love, focus, and wisdom through intuition to the awakened mind and returning awareness. I give thanks to the magma that rises and cools that provides a living mantle of mountains, plains, and valleys. I give thanks to gravity for holding all life together. I give thanks for the wisdom of the Earth. I give thanks to the Earth for all of the cultures and that we may live together internally and between each other in Peace. I give thanks to the Earth for all sentient and non-sentient beings of which we are a part.

I give thanks to the Self, Awareness and Consciousness for the connection to all of life. I give thanks for the sun that rises, that draws up the moisture, forms clouds, and drops rain that creates life.

AHo, OM, Shalom.