

The understandings that I live with, four of the ways of spiritual connection.

All is living (in a spiritual way)

Therefore we honor/ appreciate each element of creation including ourselves

Practically

- Watch the seasons and how all changes
- Take in nourishment with gratitude to the sources
- Acknowledge all hands and elements
- See ALL, that which comforts and that which discomforts or scares us

What would you practice in your own life?

We are the last, the frailest, the clueless

Therefore we need to learn all (intellectually, socially, spiritually) with creatures/creation as our mentors and protectors

Practically

- daily pay attention to the creatures/creation
- get to know each one and what it can teach us, especially those small, unattractive
- put bare feet on bare soil to feel the umbilical connection with our mother

What would you practice in your own life?

This is the shadow world

Therefore we know that this is not the greatest or most important existence, rather the opportunity for practice, growth, increasing understanding

Practically

- know that we are spirit people here to learn
- practice meditation/dreaming to help open ourselves to the spirit world
- listen to young children, animals and plants who are closer to the spirit world
- know that the spirit world is but part of the great mystery

What would you practice in your own life?

Giitchii Manitou (Great Mystery/Creator) can be sensed but not known, we are in the mystery and of the mystery

Therefore open our hearts to feel, our ears to listen, our spirits to delight, experience connection that brings joy

Practically

- know the only sin is to desecrate creation including ourselves
- walk daily with Creator/great mystery such as greeting the morning light with gratitude
- practice worship to help know ourselves as an atom in the mystery

What would you practice in your own life?