

A Survivor's Vesper¹

East

Power of the Air:

I am grateful for the cool breath of wind
which sustains my body;
for the energies of air
that fan my hope;
for the raging storms
that blow away my uncertainty.
For all your gifts to me today,
Ancient mother²,
I am grateful.

South

Power of fire:

I am grateful for the flame that burns within me,
for the hot passion of my desires
and the fierce longings that drive me along
teasing me into living each day.
I am in awe of all that grows
and the growth I feel at work in me.
In your strength, I grow strong:
the candle of hope that burns alone
shall burst into towering flames.
Ancient mother, I am grateful.

West

Power of the waters:

for the healing stream that is feeding me,
for the warm waves that have cushioned me
and held me afloat when I was too weak to walk.
I am grateful.
For the seas of inner nurturing,
for the tides of sanity that pull me safe to shore,
for the waterfalls of hopeful spirit
that ripple and dance in me,
Ancient mother, I am grateful.

¹The mystical rabbis write that four great angels guard each direction of the earth, keeping us from harm. They are Michael (East), Ariel/Uriel (South), Raphael (West), and Gabriel (North). This meditation is said at the end of the day, facing each direction in turn as the guardian angel is addressed.

²Most survivors are extremely sensitive to gendered language. Feel free to substitute "Ancient One" or an appropriate divine name for Ancient Mother.

north
power of Earth:
maker of my bones, deep heart of my beating one,
planet of my senses,
for the courage of the stone,
for the destiny of the boulder,
for the clarity of the crystal which i find in me,
I give thanks.
for the taste of bitter herbs and sweet,
for the squelch of the mud between my toes,
for my throbbing, healing connection to you,
I dedicate my self to survive and serve.
ancient mother, I am grateful.

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