

North
(Facing 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.

Carole R. Fontaine
greenheart studio
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A Survivor's Vesper¹

East
(Facing 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 memories and thoughts,
and the intellect to interpret
them,
For all your gifts to me
today,
Ancient Mother²,
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", "El Shadday", or other appropriate divine name for "Ancient Mother".

South
(Facing 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
(Facing West)

Power of the Waters:
for the healing stream that
feeds 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.