

The Sisterhood of the Planetary Water Rites

April 2011, Newsletter



Artist Unknown If you have information please forward it to us!

Greetings Dear Water Sisters and Brothers:

This month is very new and it has started out with a BANG AND A-HALF! The most wonderful of connections are flowing into our Circles with the power of the most divine of sources. Please know that each and every one of you are making this happen. Your circles and prayers are reaching 1,000's of others. The e-mails and phone calls are flooding Medicine Creek with new energies of great creative ideas and new offerings to our every growing Medicine Bowl.....My burden basket is empty but the Medicine Basket is overflowing....we are so blessed with these wondrous of times, within a time of purification. For those that are seeking guidance, ask; answers are waiting for you within your sacred place! Aho....Much Love, Grandmother Whitedeer



On April 22, 1970 over 20 million Americans celebrated the 41st anniversary of Earth Day. It is now tenfold as we have touched the entire people of our Planet to join in!

The Sisterhood of the Planetary Water Rites is asking our entire family of circles worldwide to stand together and bless our waters in ceremony and celebration for Our Earth Mother.... Let us show our gratitude and appreciation for all that she provides her children.

Earth Day is a day that is intended to inspire awareness and appreciation for the Earth's natural environment. Earth Day was founded by United States Senator [Gaylord Nelson](#) as an environmental teach-in first held on April 22, 1970. While this first Earth Day was focused on the United States, an organization launched by Denis Hayes, who was the original national coordinator in 1970, took it international in 1990 and organized events in 141 nations. Earth Day is now coordinated globally by the [Earth Day Network](#), and is celebrated in more than 175 countries every year. Today you can take action and learn-teach-share to help protect the environment, Earth Day and every day.

Environmental action can mean doing different things in different places, but it begins by taking the simple steps where you live. **Doing your part means doing what you can do.** By choosing five or more of these ideas and sharing your own, you are joining thousands of others who are doing the same. Together we can make the biggest difference, so make your actions count today!

Tips to make a difference on Earth Day and every day

Water:

- Use only the water you need, and reuse when possible
- Help keep water clean by using biodegradable and environmentally friendly cleaning products
- Dispose of solid and liquid wastes and medications safely.
- Protect your local water source from pollutants, excess pesticides and garbage
- Adjust sprinklers so only your lawn is watered and not the house, sidewalk, or street.
- Run your clothes washer and dishwasher only when they are full. You can save up to 1,000 gallons a month.
- Upgrade older toilets with water efficient models.
- Shorten your shower by a minute or two and you'll save up to 150 gallons per month

Air:

- Use human powered modes of transportation to get from place to place! Walk, jog, skip, ride a bike instead.

We respect you.

So she did this. Every day on their drive to drop Mashkoonce (Little Elk) to school, they passed a body of water. And every day they said these words to the water as they drove by. They made games by saying it in different voices and then would say it as fast as they could. Then one day Mashkoonce, said, "Nokomis why can't we say this in our language?" So, Dorene asked her daughter's language teacher to write it in Ojibwemowin. Dorene had the words taped to the car visor as they learned the words.

One day this grandson Mashkoonce said, "Nokomis why don't we sing the words, don't you think the water would like it to be sung?" So she thought about it and came up with the tune. They sang this song to the water every morning on their drive to school.

It is sung like a lullaby and we don't use shakers or drums.

Doreen and her grandson, Mashkoonce, give permission for everyone to share this song... sing it to the water every day.

Ne-be Gee Zah- gay- e- goo
Gee Me-gwetch -wayn ne- me - goo
Gee Zah Wayn ne- me- goo

Nibi Song:

http://www.motherearthwaterwalk.com/index.php?option=com_content&view=article&id=133&Itemid=140

Courtesy of emptyglassforwater.ca

David Suzuki .. www.davidsuzuki.org

The Declaration of Interdependence expresses our values as an organization. It was written for the 1992 UN Earth Summit in Rio de Janeiro.

This we know

We are the earth, through the plants and animals that nourish us.

We are the rains and the oceans that flow through our veins.

We are the breath of the forests of the land, and the plants of the sea.

We are human animals, related to all other life as descendants of the firstborn cell.

We share with these kin a common history, written in our genes.

We share a common present, filled with uncertainty.

And we share a common future, as yet untold.

We humans are but one of thirty million species weaving the thin layer of life enveloping the world.

The stability of communities of living things depends upon this diversity.

Linked in that web, we are interconnected — using, cleansing, sharing and replenishing the fundamental

elements of life.

Our home, planet Earth, is finite; all life shares its resources and the energy from the sun, and therefore has limits to growth.

For the first time, we have touched those limits.

When we compromise the air, the water, the soil and the variety of life, we steal from the endless future to serve the fleeting present.

This we believe

Humans have become so numerous and our tools so powerful that we have driven fellow creatures to extinction, dammed the great rivers, torn down ancient forests, poisoned the earth, rain and wind, and ripped holes in the sky.

Our science has brought pain as well as joy; our comfort is paid for by the suffering of millions.

We are learning from our mistakes, we are mourning our vanished kin, and we now build a new politics of hope.

We respect and uphold the absolute need for clean air, water and soil.

We see that economic activities that benefit the few while shrinking the inheritance of many are wrong.

And since environmental degradation erodes biological capital forever, full ecological and social cost must enter all equations of development.

We are one brief generation in the long march of time; the future is not ours to erase.

So where knowledge is limited, we will remember all those who will walk after us, and err on the side of caution.

This we resolve

All this that we know and believe must now become the foundation of the way we live.

At this turning point in our relationship with Earth, we work for an evolution: from dominance to partnership; from fragmentation to connection; from insecurity, to interdependence.

[Sign the Declaration of Interdependence](#)



This Poem is written by Edna Seidner (Wild Pony) who was a Shaman from the Weott/Bear Tribe in Humboldt County Ca. She was my teacher for almost 6 years and she is missed by many. Love Willow

WATER SPIRIT

**The sky dropped tears upon the earth to give
life and beauty to all living things.**

**The Indian looked to the sky and gave thanks
for the water that fell upon him**

And his heart sings

**For the rivers flow with the force of creation
as we flow life within,**

**Clean and clear, carrying the fish, our brother,
upstream**

**To spawn in the security of the water of the
river, his home.**

New grass has sprung thru the earth.

**The flowers nestle in the earth, buds open
to drink the droplets of dew.**

**The Indian looked at the mountain with its
fresh coat of green, yellow and red**

**Stood in the rain and felt the freshness of
the clean water**

**Washing away his despair and smelled the
sweetness of life.**

**We are here to savor the water-giving life
to our brothers**

**So they might live and cover the earth,
our mother, with beauty. Edna Seidner**



**Grandmothers Call to Power--Birmingham,
Alabama**

"The time is now and women must lead."

The Grandmothers are here. The great Council has come to return the Earth to balance, to restore the feminine principle, and bring the energies of yin and yang back into harmony. **"We will do this work primarily through individual women,"** the Grandmothers say. **Earth has suffered too long from an excess of yang and insufficient yin.** **"The time is now and women must lead. Women are the natural reservoirs of yin for this planet."** Over 170 Grandmothers' groups meet in all parts of the world to share the Grandmothers' message and pass on their empowerment into the energy of yin. All are welcome to this work.

Sharon McErlane, founder of Grandmothers Speak, author of *A Call to Power: the Grandmothers Speak* and *Our Love Is Our Power: Working With the Net of Light That Holds the Earth* will conduct the **Grandmothers Call to Power** at the Unity Church in Birmingham, Alabama on April 30.

time: 10:00 a.m. to 4:00 p.m.

cost: \$65

for details contact: bookstore@unitybham.org or mjstrange@hughes.net

for more information on the Grandmother's message, go to:
grandmothersspeak.com

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A Message from Grandmother Dawn:

We are multitudes now, consciously serving the Earth as our mission and purpose.

Some of us serve by recycling and conserving and resisting the pressure to steadily consume the planet's resources. Some of us sit in silent prayer, connected to our Earth Family through our hearts and helping dissipate planetary turmoil through loving intention. Some of us are raising our children to know that they are an integral and important part of a living, breathing, loving Whole. **O Mitakuye Oyasin.**

There are others of us as well who have been awakened, one by one, by what at first could just have been a passing whim – something we imagined. Then the whispers became more urgent and the actions required more obvious – we eventually had to get up and follow this guidance, no matter how crazy the rest of the world thought we were. I heard Drunvalo estimate there were only 70 or so of us a few decades ago, mostly going about our business quietly, placing crystals

in precise spots, chanting in forgotten temples and opening long-closed passageways, sometimes simply being somewhere we knew we had to be, with no expectations other than the peace that attends serving the best we can.

Now we are many and various – a colourful and confused proliferation from every corner of the Earth, listening carefully for what to do next, perceiving with what clarity we have at our disposal what we feel we must do. The guiding forces are variably defined as God, our higher selves, Life, our inner Knowing, the Universe, Gaia, guiding angels, multidimensional beings or councils, extraterrestrial brethren....

Precise information is channeled, transcribed, collated and sent at the speed of thought to the computer-connected world. In these times of planetary upheaval, the images, the information, the prophecies and the predictions can put us into states of shock and depression.

Please follow your own inner guidance. Sit still and quiet and listen with an open heart to what comes to you – choose the sources you wish to trust.

Watch fear and anger arise in you, but do not succumb to them. Allow them to move through and release from your body as you witness their passing.

There are many different intentions at work on our planet right now. We often confuse open-heartedness with gullibility, but this need not be so. Question everything - not from fear and suspicion, but from the confidence that you are connected to sources of infinite wisdom.

Follow your guidance – follow the highest intentions of your heart. We all need this of one another – **now**....

I send you much Love and many Blessings,

In Oneness,

Grandmother Dawn

Message From Grandfather Joseph Riel:

Dear Peace Group, The Sisterhood of the Planetary Water Rites

After Joseph's art and message went out yesterday, I got a call from him. He is seeing the "mess we are in" here on Mother Earth, with all our conflicts and upheavals, and he wants to call in the Cosmic energies of Universal love to help us.

What If I'm Confused?

Our situation calls for us to keep looking for the light and move out of the darkness. It calls for us to keep using all five senses so as not to stay stuck or immobilized in fear, despair, and confusion. It's just like shamanic journeying: when one cannot "see," one feels one's way along in the dark and into the light.

Confusion is often a mask, hiding our primary feelings, our *mad*, *sad*, *glad*, or *afraid* responses. Confusion "protects" us from taking action. It can be exhausting and addictive: if we tell ourselves we are confused and don't know what to do, we can wallow and avoid doing anything.

It is a huge shift of consciousness to step out of confusion by identifying our feelings directly. It releases energy and frees us from a kind of internal entrapment when we ask ourselves, "Am I mad, sad, glad, or afraid?" And when we identify our primary feeling, we can rest in it, or decide what we want to do about it, rather than exhausting ourselves with "confusion."

How Do I Get Rid of the Anger or Fear?

We all need to release "heavy" energy constantly, using all the tools we know.

We all carry heaviness: it's part of the human condition. We're influenced by the generalized fear, anxiety, despair, and rage floating around. The more we can intend to release our heaviness and that of others, the easier we can respond to whatever arises.

I know I sound like a broken record about this. It is because, in my own evolution, releasing what does not serve me has been an essential component of shifting my consciousness and energizing my work in the world. For example, I discover that I am angry about the behavior of government officials, or sad about the behavior of someone I love. I know I can't make *them* change. What can I do?

I can release the heaviness of my anger or grief. If I do not hold those heavy feelings in my body, I am less likely to get sick; I am more likely to see things for what they are and take action accordingly; and I am more likely to be able to be light and loving rather than spewing my ire into the world. Releasing "heaviness" also lets me model a "lighter" behavior for others.

The moon, our constant companion through light and dark, re-minds us that everything grows to fullness, wanes, darkens, and becomes new again. The four elements, in their wondrous interconnection, guide us in returning to fluidity, passion, full breath, and rootedness.

Strengthening Our Feelings of Connection

The wonderful strength, euphoria, and hope of the Egyptian democracy movement is a great example of *belief* in connection.

People were fed up, and they believed in each other day after day. Belief fed connection; connection fed generosity: those in Tabriz Square fed each other, cleaned up, created safe spaces to rest, bandaged each other, and kept showing up despite the threats. The strength of the dream and commitment to what is possible fed all the rest of us.

What happened in Egypt, before the media shifted our attention to a war campaign mentality (Libya and Bahrain) and old political paradigms, mirrors our efforts to expand our hearts and our light. When we allow ourselves to believe in connections, and to trust each other, the world changes.

The Old Condor, Apuchin, tells me,

"You humans are going to have to relearn and reinvigorate your connections--with each other and all living beings--for your survival. You spend way too much time feeling sorry for yourselves and spinning your wheels with worry. Everyone can take one step, and another, just like a baby learning to walk. And everyone can learn to pat themselves on the back, give themselves a hug of encouragement, and play the 'I think I can' game.

"When you let yourself feel connected, you weave threads of support that you can hold onto as you walk the dark tunnel. It is not easy, and there is always light at the end...Instead of asking "Why?" or "Why me?" ask "What am I supposed to learn from this (disease/loss/challenge)? What changes are needed? What is my path as the world transforms?"

"The forms do not matter, it is happening. Strengthen your hearts! Strengthen your connections! In this way you will feed possibility."

<http://www.youtube.com/watch?v=rjyxexZ-Tzk> Chief Golden Light Eagle 3/28



Message From the Grandmothers - God Parting The Sky AHO!