

Created on Candlemas 2005

(A joint creation of the women's celebration group and young initiates)

When I am in harmony with the depths of my being, I feel and know...
the truth of self, others and situations.

To stay in the rhythm of my own sacred flow, I need to...
breathe and surrender.

When I am in harmony with the depths of my being, I feel and know...
there is only one Source of Being and Love.

To stay in the rhythm of my own sacred flow, I need to...
remember where I come from; the warm water of my mother's womb or the waters of the
creek and then I am peaceful and calm and I flow.

When I am in harmony with the depths of my being, I feel and know...
that I am God independent and interdependent.

To stay in the rhythm of my own sacred flow, I need to...
remember who I am and be myself.

When I am in harmony with the depths of my being, I feel and know...
that smiling and laughing connect me with all whom I love.

To stay in the rhythm of my own sacred flow, I need to...
open my awareness and listen.

When I am in harmony with the depths of my being, I feel and know...
relaxed and know I am loved.

To stay in the rhythm of my own sacred flow, I need to...
go slowly, stop often, breathe deeply and feel my life energy.

When I am in harmony with the depths of my being, I feel and know...
perfect love and freedom.

To stay in the rhythm of my own sacred flow, I need to...
know that all is good and that I do the best I can.

When I am in harmony with the depths of my being, I feel and know...
light and Love.

To stay in the rhythm of my own sacred flow, I need to...
be humble.

When I am in harmony with the depths of my being, I feel and know...
safety and fun.

To stay in the rhythm of my own sacred flow, I need to...
allow and be allowed space and time of my own, not to be questioned and not to be judged.

When I am in harmony with the depths of my being, I feel and know...
light, clarity, simple love.

To stay in the rhythm of my own sacred flow, I need to...
breathe, let go and feel my feet supported on Mother Earth.

When I am in harmony with the depths of my being, I feel and know...
love in myself and others and trust in what is.