

I Am You & You Are Me

[saying silent prayer, asking for permission and guidance, using match to create flame]

Welcome, everyone. Thank you for being here with me in this moment. I'm going to perform a blessing ceremony. Ceremony is the language of the Spirit.

Before we begin, I ask that you form a circle, so that we can be together as one. I invite you to take three collective breaths.

[breathing]

[adding copal, using feather to smudge the altar in all four directions]

Smoke opens the portal to invite the spirits in.

I invite you to sing along with the words of this song. The words are IN LAK'ECH, a Maya greeting meaning I AM ANOTHER YOU.

[singing, drumming—soft and steady like a heartbeat]

Mother/Father, Divine Essence of all creation—Grandfather Sun who brings the gift of day—Grandmother Moon, manifestation of the Sacred Feminine—Sacred Mother Earth, source of our life on Earth—the Spiritual Powers and Sacred Beings of Cape Ann in the north, east, south and west—the Spiritual Powers and Sacred Beings of Cape Ann in the Heavens and the Heart of the Heavens and of the Earth and the Heart of the Earth—thank you for the gift of your being.

We are thankful for the great rocks beneath our feet, the plants that allow us to breathe, the waves that lap against our shores. We are grateful for the sunshine and rain.

We are grateful for the health and well-being of all who walk before us—all our ancestors, especially those of the Agawam tribe, the indigenous people of this place. We ask for the guidance and blessings of all the spirits of Cape Ann. Let this experience be a source of personal healing and provide insights that will take us further along our journey of self-knowledge and spiritual growth. We ask for help in living respectfully and in harmony and balance with each other and with our surroundings. We ask to be open to experiencing the power and sacredness of Cape Ann's past and present. We ask that we be kept safe and protected. We ask that our leaders work to benefit all people. We ask that all nations learn to walk together in peace.

Even in uncertain times, we have much to be grateful for. Thank you for the opportunity to be together this day. We are grateful for all those who have guided and taken care of us. We are grateful for all the beauty that exists in this world.

[holding pitcher in one hand, covering it with the other]

The same liquid that flows through Cape Ann's rivers and ocean flows through all of the worlds' rivers and oceans and flows through you and me.

[transferring water from the pitcher into the four bowls]

I invite you to take a sip of water from each bowl as a symbol of our connection—if you do not wish to partake, please take time as you hold the bowl in your hands to pour into it a blessing that can be bestowed upon the person next to you.

[taking a sip of water from each of the bowls then offering them to be shared around the circle, what's leftover is offered to the earth]

I thank each of you for sharing in this moment and for opening yourself up to this experience.

As we move throughout this world and other worlds, may we feel an increased sense of connection to our loved ones, neighbors and strangers. I am you and you are me.

[shaking hands, offering hugs, and saying thank you]