

WELCOME!

Welcome to the 12th Heal the Waters ceremony here at the Fox River!
Thank you for coming to send love, forgiveness, gratitude and healing to not only to the Fox River, but symbolically to all the waters of the Earth.

“The way we see the world shapes the way we treat it. If a mountain is a deity, not a pile of ore; if a river is one of the veins of the land, not potential irrigation water; if a forest is a sacred grove, not timber; if other species are biological kin, not resources; or if the planet is our mother, not an opportunity -- then we will treat each other with greater respect. Thus is the challenge, to look at the world from a different perspective.” - David Suzuki

The fresh water of our planet is essential to all life.
The ocean waters connect us all in the endless possibilities.
We are the water. Water is life.

Josephine Mandarin, Mother Earth Water Walk - “The water is sick...and people need to really fight for that water, to speak for that water, to love that water.”

Pat McCabe, Navajo Grandmother - “Water is alive. Water is listening to us. Your words and intentions travel through the clouds and can go anywhere you want them to go. Everything, then, shares in this intention. Your intention not only travels through space but also travels through time. The original water is still here. All of our ancestors drank from this water.

Dr. Masaru Emoto said, the very least we should do every day, is to speak to the water.

Water we love you.
Water we thank you.
Water we respect you.

The Water ceremony is a call for respect and for rejoicing.

It is my intention in this ceremony is to honor the waters of Mother Gaia as well as to honor the indigenous tribes and peoples.

There are many women's water songs from many different cultures, and they all have deep meaning and beauty. The Water Song in this video has a lyric that is easy to learn and does not take a long time to sing. At the 2002 Circle of All Nations Gathering in Ottawa, Canada, Grandfather William Commanda asked Irene Wawatie Jerome, an Anshinabe/Cree whose family are the Keepers of the Wampum Belt to write a song that women attending the gathering would learn and spread throughout the world. Grandmother Louise Wawatie taught the Water Song to Grandmother Nancy Andry so she could begin her mission of spreading this powerful practice. In 2017, although Grandfather William and Grandmother Louise crossed over. Grandmother Nancy met with the Elders again in Canada, and they were unified in agreement that a video of the song should be made to hasten the teaching and widen the circle of women singing it because of the increasingly grave dangers our waters are facing. The Wawatie and Commanda families gave permission to record the song on this video.

“We sing this song like a lullaby. The song means the water is the life's blood of our mother the earth. Water is the life's blood of our own bodies”
— Grandma Nancy

This Algonquin Water Song expresses loving gratitude for the water and raises the consciousness and connection of women with Mother Nature's greatest gift. The song is easy to learn, and our hope is that millions of women will sing it, raising their own connection and awareness of the water they interact with daily even in the shower or at the sink. Sing it 4 times, facing each of the 4 Directions. We believe this is a powerful step to change, leading to both a spiritual as well as environmental shift on our planet.

When singing this song, our divine voices put our spirits and wills into the action of appreciation. We can raise our consciousness and flow deeper into water, the essence of our bodies and our eternal connection with Mother Gaia.

Thank you to the Algonquin people who gave permission for the use of this song and to share the lyrics of the water song.

We'll sing it as we face each of the four directions (east, south, west, north). Explain the intention of the ceremonial water* inside the bowl/pitcher and the ritual we will do to infuse the water with our prayers and blessings.

(*I set pitchers of water outside during the full moon preceding the ceremony.)

- Ask everyone to place a hand over their own heart and to and open their heart chakra to connect with Mother Earth and her waters at this time.
- “To all the waters of our planet Earth, and specifically the Fox River (insert the name of the body of water you are doing the ceremony with), we are here to honor you and to give our love to you. We are also here to say we're sorry. We are sorry to have caused you suffering. Please forgive us. We thank you, and we love you.”

“Water of the Fox River, we are sorry we have made you suffer. Please forgive us. We thank you and we love you. May you be filled now with love, peace and health. And so it is.”

The Nibi Wabo song is playing in the background while participants are filling their jars/glasses.

Now it is time for the offering of your prayers to the Fox River as directed by spirit.

Please say it aloud or in your mind. Repeat it three times as you put your hands together in a prayer position or over your heart – or in any mudra that speaks to your heart.

Each participant takes their water to the water being honored and pours their good intentions into the body of water.

When finished, any remaining water will be emptied into the Fox River. Say a few words about the INTENTION that our words and prayers will Heal and Purify the Waters of our planet.

“As I pour this sacred water, blessed by the full moon into the Fox River– it is our dream that our intentions, words, and prayers will Heal the Waters of, not only the Fox River, but the waters of our planet.”

Closing words (thanks for being here, etc.) and ceremony concludes