

# LightSong News

Cultivating A Thriving Community of Well Beings



November 2007

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Lodge is held the 3rd Saturday of month at 4 p.m. To receive Sweat Lodge announcements, click on Update Profile link at bottom of this page to join the Prayer Request and Lodge mailing list.

[Join Our Mailing List!](#)

### Upcoming Events and Happenings

• **My Radio Show: New Broadcast November 9th!** I have a new radio show on the web, covering soul retrieval and shamanism topics. You can tune in at any time at [www.iamhealthyradio.com](http://www.iamhealthyradio.com) or from my web site, [www.lightsong.net](http://www.lightsong.net). A new broadcast will be posted on Friday, November 9th. Spread the word to your friends around the nation and world!

• **Shamanic Sound Healing Intensive: December 7th-9th**

Find and utilize your sacred voice; hold witness and be a vessel for sound, energy, and spirit; work with pure vibration for the purpose of healing self and others. Join Lauri Shainsky, Associate Teacher of LightSong School, and Judith Crop, Licensed Professional Counselor, as they lead this weekend retreat. Participants will use a variety of experiences, exercises, sound instruments, and healing modalities, including shamanism, Reiki, toning, and soundings with nature.

Journeying skills are highly recommended. The Shamanic Sound Healing Intensive will be held at Hidden Lake Retreat in Eagle Creek, Oregon, December 7th - 9th. This course is part of the LightSong School of Shamanic Studies curriculum. For more information or to register, contact Lauri at [lauris@lightsong.net](mailto:lauris@lightsong.net).

• **A Thank You Celebration to the Spirits and**

## **Firewalking Ceremony on New Year's Day**

Begin (bring forth) the New Year with a Thank You Ceremony.

Dedicated in gratitude to the spirits: How they have helped us, taught us, changed us!

Acknowledging the miracles upon miracles that we have all witnessed and received. This is a divine time for giving back and saying thank you to: The helping spirits, power animals, faerie's, weather beings, light beings, ancestors, descendents, counsels, star and earth beings and teachers. Come and participate in this sacred event.

After the Thank You Ceremony, those who wish to walk across the fire will receive guidance and then the invitation to strengthen trust in "I can" through the sacred rite of firewalking.

Firewalking changes our whole concept of what is possible, what we believe we can and can not do. Through firewalking, the world of possibilities becomes more infinite. This ceremony will be a great companion to the Thank You Ceremony and is, of course, optional. The firewalking part of the ceremony will be led by a professional firewalking instructor. Fees for the firewalk will be collected prior to or at the door. The Thank You Ceremony is donation-based for land use, fire material, and food provided.

• **Residential Shamanic Training** - LightSong is offering the first residential training for shamanism for those who want to travel from out of state or those who want the richness of a residential experience. The first class is April 8th - 13th. For more information, go to [www.lightsong.net/Courses/Residential/21CenturyS.htm](http://www.lightsong.net/Courses/Residential/21CenturyS.htm)

• **Depossession Class** with Betsy Bergstrom, January 17-19th with Session 2, March 27th-29th. In this class, students will learn more about the Middleworld, with an emphasis on safe navigation of ordinary and non-ordinary reality. Participants explore beliefs and phenomena of Life, Death, and the Afterworld. Key to this work is empowering ourselves through our Shamanic Allies, personal experience, development of compassion and becoming well-grounded in our True Self. Students will explore the nature of possession and the beings involved, and learn the fundamentals of Basic Compassionate Shamanic Depossession. For more information, go to [www.lightson.net/Courses/Core/depossession.htm](http://www.lightson.net/Courses/Core/depossession.htm)

Private sessions and coaching are available. Contact me at [Jan@lightsong.net](mailto:Jan@lightsong.net) for more information.



Welcome!

Can you believe it's November already? The holidays will be here soon, and as I contemplate their arrival, I am reminded of the wonderful emotions of gratitude, reverence, and appreciation. I hope you use, enjoy, and feel the amazing results that the prayer of Thanksgiving I share below can have in your life!

Heart to Heart  
Jan

## **The Words Before All Else: A Prayer of Thanksgiving**

Thanksgiving is such an incredible time. In the last several years the spirits have been teaching about reverence, gratitude, and appreciation, which of course is what real thanksgiving is about. The spirits say that these emotions and feelings are actually the gateway to good mental health, physical well-being, emotional balance, and spiritual connection.

How much of the day do you spend with feelings of reverence, gratitude, and appreciation of the world around you, your teachers and co-workers, your family, friends, and yourself? Wouldn't having those emotions all of the time be an incredible way to live? Being in those feelings opens the heart, frees the mind, and expands the body; it illuminates the soul, allowing for the wonder, mystery, excitement, and fullness of life to be expressed and appreciated. And it feels so good!

Some indigenous elders feel that the reason that our life on this planet is so out of balance is because we only ask, and rarely say, "thank you". Starting this year, instead of celebrating a day for Thanksgiving in the month of November, I believe we should celebrate the MONTH of

November. Every day can be a day of thanksgiving. To help you build the energy I'm referring to, I share with you a prayer: A prayer of thanksgiving.

The style of this prayer originated with the Iroquois people. It came to me via an Iroquois elder (Jake Swamp), who passed it on to a wilderness school where Deb Scrivens, an associate teacher for LightSong, learned it and shared it with me. Deb's version of this prayer is quite long and beautifully uplifting; you can download it off my web site, [www.lightsong.net](http://www.lightsong.net), and use it for yourself. Some of the thanksgiving prayers of our ancestors were actually four days long! Can you imagine praying for four days straight? The radiance you would feel after spending four days in prayer would be outstanding! (Sounds like Quest. ☺)

The purpose of this prayer is to remember that we are all divinely connected to all things. We share the same planet and universe. What one does affects us all.

I personally have had a tremendous response from this prayer's energy. People have used it and revised it for their own personal use. They use it for prayer each day or around the thanksgiving table.

I invite you to pray like this; it has an amazing affect on your heart; it is full of reverence, gratitude, and appreciation. It heals through the power and energy of the words and how they in themselves affect the body, mind, and soul.

The format of this style of prayer is: Starting with self - and then reaching out around self---and out into the universe. I have done a small, very personal, portion of this in this newsletter---again the longer version that is generalized and useable by anyone is on my website: [www.lightsong.net](http://www.lightsong.net).

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I send my Thanksgiving to you; I stand in gratitude, reverence, appreciation, and joy for who you are!

I start with myself and extend out into the world that surrounds me. I give great thanks for my health, my wellness, and ability to greet each day with a smile and open heart. I give great thanks that I see well, feel well, and can start each day by giving thanks. I give great thanks that I love what I do for a living and I have the opportunity to make a difference each day in someone's

life. I give great thanks that I smile more than I frown and laugh more than I cry. I give tremendous thanks that I have learned to consciously choose happiness in every given moment.

I give great thanks for all of my students, and extended community; you, for your willingness to learn, to grow, to participate, and to challenge yourselves. It is because of you that I get to live in "my original instruction, my song." I learn from you and you amaze me daily. I give great thanks that you want to help people to heal, to have less pain, to have better lives and more happiness. You are amazing people that I love. Even those of you I have never personally met around the world, that sign up for this newsletter, I "feel" you and your desires to create better lives, thus creating a better world.

I give thanks to LightSong, an energy of creation, of ever becoming. I give great thanks to the counsel and the teachers of LightSong School of Shamanic Studies that bring this creation into manifestation. My heart bursts with love for you all.

I give great thanks to the spirit realm. Oh, how my life is enriched, progressive, and full. The depths of my gratitude and love go beyond the definition of words. I humbly stand before you and say THANK YOU!

I give great thanks that I live in safety, optimism, and in a place of enormous opportunity. I have the freedom to speak and believe in my own ways.

I give great thanks for my husband for his incredible sense of humor, his unending love, and his great cooking. He is a hearth shaman, a poet, and wise elder. I give great thanks that I get to be married to such an incredible human being and to share in his thoughts and visions. I give great thanks that he is an amazing father and has taught our children and myself how to listen, speak, and interact from the heart. I give great thanks for his selflessness and untiring ability to give.

I give great thanks for my children, their happiness, their great personalities, their health, their joy, and enthusiasm that they add to our life. I give great thanks for their brightness, their intelligence, and their wit. I give great thanks for their love for each other, their communication, and their devotion to each other, Ed, me, their friends, and how they are influencing the world.

I give great thanks to my parents and siblings. They love and support me. I give great thanks for their visits and

their willingness to extend. To love and be loved by family gives me tremendous joy and gratitude. I am thankful for their continued good health, their happiness, and their contributions to the world.

I give great thanks for my friends, their support, their laughter, their listening and guidance. I give great thanks that I can be myself and feel completely relaxed and safe. I give great thanks that friends become extended family and participate in the love and sorrow that I feel. I give great thanks that they allow me to be me. I give great thanks for their love, humor, and hugs. I give great thanks that they are willing to say and receive "I love you" often.

I give great thanks to my teachers. Because of them my life is forever changed and enriched. I owe everything to these incredible seekers. I give respect, admiration, and heartfelt gratitude.

I give great thanks for our home and neighborhood, a place of beauty, love, and peace, an extension of Ed and me and our love of nature and flora.

I send a greeting and give thanks for all the people in my life. I extend out away from me and my immediate loved ones and I look to this beautiful earth that I have the privilege to experience.

Thank you for allowing me to express my gratitude to you. I give thanks to you, for you have touched my life. Since we have met, our souls will remember each other through lifetimes. The meeting of souls is a sacred thing, for all is in divine order. I give great thanks for our meeting and our continued exchange.

This prayer is continued on my web site please pull it up and enjoy its contents. It is much more generalized and brings in many components of the Earth. It is a way to connect and a way to remember. It can be used anytime of year and all year long! Enjoy.

I welcome any comments you might have regarding the content or format of the LightSong Newsletter.

**Heart to Heart!**

Jan Engels-Smith  
LightSong School

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