

# LightSong News



Cultivating A Thriving Community of Well Beings



April 2008

## Welcome to LightSong News Become a Prayer Warrior!

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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

**· Attention: there will be no Sweat Lodge in April do to construction at the lodge site.**

**Pre-quest classes start on April 26 @ 1:30**

#### **Residential Shamanic Training: Level II Intensive**

Are you interested in enveloping and immersing yourself in shamanic techniques, skills, healings, and ceremony? If you have taken the a Basic Journey Class and are eager to continue your studies at an accelerated pace instead of an 18-month commitment, LightSong is now offering the Level II class as a residential intensive.

During this week-long immersion of learning you will be surrounded by the open-heartedness from the LightSong staff, as well as the spirits that dwell at the retreat center. You will find yourself glowing and your spirit soaring.

For more information, go to [www.lightsong.net](http://www.lightsong.net)

**· Look what is available to you "free" through LightSong School of Shamanic Studies and Energy Medicine. Get involved and join the fun!**

LightSong offers a place to practice skills already learned and to receive healing for free...

Click here for more information...

[www.lightsong.net/free.htm](http://www.lightsong.net/free.htm)

• **Jan's Radio Show: New Broadcast on 21st Century Shamanism and Energy Medicine.** You can listen to any broadcast at anytime on the web! You can tune in at any time at [www.iamhealthyradio.com](http://www.iamhealthyradio.com) or from Jan's web site, [www.lightsong.net](http://www.lightsong.net). Spread the word to your friends around the nation and world!

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

• **Find out about upcoming events throughout the Pacific Northwest: Subscribe to New Connexion's eMinder**

To receive emails on enlightening events near you, sign up for New Connexion's MAIL to receive information and special coupons for holistic products and services. To subscribe, visit [www.newconnexionjournal.com](http://www.newconnexionjournal.com)



## The LightSong Prayer Community

LightSong School of Shamanic Studies and LightSong Healing Center is committed to cultivating a community of well-beings. Prayer is a huge part of the support that we give through our love and commitment to a spiritual walk. As a result, we have built a free community prayer circle with requests distributed via email.

If you decide to join this amazing group of Prayer Warriors (a name that was given to us fondly), you will receive prayer requests submitted by others, and you may also submit your own.

You may also request distance healing. The LightSong

community has many talented and gifted practitioners that will send shamanic healing and Reiki healing to you or others that you know in far-off places.

Your prayers make a difference. Many prayers prayed can have a profound effect on the one receiving the prayer, as well as the one giving the prayer.

The results that we have received from this pray circle have been absolutely miraculous. We invite you to become a Prayer Warrior. If you would like to join the prayer community please [click here](#).

## The Power of Prayer!

Prayer is a communication between the universe and yourself that recognizes the divinity in both. It is focused energy directed to God/Source/Great Spirit, and when developed in a healthy way, is an essential part of the foundation for the journey on the spiritual path.

All forms of prayer-formal, informal, casual, elegant, spoken, silent-are acceptable, and all are heard. There is no right way to pray. If the intention comes from the heart and you understand the laws of energy and the laws of attraction, the results from prayer can be truly miraculous.

The powerful energy of prayer not only connects you to the Force greater than self, but it stimulates the power of creative energy within you, putting into action your ability to create. By literally merging energy with Creator, you step beyond limitation and into the realm of possibility. Prayer is a powerful means of adding energy to one's desires. And every time you pray, you add layers of energy to your desires. With increased faith and trust, the faster the thought forms that emerge manifest into physical reality. A higher vibration of joy and the more focus on the desired outcome of the prayer (instead of the current problem), the faster the request will appear.

Gratitude, love, and appreciation are all expressions of prayer, and when expressed, help you center yourself and give nourishment to the soul. Prayer recognizes your divine connection, reconnects you with your own holiness, and nurtures your relationship with Spirit. Prayer literally takes you out of the fragile and limiting vessel where your

soul is held and the linear mind is in control, and into the nonlinear space of Spirit. It allows you to open up and to expect that things can be created that do not yet exist, even things beyond your current grasp.

The act of prayer is an expression of your confidence in a larger divine order and in the significance of your own existence. It expresses a faith in life and life's experiences. As you walk the spiritual path, you develop a respect for a Force greater than self. You learn to love life in all of its forms and to treat life with respect and reverence. Prayer becomes an overt way to express this growing awareness to yourself and to the universe.

The longing of the soul for connection is answered in prayer. It is the foundation for spiritual connection. If you desire connection, prayer must be built into your life in a way that will withstand the daily pressures and interruptions of life. The quantity of time is not important, but the priority is.

In my next newsletter, I will share how to maximize your experience of prayer.

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

**Heart to Heart!**

Jan Engels-Smith  
LightSong School