

LightSong News

Cultivating A Thriving Community of Well Beings



March 2007

Welcome to LightSong News

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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.

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Welcome to LightSong News! March is here, spring is on the way, and the light is returning. On the 21st, we will be welcoming the spring equinox, when the Sun can be observed directly above the equator. On that day, the days become longer than the night.

Enjoy the issue!
Heart to Heart

Jan

LightSong Community Spirit Quest



This summer, the LightSong community will be gathering in support of people seeking to deepen their connection with spirit through the Spirit Quest. Members of the community who have been in support of previous quests will be going on the hill this year. A large support camp will form around them, to eat, drink, and pray for them. Through focus and training, those questing and supporting will telepathically connect with each other, and with the land and spirits to create a powerful time of spiritual development and community. This experience is unlike any other. The joy, the depth of spirit, the community, and power of the divine that flows through all things leaves all participants in awe of life, in gratitude, and in a state of grace and communion with the web of life.

People have been seeking connection and solitude by "going on the hill", sitting in caves, wandering the wilderness, long before recorded history. This ceremony, which the Native Americans call "vision quest", involves a community of people sending representatives "to the hill" to pray for visions and messages from spirit about how to live, and about how to bring health to the community, family, self.

The Spirit Quest offered by LightSong cultivates a variety of powerful skills and promotes a tremendous amount of spiritual growth. The core of these teachings focuses on our ability as humans to telepathically communicate with each other, and with the spirit realms. This ability has been muted through the process of our "civilization". During the Spirit Quest, we make time in community to reignite our telepathic ability to communicate and explore our divine interconnectedness-with each other, and with Spirit.

LightSong is now using land in the Tillamook area that is rich in faery magic and mystery. The middle world folk are very involved with the continued intention to bring people back in alignment with the earth and themselves.

Participation and Quest Details

Quest Dates: Quest/Support camp begins long before the designated date; it begins as soon as each of our intentions to serve is formed.
Pre-Quest Training starts April 7th,
Support camp begins July 31 and goes through August 5.
All questers need to identify a primary support person by April 7th, if their primary person is outside of the class structure and needs instruction.



Focusing Your Mind Class Starts April 9th

How long can you hold the Now? A second? A minute? An hour? The masters say that if you can hold it for more than six hours you have reached Samadhi, which is an enlightened state of being. The Focusing Your Mind class starting April 9th helps you be in the Now, heightening your ability to be awake, direct energy, feel connected with creation, and find your song (the poetic term for your truth, your magnificence).

Your song lives in the Now, it is not a function of the mind. To be awake, you must be in the Now. To feel connected with creation and all beings, you must be in the Now; to direct energy with intention, you must be in the Now; to discover who you are, you must be in the Now.

Every time your mind wanders into a past wound, you lose power. Every time you review an argument or a dispute you lose power. The mind literally knows no difference between a past or future event and something that is actually happening in the present moment. Your mind is held in an illusion that the past event is actually happening again. You have lost your joy, clarity, and balance all because the mind took you out of the present moment. You are held captive by these illusions until you learn how to harness and control your power by stilling your mind.

Focusing your Mind teaches and helps you practice having power over a mind that is so run by masks that it continues to make mistakes. Focusing Your Mind starts April 9th. Sign up today: www.LightSong.net

An Invitation to Join the LightSong Prayer Community



What is Prayer and why do we pray? Prayer is focused energy. Developing a healthy prayer life is part of the dedication that is required for the journey on the spiritual path. Prayer can take many forms-formal, informal, casual, elegant, spoken, silent. All are acceptable, and all are heard. There is no right way to pray. However, some prayers can be extremely powerful. If it comes from the heart, and you understand the laws of energy, prayer can be truly miraculous.

Prayer is a powerful energy. It not only connects you to the Force greater than self, but it stimulates the power of creative energy within you and puts into action your ability to create. You literally merge energies with Creator. You step beyond limitations and into the realm of possibilities. It is a powerful means of adding energy to one's desires. Thought forms emerge and energy multiplies. The more faith and trust you have, the faster thought manifests into physical reality.

Prayer literally takes you out of your body and the linear mind controlling it, 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 of understanding. Your soul knows this. Prayer serves as a passageway out of the concrete mind and into the realm of possibilities.

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; the priority is.

Prayer is a huge part of the support that we give through our love and commitment to a spiritual walk and to the LightSong Community of Healers. Many prayers prayed can have a profound effect on the one receiving the prayer as well as the one giving the prayer. The LightSong Prayer Community is a list of people interested in supporting requests for prayers. If you are interested in being involved in the LightSong Prayer Community, you will receive prayer requests that people have submitted and you may also submit your own. You may also request distance healing. We have many talented and gifted practitioners that will send shamanic healing and Reiki healing to you; all you need to do is ask. My intention is to be of service, but it is your prayers that make a difference. Thank you for your efforts and extended love.

If you would like to join the LightSong Prayer Community list, click on the

"Update Profile/Email Address" link at the bottom of this email and you will be directed to your profile, where you can select the Prayer Group list. You will begin to receive prayer requests and sweat lodge announcements via your email address. If you would like to make a prayer request, send an email to Barb Hankins at BarbH@LightSong.net.

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

Heart to Heart!

Jan Engels-Smith
LightSong School of Shamanic Studies

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