

Spirit of Guidance



Meeting the Masters

In the spirit of Sam who spent his life seeking (and bumping into) enlightened people everywhere, learning from each being and

eventually turning it into song. We dance in these footsteps.

Illuminated Beings – Native Wisdom – Science & Philosophy

1. Illuminated Souls

Celebrating just a few of the illuminated souls alive on the planet today. We can still bump into these people!

Gayatri Mantra

O Self-effulgent Light that has given birth to consciousness, we bring honor and ask for assistance from all beings who have ever been enlightened.

United with all the illuminated souls who form the embodiment of this self-effulgent mastery, the spirit of guidance.

- Susanne Marie
- Adyashanti

Om Namō Guru Dev Namō

Only worthiness is worthy

- Eckhart Tolle (backward step in Zen)
- Vishrant (devotion)

Drink With the Beloved

- Rupert Spira
- Sadguru
- Mooji
- Andrew Cohen

Badi Allah

Nothing to nothing

Illuminated Souls

The following is an excerpt from an interview with Adyashanti.

I had my first awakening experience when I was 25 years old. This was very powerful and full of emotion and release and joy and all that it is supposed to be. But, because there was so much emotion involved, it obscured the simplicity. Like so many others, I continued to chase certain ideas and concepts of what awakeness was supposed to be. That caused years of misery.

Gradually over time I had the same experience reoccur, but each time with less emotion. Then finally an awakening occurred where at the moment of awakening, there

was no emotion in it. It was just pure seeing unclouded by emotional content. It was obvious that consciousness recognized itself for what it really is – aware space.

Then one day I realized that somewhere in some magic time, something had dropped away, it suddenly hit me that what had fallen away was all identity. Identity itself collapsed, and from that point on there was no grasping for little me. Identity fell and blew away with the wind.

From Susanne Marie

Awakening is becoming conscious of the presence which is always here.

Vishrant

Enlightenment is not about becoming someone special. It is about knowing

yourself as Truth. This occurs when awareness becomes aware of itself and stays aware of itself.

2. Ancestor Wisdom

Self-mastery and knowing who you are is at the heart of all indigenous wisdom which sees all things as sacred and sentient. We are awareness inside awareness. From this point we can then have a fearless trust in the universe, instead of continually co-creating a fear-based culture.

Yemaya Assessu

Assessu is the gushing spring, and Yemaya is the Ocean of Life.

- Braiding Sweetgrass: Robin Wall Kimmerer

- Sand Talk: Tyson Yangapurta
- Wisdom Keeper: Ilarion Merculieff

Turn the World Around

Do you know who I am? Do I know who you are?

- Navajo Traditional Teachings
- Restoring the Kinship Worldview
(Exploring 28 Indigenous voices)
- Tiokasin Ghosthorse
- Tink Tinker

Ubuntu

I am because we are

I am human because of your humanity

- Wisdom Weavers of the World
- Wombs of peace
- Global Center for Indigenous Leadership
& Lifeways

- Ghosthorse

Ide Were Were Nita Ochun

Maintainer of spiritual balance

Native Indigenous Wisdom

Quotes from Braiding Sweetgrass

“In some Native languages the term for plants translates to “those who take care of us.”

“In the Western tradition there is a recognized hierarchy of beings, with the human being on top and plants at the bottom. But in Native ways of knowing, human people are often referred to as “the younger brothers of Creation.” We say that humans have the least experience with how

to live and thus the most to learn—we must look to our teachers among the other species for guidance. Their wisdom is apparent in the way that they live. They teach us by example. They’ve been on the earth far longer than we have been and have had time to figure things out.”

Quotes from Sandtalk

“I’m not reporting on Indigenous Knowledge systems for a global audience’s perspective. I’m examining global systems from an Indigenous Knowledge perspective.”

“The war between good and evil is in reality an imposition of stupidity and simplicity over wisdom and complexity.”

Indigenous worldview

The Indigenous worldview is not a matter of perception or conception alone, but of experiencing and being. It is a “world-sense” because it involves dozens of senses and a coordinated way of moving through the world. Stepping into this integrative understanding of body, mind, and spirit will allow us to repair our broken communities and environment.

3. Science & Philosophy

Jagadambe Ma Jai Jai Ma

Mother of the world. We put women back into the story of who we are, and we become real human beings.

- The Evolved Nest: Nature's Way of Raising Children and Creating Connected Communities
- Eve: How the Female Body Drove 200 million Years of Human Evolution

Abwoon

Calling in Father Sky and Mother Earth and turning our idea of time upside down. Also... let's challenge our own fixed beliefs.

- The Dawn of Everything: A New History of Humanity

- Anita Sanchez: The Four Sacred Gifts

Make Me a Channel of Your Peace

Master means self leadership

- Ted Strauss
- Swami Sarvadevananda: Vedanta of S CA
- Jeff Carreira
- Neil deGrasse Tyson
- Regeneration: Ending the Climate Crisis
in One Generation

Kirtan By Thy Grace

It's by thy grace that we sing thy holy name.

Science & philosophy

Evolved Nest: Evolutionary Path to Wellbeing

This is a breakthrough concept that integrates findings across fields on child development, child raising and adult behavior. The Evolved Nest promotes optimal health and wellbeing, cooperation, and receptive and sociomoral intelligence. Societal moves away from providing the Evolved Nest have contributed to the ill-being and dysregulation we see in one another and society. Learn how to nest your children and re-nest yourself.

The Dawn of Everything: A New History of Humanity

“What if we treat people, from the beginning, as imaginative, intelligent, playful creatures

who deserve to be understood as such?
What if, instead of telling a story about how our species fell from some idyllic state of equality, we ask how we came to be trapped in such tight conceptual shackles that we can no longer even imagine the possibility of reinventing ourselves?”

Four Sacred Gifts

During these times of great change, ancient wisdom is needed now more than ever to live the fullest and healthiest lives possible. The Four Sacred Gifts offers an indigenous worldview based on the concept that we are all one relation, and we can all embrace and benefit from the Gift of Forgiving the Unforgiveable, the Gift of Unity, the Gift of Healing, and the Gift of Hope.

Honoring the Recent past

Send us the peace of thy divine spirit

These beings are worth reading over and over.

- Thich Nhat Hanh
- Osho
- Sam Lewis
- Hazrat Inayat Khan
- Krishnamurti

Dance to Glory: The world needs us fully awake.



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