



Waking the Blue-Green Dragon

Reveal the Self, Heal the Earth

Sample and chapter summaries by David Wodtke

Waking the Blue-Green Dragon

Reveal the Self, Heal the Earth

Part I: Waking the Blue Green Dragon

Introduction

Life on planet earth is at a turning point, and humanity is being tested by fire. Experts in climate change and related sciences see us at the tipping point where definitive choices must be made and bold action taken to avert disaster on this beautiful blue-green orb. Ancient cultures like the Hopi have spoken of this choice point as a purification time before the birth of a new world. Others such as the Maya speak of it as the “end of time” as we know it. Whatever interpretation we choose, we need only look around to see a world enmeshed in chaos and crisis. It is time to wake up and listen to the message of our times, to learn from our mistakes and to move forward with courage and determination to create a better world.

Resources are being consumed at an alarming, unsustainable rate. These disappearing “resources” include all parts of nature: the animals, plants and minerals. Through exploitation of animals, depletion of the fisheries, and clear cutting of ancient forests, many scientists believe we are approaching a time of mass extinction. Violent extraction of minerals by mountain top removal, arsenic leaching and other methods further degrade the land, diminish habitat and undermine the basis of all life.

The human species, long thought to be the pinnacle of evolution, endowed with the highest potential of reason, feeling and free will, has acted against our own kin, the animals, plants and stones. Now the blue-green dragon is awake, and we must face the consequences. The

earth shakes us with an ever increasing frequency of earthquakes, tsunamis, and spits fire through volcanic eruptions. Rising temperatures, major hurricanes and tornadoes are now commonplace.

The ancients have said that the earth is our mother, a living consciousness, and that we are part of the earth as are all living things. If she loves us as a mother loves, unconditionally, could it be that she grieves for the impending loss of her children? Is she trying to wake us up before it's too late? When Buddhist monk and activist Thich Nhat Hanh was asked, "What do we need to do to save the world?" he responded, "What we most need to do is hear within us the sound of the Earth crying." The dragon is awake, and it is time to listen to her cries!

The popularized so called "Law of Attraction" theorizes that we can draw to us whatever we desire through strong visualization, focused thought and imagination. Practitioners often apply this law to acquire more and more material things: bigger houses, cars and other trappings of our consumer culture. But we now know that such levels of consumption are not sustainable over the long term.

We must consider the more basic law, the Law of Action, also known in Sanskrit as the law of karma. Simply stated it says, "What comes around goes around," or, "What you sow you shall reap." It is not a form of divine punishment. We punish ourselves when we take actions and make choices that do not serve the highest good and then reap the fruits. We punish ourselves when we continue to take from the earth without allowing time for replenishment or giving back for what we receive. If indeed we create through the Law of Attraction, we would do well to take a closer look at the conditions that we've "attracted" into our present environment. Perhaps we will see there are forces at work that are creating a reality none of us would consciously choose, but we have unconsciously created nonetheless.

We must look deeply into the Shadow, the dark hidden aspects of our inner nature, to see what brought us here as a society. Only by facing the dark side will we be prepared to take compassionate action for positive transformation of ourselves and our world. In the spirit of service, may we give back from what we receive of life to heal the Earth and all her children. Waking up in the spirit of unity may we learn to respect each and every life as our own.

Blue Green Sphere

We thought was flat

How many more dimensions

Have we been blind to?

Flying fast bird of the Hopi

Where is the Mystery Egg?

Is there treasure hidden within?

Fire breathing Mother of Life

What ritual unlocks the Gate?

Who tames the winged serpent?

Purify us in the sacred fire

Of turbulent change

That we receive the gift

Within the shadow

Chapter One: Source, Self, Society and the Shadow

“Land is life, Respect all land and life.” ~ Crow Law, Hopi

Solutions to the world’s environmental problems will only come by viewing them from a higher perspective. To paraphrase Einstein, problems cannot be solved at the level from which they were created. In order to resolve the environmental crisis, we must shift our paradigm. We must begin seeing ourselves in a new relationship with the environment, acknowledging our connection to the infinite Source. Looking closely at the internal source of our external problems empowers us to address the root cause and to reveal real and lasting solutions.

Source

The source of a river may be a tiny spring high in the mountains, but what of the source of the spring? Source is the original mystery, a place of beginning—and ending.

The river may be seen as having many sources, tiny streamlets that join into creeks following valleys, flowing around boulders on downward slopes pulling them back toward the distant ocean that joined with sun and wind to bring the rain-filled clouds.

Ocean, often said to be the source of life, is the beginning and end of the water cycle. It represents the great mystery of life itself. So it is natural to use words like Source and Great Mystery to describe a Creator God who is both ever-present and beyond definition.

Like a game of hide-and-seek, we look outside ourselves for the Creator: here, there, everywhere and nowhere. With this view of a Creator that exists outside and separate, it is no wonder we also look outside ourselves for the source of our problems. We see the ocean polluted by a vast oil spill, huge floating islands of used diapers and plastic, and wonder who is responsible.

What is the source of this predicament? Why are the ice caps melting? Why is the Earth shaking and shifting more than ever before? As humans, we want to know. We want to find the source. Scientists, spiritualists and all sorts of people look for the source in their own ways, but what if the Source is within us? At first, the realization may be upsetting. No one wants to feel responsible, yet if we are the source of the problem, then we are also the solution. Each of us, like a tiny drop in the river of life or a wave upon the vast ocean of consciousness contains within us the beginning and end of all things.

There is a great relief in that thought, but also a heavy burden which could easily become laden with shame, guilt and fear. The collective consciousness holds sorrow and deep grief over environmental destruction.

Looking around we see a world in chaos. As oil from the 2010 spill continues to poison the Gulf of Mexico, wars rage in the background. Earthquakes, volcanic eruptions and severe storms are increasing each year while science scrambles to make sense of it all. What is the source of all this upheaval?

As we look to the world outside ourselves for answers we find some clues. Carbon emissions into the atmosphere may cause climate change which leads to more hurricanes, tornadoes and other severe storms. Greed and corruption often lead to political disturbances and war. Clearly, as a whole, our collective level of consciousness allows for destruction through war, but what of the disturbances within the Earth herself? What is the source of these disturbances?

Whichever explanation we choose, these events add a new level of uncertainty to our lives. Uncertainty rouses controversy, but at some point we may begin to see that debate over the

source of global warming is moot. Whether we accept the cause as greenhouse gas emissions or ascribe it to some natural phenomenon, we are living in a world that is heating up.

Not only is the world environment heating up physically, but also on emotional, psychological and spiritual levels. We are at the root of the problem. And we must ask ourselves, *What is the best way to move forward toward a solution?*

Advances in science and technology have allowed us to live in comfort and ease, more than ever before, but we've also never had a greater ability to destroy ourselves, even remove ourselves from the planet.

The very nature of the Self, the nature of reality and the nature of Nature come into question as we learn more and more about the subtle forces. In the study of the invisible world of atoms, we find our very presence as the observer changes the outcome of the experiment. In the quantum field, the electron is both a particle and a wave. It is everywhere and nowhere until you look for it. In the moment you look, it appears as a particle.

The appearance of the Earth and other planets orbiting the sun in our solar system is analogous to the structure of an atom. As the observer affects outcomes in the microcosm we may also affect changes in the macrocosm by the simple power of our presence and observation in the field of consciousness.

As part of a greater whole, changes within us affect the world in this moment, immediately and directly. To cultivate our vast yet untapped inner resources directed toward the highest good of all life will lead us to the source of solutions.

Practices that lead to greater harmony, peace and respect for all life are widespread in all cultures and traditions, but they must be implemented first at the individual level. The source of power to change is within each of us, and the choice of how we use it is ours. Beginning now

with the pickaxe of wisdom we may dig deep inside to discover the pure gold of loving-kindness that alone brings us into alignment with our true place in Nature.

A Message from Polar Bear

I am Bear. I represent and guard the sleeping Powers within you. You who would "Save the Earth" must first Save Your Self. You are of little help to me or the Earth when you are tossed about on the sea of fear and doubt.

Deep in the Core Heart, The Silent Cave of Earth Mother, I will help you tap the reserves which heal all wounds. Then you will emerge into the light with courage, gratitude and respect for life, all life, including your own.

Self

"Environment is stronger than will power"~ Paramahansa Yogananda

I woke up this morning, sat down with my pen to write, looked around the room and wrote down the date. Isn't it funny how the mind uses date and time to orient itself? A sense of place and time are the foundations of individuality. We define an individual by characteristics that distinguish and separate. Yet in the original meaning individuality is that which is indivisible and inseparable. Where do I end and where does my environment begin? Where does individual consciousness begin and end?

Rising from sleep is a rebirth of conscious awareness. In sleep we are not conscious of our bodies, but when we wake we are aware of how well we slept. This is a clue, an indication

that consciousness is not limited to the confines of the body. The person you call “me” carries awareness far beyond body consciousness.

In dreams, imaginings and also in deep thought the little “I” (ego) merges with a much larger body of awareness. In dreams we may float in worlds of our imaginings. And in the subconscious worlds we may also connect with the thoughts and feelings of others.

The inner environment deeply affects how we live and how we view our waking world. Internally we feel others broadcasting their fears and discontent as well as their love and kindness. Likewise, our own state of consciousness affects the environment and the world around us. Learning to go within to observe and monitor our states, we gradually learn to choose a higher state of consciousness and broadcast love, gratitude and respect for all life more often than we broadcast our negativity. To live in this higher state is often described as “enlightenment,” being completely immersed in the Self or higher consciousness.

For centuries, individuals seeking to expand their consciousness have sought solitude and silence, enabling seekers to expand rather than constantly defend their boundaries.

The question, “Who am I?” when asked repeatedly in meditation may lead to an expanded awareness, a peeling away of the false layers of who we think we are or who we want others to believe we are. When we do this practice, eventually, we begin to see ourselves as intrinsic to a larger environment, thus creating a new relationship with the environment. It has been said that solitude is the price of greatness. To connect with the higher Self we must move beyond the boundaries of the small self who is constantly defending territory. This small self, or ego, is not really lower, only smaller, since it can only exist in the dimensions of time and space.

Ego serves us well as defender of the sacred ground we call the body. Our safety and survival in relation to our outer environment seems to depend on the awareness of our separation

from the whole. The survival mechanism of fear kicks in when outer influences threaten to encroach upon our body or dismantle our identity.

Fear is natural and has served us well in our evolution. But in a time when the environment that sustains us is itself threatened, our fear goes much deeper. Fear of change in the external environment creates an internal environment of fear that is self-perpetuating. Fear in the field of consciousness becomes a trigger for all the feelings associated with loss and separation: grief, shame, worry, resentment and anger.

The higher Self, or soul, holds no such sense of separation or loss. Arising from the primordial ocean of conscious awareness, the soul is a wave of individuated spirit. The soul's oneness with spirit is not a loss of individuality, but an expansive connection to all that is.

By taking time to be alone, to be quiet and to contemplate the question, "Who am I?" in the present moment, we gradually expand our sense of oneness with all life. There is no loss of identity in oneness. The individual nature of self is transmuted to include a higher awareness beyond the body while remaining intimately connected within the body.

A message from Fox

I walk my path leaving no trace. I am rarely seen, but always felt. I mix and blend with my surroundings ever changing, yet changeless. I am a shapeshifter. I am able to create any changes I choose in the world by silent observation and intelligent action.

Walk your path walk in unity and respect for the Many Ways. If you feel disrespected, choose the path of respect. Unloved? Give love. Feel guilt? Choose innocence and humility. In your deepest Core Heart, know your truth and feel your beauty.

Soul consciousness gives us a new awareness of our connection to the environment and those we have seen as outside ourselves. It is the nature of our evolution to move beyond the limitations of the past. Moving into this field of awareness, we begin to feel for others as we feel for ourselves. We feel for the Earth and all creatures living here. A desire grows to preserve the well being of our environment and to serve those around us.

This is the birth of Earth Service. A growing awareness of our connection to all life allows us to work for others as we work for ourselves both internally and externally. Ultimately in the field of Oneness, what we do to others we do to ourselves. There is no “other,” no “them.”

A Message from Great Blue Heron

So often it is said, “All is One,” that you hear only half way, only with the brain. To know this Truth—All One— begin Alone where there is no Other to distract you. Let your feet sink into the mud and stand firmly balanced. Listen until the feeling drops into your One Heart. In this place you will not have to try to love one another or yourself. You will begin to feel the Heart’s Natural Love awakening and Respect for All Life.

I stand steady on two legs. This World is built on pairs, two sides to every coin. The flip side of All is One, One is All, shows how the Great Mystery many-fested itSelf into many diverse forms: People, Animals, Plants, Stones... each with a unique essence, place and purpose. I am here to help you sense your own Uniqueness, then find your place and purpose in the stream of Creation.

Society and the Shadow

“Nature evolves earthquakes, spitting volcanoes, and cataclysms through the accumulated wrong thoughts of men. These destructive thoughts distort the ether and throw the atomic and thermal combinations out of balance, thus creating natural disasters.”

~ Paramahansa Yogananda

The problem with Oneness, with the idea of Oneness at least, is that when we look out at the world of people, our society, we see so much chaos. Many of our structures are crumbling. Financial, political, social and environmental degradation often leaves us feeling alienated from those around us. Our basic instinct is to separate from uncomfortable feelings. We turn away from the shadow of loss, worry and fear that permeates our thoughts and feelings, and use external distractions to try to escape our internal environment. The collective consciousness is awash with thought waves and emotions that ripple out from the concerns of the people. Fear emanates from the billions who still live in poverty or near starvation, the seemingly endless wars, financial meltdowns, and constantly increasing concerns over the environment all add to the collective shadow.

Like children afraid of the dark we run from our shadows or simply cower under the overwhelming weight of the shadow in disbelief. We are frozen in non-action or lost in a frenetic race to fix things through the old structures and institutions of society. But actions motivated by fear will not help remove fear.

We don't want to believe our own personal shadows have any part in creating the problems in the environment, so we cut ourselves off from the very source of our own genius and beauty. Behind this shadow there is a great light, truly a power beyond comprehension. A shadow is only the darkness formed by a body intercepting light. By looking inside with compassion at our own darkness, we can begin to embody that light and to receive the gifts.

The process of evolution and change is occurring within each of us whether we are aware of it or not. As we look within to discover who we really are we begin to feel our Oneness with life. The process begins with our loved ones and those closest to us. Life is not lived in isolation but in relationship.

The gradual awakening to life is often initially a painful process. Looking more deeply into others and seeing them with respect is not always easy. When we look into our shadow selves, we may not like what we see.

To create a harmonious society we must learn to live in harmony with all our relations beginning with family and friends, then moving on to all people and creatures including animals, plants, and even the stones. All people and things are part of the circle of life. This goes deep into both our physiology and mythology. Our bodies all are returned to the dust of the earth.

Our relationships begin to awaken a tiny spark of love. Love is a light which also exposes and defines the shadows. Gradually growing in radiance we become more and more aware of the deepest ancestral fears in ourselves and others. The roots of our fears go deep into the darkness of the Earth. Like a tree sending its roots into rich dark soil, our deepening understanding of the fears that bind us to the Earth also feed our growth toward the light.

Our relationships pull us out of isolation to begin the journey back to Oneness. Love sprouts a tiny seed of life that connects two hearts attracting them together by an invisible thread. We desire completion, want to feel whole, One. This desire is primal, grounded in the original memory of Oneness.

As love grows it must be cultivated. The love of the mother for her child is one of the purest forms. The love of true friends is another. Like the tiny seed sprout it grows and expands outward to form the family, to the community and society as a whole.

The word society often holds an exclusive connotation as in high society, or a society of tradesmen. Or it can simply denote the condition of interdependence of species as in a society of ants or birds. More and more we see the interdependence of all species, and the world is transforming into a global society.

Community has a more intimate feel implying deeper communion. It is our greatest longing to come into communion with our wholeness, with the reality of who we are. This creates communion with all life which leads to respect for all life. All life, people and nature become a part of our wholeness in this communion.

Animals with their simpler brains and nervous systems already know their place in nature, but they do not have the capacity as humans do to know that they know. Animals, plants and stones simply are what they are, never questioning their worth or uniqueness. Human beings' incessant longing to know what makes them special and to feel complete is a driving force of creation and evolution. The longing for love and recognition is the longing for Oneness.

Communion with Nature is a source of restoration of the sense of connection to life. Listening to the sound of running water, or sitting under a tree by a river listening to the songs of birds renews us and restores our sense of belonging.

A Message from Brown Bear

Those who have glimpsed the Inner Worlds yearn for the deepest place of Oneness, Unity and Community. You who feel deeply have felt at one time the Pure Loving Love of the Earth Mother in the Core Heart. But you may feel it has left you alone. You may sometimes feel fearful, angry or depressed at outer conditions.

Call on me at those times and I will come to you as the Power which allows for hibernation, gestation of what is being born inside you from Your Heart and the Core Heart of the Earth. You will learn to relax inside.

In all art it is the darkness that gives definition to the work. The silence between the notes defines the rhythm. The great blues singers connect us with the suffering of our collective soul. Why do we crave this shadow? It is part of us, and until we own it and receive its gift we will not receive the fullness of the light.

Diving deeply into our suffering and the suffering of humanity cracks us open. It brings us into alignment with the truth of who we are. What is this truth? And why would we seek it? What is the point of facing our fears? What is the purpose of looking into our failures, losses and shortcomings? By diving deep into our Shadows we eventually find freedom.

One of the surest paths to enslavement is the habit of putting a good face on everything while guilt and shame are eating you up inside. Sincere smiles are gracious and radiant. But to wear a false face is like toxic waste in your drinking water. Much of the movement called “positive thinking” is nothing more than a gag and muzzle to silence our fear and self-loathing. To “lose face” involves owning your fear and negativity, so we avoid it and are caught in a cycle of suppression that breeds more guilt and fear.

As a society, our level of denial runs deep. Oppression and greed are hidden behind the happy face mask of the “free” market. The shadow of dishonesty runs rampant in our society. Our leaders, honored with our trust when we vote, are casually assumed to be liars. Political promises are seen to be mostly vacuous manipulations of the truth—smoke in the wind.

Living in an environment of fear and distrust harms us physically, mentally and emotionally. It damages the natural systems around us as well. People suffer heart disease, depression and anxiety disorders in greater numbers than ever before.

Many suppress intense guilt over the loss of life whether it is through deforestation, habitat loss, poverty or people killing people. The division of heart and mind, the disconnection of reason and feeling is what the Hopi call being “two-hearted.”

The fear of the “other,” whether directed at our own politicians, other countries, social factions or ethnic groups, perpetuates the shadow. This is the true basis of all environmental degradation. It is the theme common to humanity which runs through all societies and is deeply embedded in our genetic codes: the fear of the other, what is outside of us. It manifests as blame and exclusion.

Society ruled by the two-hearted people has created conditions of chaos and destruction. The core solution to environmental disaster is simple; it is so close to the heart as to be easily overlooked. Face the shadow, so the light can get back in. Acknowledge the Oneness in all things. End the separation of two heartedness and return to the Core Heart. We can heal the earth, just as soon as we acknowledge that to do so, we must heal ourselves as well.

Cougar Speaks

*Now is the time to step off the time line
Now is the time to relax
Now is the time to open
Now is the time to Center Your Being
 Be Who You Are
Now is the time to realize
 You Are Good enough
Now is the time to Honor your Grief
Now is the time to Cry, to Laugh
 And to be still*

*It is a good day to die
It is a good day to live*

*Now is the time to love
Now is the time to forgive*

*Now is the time to know
 And to know that you know
 What it is to be alive*

*Now is the time to stand up
To cast aside the shackles of the past*

*Now is the time to Know Your Own Path
By where you find your Self
By where you place your feet*

*Now is the time to Bless this Earth
Now is the time to heal your Mother
 And to heal yourself
 And to know that She does not
 Need to be healed
 That You are Her
 That She is Whole
 And We Are One
 Love
 Now*

Proposed Chapter Summaries

(Please send comments and endorsements to pinetree@earth-service.com)

Waking the Blue-Green Dragon: Reveal the Self, Heal the Earth

Preface

Explains the overall concept, and the animal messages, what they are, how they came about, and how the reader can use them to enhance their experience. My intentions and personal motivations are explained.

Part I Waking the Blue-Green Dragon

Introduction: Like a sleeping dragon, the earth has tolerated the abuse of a human race insensitive to the impact of its behaviors, but the dragon is waking. With each passing day, the dragon turns and begins to wake. Its wrath seems to be about to descend upon us. We have a choice. We can prepare for battle, or we can embrace the “dragon” and learn from it.

Chapter One: Source, Self, Society and the Shadow

The play of Source, Self, Society and Shadow defines both our inner and outer experience. This chapter examines how these four factors work to create our view of reality, the impact of looking externally, why it hasn't worked, and why we need to look inward, to our unacknowledged shadow to free ourselves from old patterns and create a new earth.

Source: The Source of all life, the Source of all things, the beginning and the end of everything—this is the dominant human view of the divine. As we embrace the idea oneness, that all springs from and returns to the same Source, we get to realize we are the both source of the environmental problem and the solution.

Self: The focus on I, me and mine is a dying paradigm which must be balanced with the practice of service. Connecting to the higher Self and to our unique path of service is discussed.

Society and the Shadow: If we desire to improve global conditions we each must first acknowledge our shadow-side. We must face our own fears and apathy before we can follow our own heart's calling. As we shed light on the shadow, change becomes natural and inevitable.

Chapter Two: Science, Religion and Environment

How can we use the highest principles of science and religion to heal the environment and ourselves? Diverse disciplines such as quantum physics, biology, genetics and psychology converge with ancient teachings and new interpretations of scripture to form a new way of relating to our environment. Never before have we seen such an opportunity for growth of consciousness and healing through a combination of physical and psycho-spiritual methods.

Chapter Three: Birthing the New World - Recreating Life on Earth

Addresses how individual choices affect our world. Can we clean up our messes?

What is the best, most direct way to purify our internal selves and our outer environment? What is direct action from the heart? How do we best serve?

Rebirthing our lives in joy aids in the healing of environmental issues and leads to a world of greater peace and harmony.

Part II Four Steps to Earth Service

This process describes various practices passed down through the ages for conscious communion with the infinite using four animal archetypes. These practices facilitate the individual to be present and aware, to connect to the environment within and without, and to move into conscious action. The last step involves letting go in trust, allowing grace to emerge as healing. These steps, often applied by solitary seekers, are also applicable to group consciousness. Seen in this light they become *Earth Service*: methods to improve global environmental conditions.

Chapter Four: Being Present

Whale is the teacher in this chapter as a symbol for the origin of all life. Knowing where we come from helps us to understand where we are going, so we can let go and live fully in the present.

Pause: Stop and notice where you are. Slow down and feel the primal energy of creation. Enter the depths of your own awareness.

Breathe: Breath is the key to relaxation and focus in the present moment. Breath is also the primary connection between the outer and inner worlds.

Listen: Whale teaches us to listen and dive deeper into the space between breaths. In the sound underlying creation lies a vast storehouse of knowledge and wisdom. Sound is the beginning of language and understanding.

Chapter Five: Being Connected

Grandmother Spider plays a key role in Native American creation myth as the one

who weaves the Web of Life. The web is also a symbol of the first alphabet that led to written language. Written language allowed humans to evolve much faster by reliably passing down information through the generations. This is epitomized by the World Wide Web which allows information to move across vast distances at ever increasing speeds, facilitating the Earth Service process's ability to have an immediate and powerful impact.

Connect: To create any desired change we must first connect with Source. The gradual deepening of this connection opens us to our pure consciousness and full potential.

Feel: Feeling the source of life as it flows through our thoughts, emotions and physicality allows the higher senses of intuition and discrimination to come forth.

Ask: If our perception is not in alignment with our truth, we know it is time to make a new choice. We must open to receive wisdom by asking.

Chapter Six: Being in Action

Deer teaches us gentle compassion and how to follow new paths. We move in a new direction based on wisdom we receive from our heart connection. New understanding and opportunities are born. The field of possibility is first felt as emptiness, a void, which is interpreted by the mind as loss. The automatic reaction to loss is grief and fear. Opening to compassion and respect allows us to choose a conscious response.

Choose: We have been blinded by our own habit patterns of thinking and feeling.

Once we see our unconscious behavior patterns, we are free to choose a new path.

Act: To align our choices with our heart's true desire naturally leads to direct action from the heart.

Move forward: We must keep moving with compassion even when doubts and darkness come.

Chapter Seven: Purification and Healing

Swan is the symbol of grace and beauty representing our natural affinity to higher levels of consciousness. Swan teaches us to see the beauty and pure potential in each person and in the world. Emergence to a New World based on the purity of the heart's natural love is the promise and wonder of this evolutionary transformation. All healing is pure grace and mystery. Allowing grace by accepting is the culmination of purification.

Let go: Once we set our intention and act accordingly, it is time to let go of expectations.

Surrender and Trust: We surrender attachment to the outcome and trust in the process, knowing that what is ours comes to us for our highest good.

Give Thanks: Gratitude is a powerful force of healing and purification. We give thanks for who we are as well as our future self.

Conclusion: The Heart's Natural Love

Moving through this process of conscious evolution creates a refinement of the heart's natural love also known as divine devotion, the One Heart of the Hopi. It is not an

emotion, but rather an energetic force which purifies the body and mind allowing us to properly understand the guidance of Nature. Hopi Crow Law is said to be the foundation for all other laws. Crow Law says: Land is Life. Respect all Land and Life. Those of One Heart are also known as the Rainbow Warriors in Hopi prophecy who are said to come in the new world to heal the Earth.

