

Cherokee Dance - Open to the East, the South, the West, the North:

· Open left · Open right ·

Contact to the earth · Open to the sky · Contact to the earth ·

Left foot one pace forward · arms stretched out, palms facing upwards, you say the words:

I open to the east, the place of the visionary, and I ask for the gifts of clarity and vision

I take (Clarity and Vision etc.) into my heart ...

· your hands point at your heart · you turn around 180 °, now the right foot is forward, arms stretched forward

... and I let them go

· Turn back 90° to start the next direction:

Then follow three more directions:

I open to

- The South, the place of the healer, and ask for the gifts of strength and innocence
- The West, the place of the teacher, and ask for the gifts of wisdom and understanding
- The North, the place of the warrior, and ask for the gifts of courage and endurance

This complete cycle you do 3 times

Then facing the East:

· Arms stretched out to the sides, palms facing upwards, you say the words:

May heaven fill my heart with the song of the rainbow

· Arms cross in front of the body, stretching out to the sides again, palms facing downwards, you say the words:

May mother Earth fill my veins with her rich red blood

· Hands turning around, palms facing upwards, you say the words:

May everything that was given to me be given away.

May everything that I am be taken away from me.

· Stay with your arms stretched out to the sides for a few minutes, then finish.