

## Prayer to the Four Airs

We give thanks that we have risen again today  
and to the great Rising of Life Itself

As the sun rises in the East and brightens up the sky and earth  
May our souls be bright with gratitude for all good things in our lives  
And may we be generous in sharing these with others

We give thanks that we have risen again today  
and to the great Rising of Life Itself

As the rocks and trees, rivers and animals and all living things  
Sing their songs of life in the South  
May our Souls sing the song in our heart  
May we sing it gladly whether in joy or sorrow.  
And may it help us find humor and laughter in the day

We give thanks that we have risen again today  
and to the great Rising of Life Itself

As the sun crosses the sky to where it will set in the West  
May our Souls proceed on the journey through Life  
May we keep the vision of our life before us  
and may we have Faith that our life has meaning

We give thanks that we have risen again today  
and to the great Rising of Life Itself

As everything in Nature strives to live and survive  
May our Souls be strong in their struggles in the North  
And may we meet adversity with courage and hope

We give thanks that we have risen again today  
and to the great Rising of Life Itself

As the earth spreads out from the Sacred Center to the horizon,  
May our Souls expand to embrace it.  
May we speak the Truth of the Land  
And take responsibility for our own lives.

— Tom Cowan