

Four Directions *Words: Native American invocation; Music © 1988, Cynthia R. Crossen*

To the East where the sun rises,
To the North where the cold comes from,
To the West where the sun sets,
To the South where the light comes from,
To the Father Sky, to the Mother Earth,
To the Father Sky, to the Mother Earth.
To the Father Sky, to the Mother Earth,
To the Father Sky, to the Mother Earth.

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Come into my heart, spirit of freedom,
Enter into my heart, spirit of the High One,
Set the old ways free, free to fly away.

Come into my mind, focus of purpose,
Enter into my mind, focus of the Wise One,
Set the old ways free, let them fly away.

Come into my body, spirit of gracefulness,
Enter into sacred flesh, ecstasy of Deepest Love,
Set the old ways free on the wings of love,
Set the old ways free on the wings of love.
Set the old ways free on the wings of love.