



Welcome back to class! Last month we explored all about ceremonies and rituals. We wandered a bit in creative craft land with our deer antlers. We talked about your guiding a journey Any unfinished business or questions from all that?

Class 5 **Closing ceremony**

We will gather, sense and listen. Create our own ceremony, blessing all we've learned and drawing on each of our individual strengths. Group journey- asking confirmation of paths and direction for each of our future studies. And rather than a drum journey, we will close with a sound journey.

Where to now?

You have completed your studies with me. I have totally enjoyed this journey with you. Where to now? If I hope to instill anything in you it is this... you already know all there is to know about being you. Learn as you are drawn but don't think that there is a missing piece of you. Never believe that you aren't ready to be a help, a healer, a leader, a mentor.

Explore other practices-' like healing, metaphysics, witchcraft, religion, yogic traditions, herbalism, mysticism... the list can go on and on. But **now is the time and you are ready**. Don't wait until you feel like an authority, go be a guide to those who ask you. Be a source of light and love to all who cross your path. Create acceptance, support and community where it is needed. Especially be a source of love, support and abject wonder for yourself. It is no one else's job to encourage you, to honor you and to care for you. That's your job and only you have the unique info to provide that support to yourself.

Special thanks to those of you who asked for this class. I wouldn't have done it if you hadn't asked. If you have suggestions that would improve the class that you didn't share with me yet, do pass those along. I'm not sure I'll offer this series again but Sheri, the store owner is asking about doing this same class again.

Don't hesitate to reach out to me. I don't answer the phone but you can text. I also can be found through email and social media (Suni Moon Wellbeing on Facebook and Instagram.) [Suni Moon on Substack](#)

Much love and light, Find your way to be your best you- for you and for the world. *Suni*

[SuniMoon.net](#)- my site for sound healing, events, links to music, book and resources.

[ThisJourney.us](#)- a resource site with lots of free stuff. I also offer workshops and some live events there. It's in its infancy so stay tuned. More is coming soon.

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"I'm not an anthropology buff, but I've read enough of it to know that the Zuni don't think that their way is the way for everyone, and that the Navajo don't think their way is the way for everyone. Each of them has a way that works well for them."

— Daniel Quinn, *Ishmael: An Adventure of the Mind and Spirit*

Thomas Berry did not tell us directly how to cultivate a consciousness of participation, but again and again, he shows us. Speaking to a gathering in 2000, he said:

"I would suggest that we go outside this building, that we go beyond all the light and noise of the city and look up at the sky overarching the Earth....We would see the stars begin to appear as the sun disappears over the horizon....A stillness, a healing quiet, comes over the landscape. It is a moment when some other world makes itself known, some numinous presence beyond human understanding. We experience the wonder of things as the vast realms of space overwhelm the limitations of our human minds.[22]

He suggests that we participate in the "great liturgy of the universe"[23] by attending the transitional moments, the dawn and the mysterious twilight, the seasonal changes, the awe-filled hours of birth and death.

As I write, late in the afternoon, totally engrossed with the words on a screen, I jump up, suddenly aware that I have nearly missed the deepening pink sky, the slow darkening to lavender and purple. I run outside barefoot with a wooden flute, and play a simple melody for the sky and sandstone, for the pinyon and any creatures who might hear during this snow-blanketed winter twilight. It is a kind of vesper. At other times, the flute accompanies the Moon, or the Milky Way, or dawn. It is a kind of prayer. It is a soft song added to the great symphony of life.

A practice of celebrating the wild Earth and cosmos — like other practices — holds the possibility of re-shaping consciousness; the more our thoughts, words and gestures are intertwined with the beings among whom we abide, the more the world pulses with life, the more we hear the exuberantly singing Earth, and perhaps even the songs of starlight. Thomas wrote, "As we recover our awareness of the universe as a communion of subjects, a new interior experience awakens within the human. The barriers disappear. An enlargement of soul takes place"[24]. With an enlargement of soul, with a new interior experience, we are no longer who we were. A new participation with the world begins to emerge, sending forth simple music, listening for the voices of rivers and clouds, carbon atoms and Moon, with numinous antenna attuned to the great dreaming of Earth and cosmos."

This essay was published in Thomas Berry: Dreamer of the Earth (Laszlo and Combs, editors), Inner Traditions, 2011.

Above post and more at <https://www.animas.org/books/bill-plotkins-soulcraft-musings/newsletter-archive/>