



THE SACRED AERIE

FREE SPIRIT
MESSAGES



*An Uplifting Wind
Beneath Your Wings
To Carry You Through
These Challenging Times!*

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FOUR HEALING SALVES

For The Human Soul



SONG The soft murmur of a waterfall, the throb of crickets on a warm summer's eve, dry leaves rustle in an unseen breeze, a child giggles, robins gleefully announce the arrival of spring— *so many ways to celebrate the sweet Voice of Life.*



DANCE Flying feet honor Mother Earth's boundless generosity, a proud mama guides tiny goslings to safety among the tall reeds, the glistening hummingbird flits from flower to flower— *so many ways to reflect the eternal Rhythm of Life.*



STORYTELLING Ancient mouths speak in stony voices, layers of history echo from deep canyon walls, rings of the old-growth Fir speak of seasonal cycles, grandfather reminisces beside the campfire— *so many ways to remember the Meaning of Life.*



SILENCE Dawn forever keeps its breathless promise, snow blankets the sleeping world, clouds tiptoe across an azure sky, the praying mantis waits, thoughts still long enough to feel the heartbeat of The Universe— *so many ways to embrace the Circle of Life...*

*Insights from the pioneering work of Angeles Arrien, cultural anthropologist & author of *THE FOUR-FOLD WAY*. Arrien studies indigenous peoples of the world seeking the commonality of Universal Truth.

May this humble offering inspire
The Extraordinary Being
You *already* are...

Many Blessings,
Teryl "T" Johansson



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