



# *FREE SPIRIT* **MESSENGER**

**Vol1 • Issue #4**

**Inspirational Offerings *You Requested* from THE SACRED AERIE**

Welcome back to *FREE SPIRIT*,  
an uplifting *Wind Beneath Your Wings*  
to carry you through these challenging times.

Our format has changed slightly since the last issue— you'll notice that *FREE SPIRIT* is now an “inspirational message service” rather than a *newsletter*. Everything else remains the same... and yes, it's still ***FREE!***

Now please scroll down to enjoy the current issue:

**PURE REVERENCE**

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# PURE REVERENCE



## FINDING BEAUTY IN A BROKEN WORLD?

*by Terry Tempest Williams*

***"I watched Prairie Dogs every day, rise before the sun, stand with their paws pressed together facing the rising sun in total stillness for up to 30 minutes," says Williams.***

***"And then I watched them at the end of the day take that same gesture 30 minutes before the sun goes down— they would again press their palms together in perfect stillness."***

***"I don't mean to anthropomorphize, but when you look at a creature that has survived over the millennium begin and end each day in this way, it causes one to think about one's own life, the speed and rapidity in which we live."***

## GRATITUDE CHANGES EVERYTHING...

**\*TERRY TEMPEST WILLIAMS** is an environmentalist committed to showing man's impact on the land.

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

Many Blessings,  
Teryl "T" Johansson

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