

Roy Vickers (FB page for April 30, 2020)

I am yellow, I am Red, I am Black, and I am White. I am man and I am woman, part of my father, part of my mother.

I am teacher, healer, visionary, and warrior. We are all teachers, healers, visionaries, and warriors.

Four Directions Centering Exercise

East – the Teacher – Fire – Yellow – Children – Spring – the bell

I look to the east, the way of the teacher. I ask that my eyes, my ears, and my heart be open to the lessons that are here for me today.

I give thanks that the great yellow ball of fire rises to warm the earth and bring light to the land.

South – the Healer – Earth – Red – Women – Summer – the drum

I look to the south, the way of the healer and give thanks for Mother Earth and all the food and medicines she provides. I ask that my heart be open to the healing I need, aided by the lessons of the teacher.

West – the Visionary – Water, blue/black – Men – Autumn – Click Sticks

I look to the west where the sun goes down and darkness comes to the world and I ask that my vision be clear to see the journey I am on, aided by the Healer, and, the Teacher. I give thanks for clean water.

North – The Warrior – Air, White – Elders – Winter - Rattle

I look to the north, the way of the leader, the Warrior. I ask for the courage to stand in the strength, truth, and beauty of who I am. To be the warrior protecting the truth and the land. I am thankful for clean air to breathe.

Roy Henry Vickers
April 29, 2020