

Prayers for a New Day

Teachings from tsiqw xwéxwne (Red Hummingbird) Judy Wilson, Secwépemc

We acknowledge that tobacco is the first gift from Creator, for giving and receiving.

Before our prayers we hold tobacco and we can close our eyes. We hold the tobacco to our heart. And for each new day we can say our prayers. When we do the prayer, we can see the energy come into our head from the universe and the energy from Mother Earth come in from our feet.

And in our preparation, we frame our minds:

"I have more than I need and I share/give to others."

After the prayer we release the tobacco to Mother Earth or to the Water 🙏.

Prayers for the New Day steps:

First Step: Plant your feet firmly on the earth. Using your five senses, give thanks to our Creator, Great Spirit for the countless ways we experience everything that comes to us through creation - for all the beauty that our eyes see, for all the sounds that our ears hear, for all the scents that we smell, the tastes that we taste, for all that we feel (the sun, wind, rain, snow, warm, or cold).

Pray this day that we may be open and attuned to the countless ways that our Creator comes to us through your senses, through the gifts of creation. Acknowledge the 7 directions and the Universe, the Stars our relatives.

Second Step: Let go of all the pain, struggle, regret, failures, any of yesterday - step out of it (take one step forward)- leave it behind- brush the dust of it from your feet.

Third Step: With this third step into the gift of the new day, we are full of hope, promise, and potential. Give thanks for the gift of this new day, which Creator has made.

Fourth step: Open your eyes see the newness and beauty that everything is anew for your own making.

kúkwstum̓ckacw, tsiqw xwéxwne (Red Hummingbird) Judy Wilson ©

tsiqw xwéxwne (Red Hummingbird) Judy Wilson is Knowledge Keeper and Advisor with Our Children Our Way, National Children's Chiefs Commission and the BC Native Women's Association. She brings 25 years of direct political leadership and a lifetime of knowledge and experience from her family of Kúkpi7s (Chiefs) and Grand Chiefs, and strong women leaders from Secwépemcul'ecw (her home territory).

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