

Sweet Grass Prayers and Invocations

by

Laurie Lacey



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Notes on Using this Book

This book is for everyone, regardless of ethnic or cultural background. We are all children and Native people of Mother Earth, so we can benefit from the power and energy of the prayers in this book.

I've spent a large part of my life with nature-based activities of one kind or another. When I was approximately twelve years old, I had an experience where I suddenly became aware of the life force and Divine energy flowing through the trunks of trees. It seemed so natural to me and not at all unusual. I think this was the first profound connection I experienced between nature and spirituality.

This experience gave me the realization that spirituality and religion extend far beyond the church or any other institution. We cannot place those things in a box and say, "There, that's it". However, don't misunderstand me, the church can offer a profound spiritual experience. I think "experience" is the key word – a church or similar institution is most valuable when it encourages spiritual experiences. The social aspect of a church community is fine, but we also find that in the food court of a shopping mall.

In any event, after that experience, nature became my Cathedral, and I felt little need for institutionalized worship of any form.

As the years passed, I became involved with the plant and tree medicines of the Mi'kmaq culture of Atlantic Canada. I learned things about sweet grass and its special place in the lives of many North American Native people. However, it wasn't until years later that I began using it myself.

Finally, in 2006, I was inspired to create the [Sweet Grass Prayers](#) webpage. It is through this webpage that people can register for the healing prayer sessions, join the mailing list, and download this book.

History

Sweet grass is steeped in history and tradition throughout much of North America. When it is used in ceremony or talking circles, for example, it creates an atmosphere for truth, co-operation, understanding, patience, and respect. Those qualities are important in today's fast-paced technologically-oriented world.

Scents, perfumes, and oils have been used for thousands of years in spiritual and mystical ceremonies. The ancients discovered that certain scents would change the vibrational nature of a room or worship area, making it more receptive to psychic and spiritual impressions, and to altered states of

consciousness. The scent of sweet grass lends itself to peace and harmony. As many of us know, the scents given off by flowers or other parts of plants/trees, tell us many things about their physical and spiritual characteristics, and the nature of their medicine energy.

Sweet grass is a powerful medicine on many levels. It is imbued with the energies of earth and sun, as are other plant forms. It is one of a group of four medicines that you often hear Native North Americans mention, when they discuss traditional medicines. Those medicines often appear in legends and stories. The other three medicines are tobacco, cedar, and sage.

Prayer

First, let me say that I hope the prayers in this book find widespread use around the world. That's the beauty of the web – we can be any place, and offer our writings or other forms of creativity, to a world audience!

I also hope that people in mainstream Christian or other religious traditions, examine the prayers with open hearts, and find some value and use for them in their spiritual work. Also, please feel free to substitute “God” or “Goddess” for “Great Spirit” in the prayers, if you wish.

The Divine spark is everywhere, in all things, and is aware of all things. This is the teaching of the mystics from all ages, and we can appreciate the beauty of this teaching, when we meditate on its significance. It's a liberating approach to religion and spirituality – in fact, many of those mystics were called heretics by the orthodoxy of their day.

You see, the ancient mystics, and, later mystics as well, realized that we are not restricted in how we approach the Great Spirit. They realized that we have been given the ability to attune ourselves to the Divine Consciousness. This is a Divinely given ability, and has been recognized in Yogic teachings for thousands of years.

What a gift it is to have this ability, and to realize that the Divine spark is sustaining our lives. It is an even greater gift to know that when we practice meditation, we are expanding our conscious realization towards an ever-increasing awareness of those things.

In the Sweet Grass Prayer Sessions, I simply speak the name of each person who is on the list. There is no need to say anything else, or to explain problems, for the Divine Consciousness knows what is needed by each person.

I recite the names with the intent of acknowledging the prayer requests. This is in recognition of a Cosmic Law, "Ask, and it shall be given unto you; Seek, and you shall find; knock, and it shall be opened to you".* The asking and seeking is in the submission of names to the prayer list. The reciting of names during the Sweet Grass prayer session is the "knock" on behalf of everyone on the list. This opens the door to spiritual blessings.

You hear a lot nowadays about "The Secret". A lot of marketers are jumping on the bandwagon and claiming to teach you about the Law of Attraction, and other things pertaining to the great Secret. Now, I know that some of their techniques and approaches are very good. But, while there have always been secret teachings such as those of the Rosicrucians, I don't believe there is one special Secret that's been hidden from the masses.

In truth, it's all summed up in the Cosmic Law, written above. If you were to take that Law and meditate prayerfully upon it for the next year, wonderful things would begin to happen for you. This would require discipline, but it would change your life.

Please feel free to recite the prayers, even if you do not burn the sweet grass. Simply align yourself with the intent of burning the sweet grass, or visualize its smoke rising in the air. Or, then again, simply having a braid of the sweet grass in your hand(s) as you say the prayers, is fine.

The final point I want to make about prayer is simply this: at its deepest level, prayer is an intimate communion of love with the Great Spirit in your heart, and a profound appreciation for your life. Align yourself with this truth, and spiritual blessings will open for you.

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* Matthew, 7: 7-9

Sweet Grass

Great Spirit,
You have given us this sacred incense,
To burn while we honour you,
Its sweetness, a sacred medicine,
A mystery beyond comprehension.

Great Spirit,
You have given us this sacred incense,
As a meditation to honour you,
As a gift and a great treasure,
A mystery beyond comprehension.

Great Spirit,
You have given us this sacred incense,
To carry our prayers heaven-ward,
To bring us close to all our relations,
A mystery beyond comprehension.

Great Spirit,
You have given us this sacred incense,
To burn while we honour you,
Its sweetness, a sacred medicine,
A mystery beyond comprehension.

So May it Be

A Prayer to the Sacred Sweet Grass

O' sacred sweet grass,
Hair of Mother Earth,
Your sweet scent surrounds us,
Purifying all things.

O' sacred sweet grass,
You carry our prayers beyond creation,
Away from darkness into light,
Away from shadows to the reality of Spirit.

O' sacred sweet grass,
Your perfume surrounds and purifies us,
You carry our prayers heaven-ward,
On the wings of your sweet smoke.

O' sacred sweet grass,
Hair of Mother Earth,
You carry our prayers through the ocean of creation,
To the shore of total stillness.

So May it Be

Giving Thanks and Gratitude

O' Great Spirit,
Divine essence everywhere,
With gratitude we pray to you,
Thankful for your blessings.

O' Great Spirit,
You fill the world with beauty,
You bless us with Mother Earth,
And her life-giving atmosphere.

O' Great Spirit,
Give us vision,
Give us wisdom and insight,
To do good with our lives.

So May it Be

We Take Refuge in Your Love

O' Great Spirit,
We see your beauty reflected throughout nature,
We sing songs of praise to you,
We hold you close to our hearts,
With joy we take refuge in your love.

So May it Be

A Personal Prayer of Protection

O' Divine Essence of the Cosmic,
Surround and protect me with thy flame of Cosmic Fire,
And keep me from harm.

So May it Be

Note:

For Group Protection

O' Divine Essence of the Cosmic,
Surround and protect us with thy flame of Cosmic Fire,
And keep us from harm.

For travelling, you can finish by saying

And bring me home safely. (Individual)

Or

And bring us home safely. (Group)

Sweet Grass Plant Spirit Invocation

Sweet Grass to the left of me,
Sweet Grass to the right of me,
Sweet Grass in front and behind,
Sweet Grass, Sweet Grass, Sweet Grass.

It is done!

Note:

Repeat as many times as you desire. I
Would recommend a minimum of six repetitions.

Then, after the final repetition, say, "It is done".

This should be followed with a quiet period of
Meditation, of stillness, and of gentle expectancy.

All Our Relations

O' Great Spirit,
Your Light is greater than a hundred million suns,
Your beauty is greater than the beauty of all created things,
Bless all our Relations.

O' blessed Cosmic Consciousness,
Within and beyond all creation,
Walk with us always,
Bless all our Relations.

O' Great Spirit,
Your Light is Love,
Your Love is Light,
Bless all our Relations.

O' Great Spirit,
I send this prayer on the smoke of your sacred sweet grass,
To that place of stillness,
To that place of peace,
To that place beyond vibration,
Bless all our Relations.

So May it Be

Divine Mother Nature

Divine Mother Nature,
I send this prayer to you,
On the smoke of your sacred sweet grass.

Divine Mother Nature,
On your body are millions of stars,
Throughout your many universes.

Divine Mother Nature,
You shine with the Light of Eternity,
Please hear this prayer,
On the smoke of your sacred sweet grass.

So May it Be

Cosmic Masters

O' Cosmic Masters,
See the smoke from the sacred sweet grass,
It carries my love to you.

O' Cosmic Masters,
Touch my Soul,
Touch my Soul with Cosmic Illumination.

O' Cosmic Masters,
Always, you are with me,
Always, you send your power,
Always, you watch over me.

O' Cosmic Masters,
The smoke from this sacred sweet grass,
Carries my love to you.

So May it Be

O' Cosmic Divine

Where is this love I seek,
this Cosmic Love Divine?

Where is this medicine I seek,
this Cosmic Medicine Divine?

Where is this beauty I seek,
this Cosmic Beauty Divine?

Where is this grace I seek,
this Cosmic Grace Divine?

Where is this wisdom I seek,
this Cosmic Wisdom Divine?

Where is this light I seek,
this Cosmic Light Divine?

Where are all those things I seek,
all those things Divine?

Go Inward, traveller, inward!
There you'll find all things.

So May it Be

Cosmic Goddess

Cosmic Goddess,
Divine Mother Nature,
How often I rest in your arms.

Cosmic Goddess,
Divine Mother nature,
I feel your heartbeat
as I walk upon the earth.

Cosmic Goddess,
Divine Mother Nature,
I rest my Soul
in the palm of your hand.

I rest my Soul
in the palm of your hand.

Cosmic Goddess,
Divine Mother Nature,
You kiss my cheek,
I sleep, I sleep.

You kiss my cheek,
I sleep, I sleep.

So May it Be

An Invocation for Abundance

O' Great Spirit,
Your infinite potential
Showers me with blessings.

I feel your shower of wisdom from the east,
Your shower of love from the south,
Your shower of abundance from the west,
And you shower of fulfillment from the north.

I invoke those gifts.

Spirit to the left of me,
Spirit to the right of me,
Spirit in front and behind.

I am blessed.
I am blessed.
I am blessed.

So May it Be

Note:
Repeat this invocation at least six times. Say "So May it Be" after the final repetition.

O' Great Spirit

O' Great Spirit,
I pray to the four directions,
On the smoke of your sacred Sweet Grass.

To the East,
Where things are born in Wisdom.

To the South,
Where things mature in Wisdom

To the West,
Where things age in Wisdom.

To the North,
Where things rest in Wisdom.

O' Great Spirit,
Hear this prayer,
On the smoke of your sacred Sweet grass.

So May it Be

Sweet Grass Spirit Invocation

Sweet Grass Spirit,
I call you from the East,
I call you from the South,
I call you from the West,
I call you from the North.

Come here, Sweet Grass Spirit,
Let us do good things together.

So May it be

Note:

Repeat this invocation at least six times. Say "So May it Be" after the final repetition.

A Request for Things Divine

Sacred Sweet Grass,
How the Great Spirit has blessed you.

Sacred Sweet Grass,
Carry my prayers on eagle wings.

Sacred Sweet Grass,
Open my heart to Divine Love,
Open my heart to Divine Love.

Sacred Sweet grass,
Open my heart to Divine Joy,
Open my heart to Divine Joy.

Sacred Sweet Grass,
Open my heart to Divine Wisdom,
Open my heart to Divine Wisdom.

Sacred Sweet Grass,
Harmonize those gifts from the Great Spirit,
With the rhythm and dance of my heart beat.

So May it Be

Teach Me About Medicine

Great Spirit Divine,
Teach me about medicine,
Teach me to see and feel the sweet medicine
that is present everywhere in creation.

Let my footsteps walk softly
Over the flesh of Mother Earth,
So that I don't disturb the
Medicines under my feet.

Often, when I go walking,
I sense the sweet medicine,
I feel it in the breeze, and
Smell it in the flowers.

Great Spirit Divine,
Teach me about medicine,
So that I may dance with joy,
And teach others this medicine dance, too!

So May it Be

Healing

O' Great Spirit,
We send forth our prayers,
On the smoke of your sacred sweet grass.

O' great Spirit,
Accept our prayers,
We are healed,
We are healed.

So May it Be

Note:

This prayer can be repeated as often as desired.
For example, it can be chanted as the sweet grass
is taken around a healing circle, and offered to the
people.

Divine Essence

O' Divine Essence,
You flow through all creation,
I see you in the plants, and in the trees of the forest.
In the grasses of the field,
In the rocks of the mountain ranges,
And in the waters of the great oceans and lakes.

O' Divine Essence,
As we utter these words,
Our prayers travel the energy waves of your essence
To the far shores of the galaxy,
To the far reaches of the universe,
Supported on the wings of your love.

So May it Be

Beautiful Divine Goddess

Beautiful, Divine Goddess,
You are the fire in the heavens at night,
The stars, the planets, the Milky Way and beyond.

Beautiful, Divine Goddess,
You have clothed yourself in the body of creation,
You are the bearer of countless mysterious.

Beautiful, Divine Goddess,
That day, when we pass over the threshold,
You will carry us on your wings of light,
We are forever safe in you,
We are forever loved in you.

So May it Be

Final Remarks

Thank you for downloading and reading this booklet. I have received much enjoyment from preparing it for publication. I think it is wonderful that the World Wide Web allows authors to get their thoughts, ideas, and inspired writings to a large audience, without having to deal with editors and publishing companies.

I have a few final comments regarding the prayers. First, you may want to read the book a couple of times before using the prayers. This will allow you to select and focus on prayers that seem relevant to your present circumstances. Also, there are bound to be favourites, or prayers that seem to resonate with you on a deep, personal basis.

Secondly, another good approach is to select a prayer and use it for an extended period of time – perhaps several weeks. Then, select another prayer, and use it in the same way. Meditate and focus on each prayer, and see how they affect your life. Then, write me a note, and tell me about your experiences, unless you wish to keep those things private.

Thirdly, you'll notice that there are several "Invocations" in the collection. There are many ways to describe an invocation – you might say that it is a specific calling forth of spiritual power and energy. In this regard, then, it is a focused form of prayer – some people might even say, an aggressive prayer, in the sense that the invoker has the specific intent of calling forth power and energy.

Finally, I must say "thank you" to everyone who has expressed an interest in the Sweet Grass Prayers project. You know, this can be more than a passive interest or participation on your part. You can take the time to say prayers or think positive thoughts about everyone who is on the prayer list. In return, I'm sure this will enhance your own spiritual unfoldment and path to Cosmic Consciousness.

May you come to have a personal relationship with the Divine Spark in your heart.

Good medicine always!

Laurie

Laurie Lacey
R.R. # 1 Italy Cross,
Lunenburg County,
Nova Scotia, Canada.
B0J 1V0



Online Information

Email:

laurielacey@gmail.com

(Drop me a note!)

Websites:

<http://www.wildworldofplants.com/sweetgrass.htm>

(The Sweet Grass Prayers Webpage.)

<http://www.wildworldofplants.com>

(Includes Mi'kmaq plant/tree medicines)

<http://www.naturalhealingtalk.com>

(Subscribe to the Natural Healing Talk Newsletter!)

<http://www.thewayofthecrow.com>

(The Way of the Crow ebook with a Crow Medicine Report!)

<http://www.laurielacey.com>

(My Art Site)

<http://www.diet-4-u.com>

(A Diet Website with articles and products!)

Blogs:

<http://www.thenaturewriter.blogspot.com/>

(My Nature Writing Blog)

<http://olcoyoteschronicles.blogspot.com/>

(My Wild Creative Writing Outlet!)

<http://earnalivingontheweb.blogspot.com/>

(About Making a Living on the Web)

Note:

If you would like to read reports on certain topics, please tell me about them. I plan to write a series of reports and ebooks, and I am always open to suggestions. The publications will not always be free or on a donation basis, but, rest assured, they will always be reasonably priced.
