

Thanksgiving Prayer Meditation



Thanksgiving prayers are common to most religious groups. Native Americans had entire ceremonies just for the purpose of expressing thanks – sometimes they lasted for days.

This Thanksgiving Prayer comes from the Seneca Nation and is at least 500 years old.

It is traditionally done around a fire, with spiritual food on the altar. I have adapted it to be used as a Thanksgiving Prayer on our national holiday:

Thanksgiving Prayer from the Seneca Nation

And now we are gathered together to remember the **Great Mystery's first instruction to us: to love one another always**, we who move about on this earth.

And the Great Mystery said that when even two people meet, they should first greet each other by saying: **“Nyah Weh Skenno” which translates to “thank you for being” and then they may take up the matter with which they are concerned.**

[Nyah Weh Skenno more literally means: “thank you for being alive in the here and now and not adding to the confusion of the world.”]

The Great Mystery gave us our lives and requires in return only that we be **grateful** and **love one another**. The purpose of this prayer is to pass on those instructions and give us the opportunity to express our gratitude.

So, the first thing we will do is give **thanks for our lives**.

And the Great Mystery gave us **the Earth** on which to live and roam. We refer to her as **“Our Mother, Who Supports Our Feet.”**

And our mother gives us everything we need in order to live and be happy. She teaches us to be generous and nurturing, yet strong.

And the Great Mystery decided to have **Plants** growing on the earth. They are available in abundance as **Medicines** to heal us and **Food** to sustain us.

And we have **Berries** which come back every year when the winds turn warm again. In giving thanks for them, we give thanks for the warm winds that usher in the season of abundance. And the Great Mystery gave us the life's blood of our mother to sustain us. When the new day dawns, the first thing we use is **Water** and it's the last thing we use at night. It comes from the **springs, brooks, ponds, lakes and rivers**. It is found not only on the earth, but even falls from the heavens in the form of blessed rain.

And the Great Mystery decided to put **Forests** on the earth. The trees of the forest provide warmth, fuel and protection. We call them our **Tall Standing Brothers** and they live their lives drinking in the sun. When they die and give themselves for the fire, they represent the **Sun here on earth**.

One tree was created to remind us of the Great Mystery. The **Maples** stand on the earth and drip sweet liquid when the cold wind blows. Our elders called this "wood juice" — it gives us energy and lightens our spirits during the long cold winters and is a great gift.

And the **Animals** are our friends and relatives upon the earth. The four leggeds test us and amuse us; they're our teachers and companions. And they **provide food and clothing** for the people.

And there are **Birds** with outstretched wings who dance upon the air and sing a beautiful song that ushers in the warm spring. And they also provide us with food.

And the Great Mystery gave the people another gift, to sustain them: the **Three Sisters: Corn, Beans And Squash**. The people are to take care of them, plant them in the earth, tend them as they grow, and harvest them. This will strengthen the hearts and sustain the bodies of the people.

The **Wind** strengthens the people as they move about on the earth. It strengthens our breath, clears the air as well as our minds and carries the voice of the ancient ones all over the earth so that, even in the desert, the smallest whisper reminds us we are never alone.

And the Great Mystery fashioned a sky above us and put a helper in the sky who moves about across the earth yet lives in the sky. This helper always comes from the east and travels to the west. His heart is so big and strong, and his love for his relations so great, that he lights the entire sky when he passes by. This light is our **Elder Brother, The Sun**.

The Sun takes that obligation seriously and with great regard, for he never misses a day of this journey. He brings us light, and warmth and allows growing things to flourish.

But there is also a time when the earth is in shadow, so the Great Mystery gave us another helper for this time: the **Night Circle Of Light**, our **Grandmother, the Moon**.

Our grandmother is a measure for us up to this present time. She changes her form daily: she regulates the tides on our mother the earth and also in the bodies of women. She also taught us how to measure through the cycle of the seasons.

And the Great Mystery also put the **Stars** in the sky while it is dark. They are **indicators** and we can find our way by them. Each one has a name, and there is one for every human on the earth, those living now and those who have passed on.

The **Four Winds**, the directions, are our **protectors**. Wherever we go, wherever we stand, we are at the center of the Four Winds, and we want to speak good words to them so that they may bless us with their protection.

And the Great Mystery saw that the people also needed guidance so sent **Clan Ancestors to teach understanding** of the Great Mystery. Our clan ancestors teach us how to love one another and give guidance to our minds. They hold great knowledge and our future depends on how well we listen to them.

And the Great Mystery, told us this:

[quote]"I shall continue to dwell above the sky, and that is where those on the earth will end their thanksgiving. I shall always be listening carefully to what the people are saying and shall always be watching carefully what they do. They will begin on the earth, giving thanks for all that they see. They will carry that gratitude upward, ending where I dwell."[/quote]

We want to live well to earn that right.

Let us be of one mind that we may do this properly.

We give thanks for **the one who gives us our lives, the Great Mystery.**

<https://mollylarkin.com/a-thanksgiving-prayer/>

Good afternoon. My name is Lisa Argo and I would like to start the day with a guided meditation.

It will be based on the Thanksgiving Prayer from the Seneca Nation. The purpose of this prayer is to pass on those instructions and give us the opportunity to express our gratitude. This meditation will take us to the forest where we will meet the spirits that populate our world with abundance and offer our gratitude.

So please, make yourself comfortable.

Close your eyes.

Take a deep cleansing breath.

Taking in the beauty of the new day...

breathing out the negativity of the week that was.

Know today is a new journey.

Take a deep clearing breath... clear your mind of minuet.

We are where we are at this moment.

One more breath and in our minds eye we are standing at the entrance to the forest.

Breath in the smell of the pine. Breath out.

Listen to the birds, the crickets, the wind through the leaves.

Now, Take a few steps into the forest.

After a few steps picture a clearing.

A very large clearing.

There is a fire burning in a pit and eight logs surrounding it.

As you breath

You can smell the fresh cut wood and the fire.

You walk around the clearing and pick a log to sit on.

the first thing we will do is give thanks for our lives.

My gratitude is for my life.

As each being enters our circle around the fire, we will state our gratitude with “thank you for being”

The first being that enters and approaches the log to our left is mother earth. “thank you for being”

Mother Earth is where we live and roam. Our mother gives us everything we need in order to live and be happy. She teaches us to be generous and nurturing, yet strong.

The next spirit to enter is that of Water who approaches the log to our right. “thank you for being”

When the new day dawns, the first thing we use is Water and it’s the last thing we use at night. It comes from the springs, brooks, ponds, lakes and rivers.

The next spirit that enters is that of the animals, birds, and all other living beings on this earth. This spirit sits on the log next to mother earth. “thank you for being”

They are our teachers and companions. And they provide food and clothing, and sing a beautiful song.

The next spirit that comes to our fire is that of Wind who sits next to Water. “thank you for being”

It strengthens our breath, clears the air as well as our minds and carries the voice of the ancient ones all over the earth so that, even in the desert, the smallest whisper reminds us we are never alone.

The next spirit that joins us in our circle is that of light is our Elder Brother, The Sun who sits next to Animals. “thank you for being”

He brings us light, and warmth and allows growing things to flourish.

But there is also a time when the earth is in shadow, so let us welcome another helper for this time: the Night Circle Of Light, our Grandmother, the Moon who will share the log of sun. “thank you for being”

She changes her form daily: she regulates the tides on our mother the earth. She also taught us how to measure through the cycle of the seasons.

The last log is across from you. From the forest enter many people who are your ancestors. “thank you for being”

You also need guidance so the spirits sent Clan Ancestors to teach understanding of all that you must know. Our clan ancestors teach us how to love one another and give guidance to our minds. They hold great knowledge and our future depends on how well we listen to them.

Now that our circle is complete may our gratitude flow out from us to our spirit circle.

“thank you for being”

Know that this circle is always there for meditations of gratitude. Of Thanksgiving. To gather knowledge from your ancestors. To gather strength and love.

Now in your minds' eye stand and honor your circle. As they all fade from view along with the fire and logs step into the forest to the entrance.

I ask you now to breath deep to bring yourself back to knowing in this world.

Slowly, with each breath become aware of your body.

Become aware of all that is around you.

As you are ready, open your eyes to the journey of today.

As you are ready, continue your Path of Consciousness.