

September 15, 2012

Give Gratitude to the Water

Lois Weber lives in Mankato, MN and has practiced and taught qigong for 12 years. Two years ago, through a meditation and guidance, Lois began to understand the power of river water when it is given love. The rivers are like a vein for the earth. The water can carry our intention of love, peace and understanding to the world. Lois teaches through meditation, qigong and her life experiences.

In April of 2012, Lois received some water from Big Stone Lake (the source of the Minnesota River). This water, along with some from Lake Itasca, (the Mississippi headwater) has received the healing love of many qigong gatherings in Mankato and a special drumming and meditation at Traverse des Sioux in St. Peter. Lois has been guided to bring the water to the Qigong Connection meeting on September 15th for an added infusion of your love energy before it is reintroduced into the Minnesota River during the Mankato Pow Wow on 9/22nd.

The significance of this water holds a stronger importance at this time as this year is the 150th anniversary of the Dakota Conflict and there are many events taking place to assist with reconciliation. Our water is here to hold our love vibration which will support clarity and understanding. This water is here to help us if we allow it to.

You are also invited to bring a jar of water from a lake, river or water tap. Lois will lead everyone through a special group meditation to infuse your water with healing love energy for you to use or return to the source.

For this gathering, bring a drum or rattle (or extras for someone else to use) as we will form a drum circle. The drumming will help us reconnect to our core and stimulate our creative expression.

“The drum is Great Spirit’s instrument, that is why we were given a heartbeat.” Mano, Native Elder.

For more information about the 9/22 Pow Wow in Mankato:

<http://www.mahkatowacipi.org/>