

The Sacred Hoop



As we are getting close to this year's end and another new year beginning my mind started pondering the cycle of life. There are no beginnings nor endings, just changes, similar to the Native American hoop dancers who skillfully change from one meaningful picture to the next using multiple hoops-multiple cycles-multiple circles.

The circle is a universal symbol which holds different multiple meanings within multiple cultures. It can mean wholeness, inclusion, cycles, rhythm of time,

nurturing, perfection, unity, and a central point of focus among other things. As humans we communicate in and do things in a circle. We sit in a circle, hold prayer circles, knitting circles, participate in drum circles, dance in circles, and spin in circles.

The Sacred Hoop is a symbol of Mother Earth and the living world in balance with no beginning or end. It is also a symbol of Universal Life, continuously being woven into existence.

" And I say the sacred hoop of my people was one of the many hoops that made one circle, wide as daylight and as starlight, and in the center grew one mighty flowering tree to shelter all the children of one mother and one father. "

- Black Elk

We experience life within repetitive cycles in time: seconds, minutes, hours, days, months, seasons and years. Here we are cycling into a new year. Take some time to celebrate yourself and the accomplishments and lessons you have learned during the past year and celebrate the wonder of you, because as quick as the year cycled by, you packed it full of gifts you gave yourself. You deserve to carve out an arc of time to sit quietly, settling into your most comfortable spot and cuddling yourself with pillows and blankets. Sipping on a favorite beverage and listening to your favorite music think of

your accomplishments over the past year and give yourself a great big hug of appreciation.

A new year of planning and listing our goals will be upon us soon enough. Don't think of those things yet, just enjoy the here and now. Feel the gratitude welling up inside you and feel comfortable within yourself. Letting the music wash over you now let your mind float into the expanse, touching no thought and allowing no thought to touch you. Feel the inner peace touching each cell of your body; filling your hoop with energy. How can something so peaceful recharge your spirit? It doesn't matter how it is done only that you recognize it is being done. Enjoy and stay in the space for as long as you wish.

HAPPY HOLIDAY & NEW YEAR!

With Gratitude,

Kai