



Death... a friend to relate to  
while in life.



### natóh - Sacred Smoke Ritual

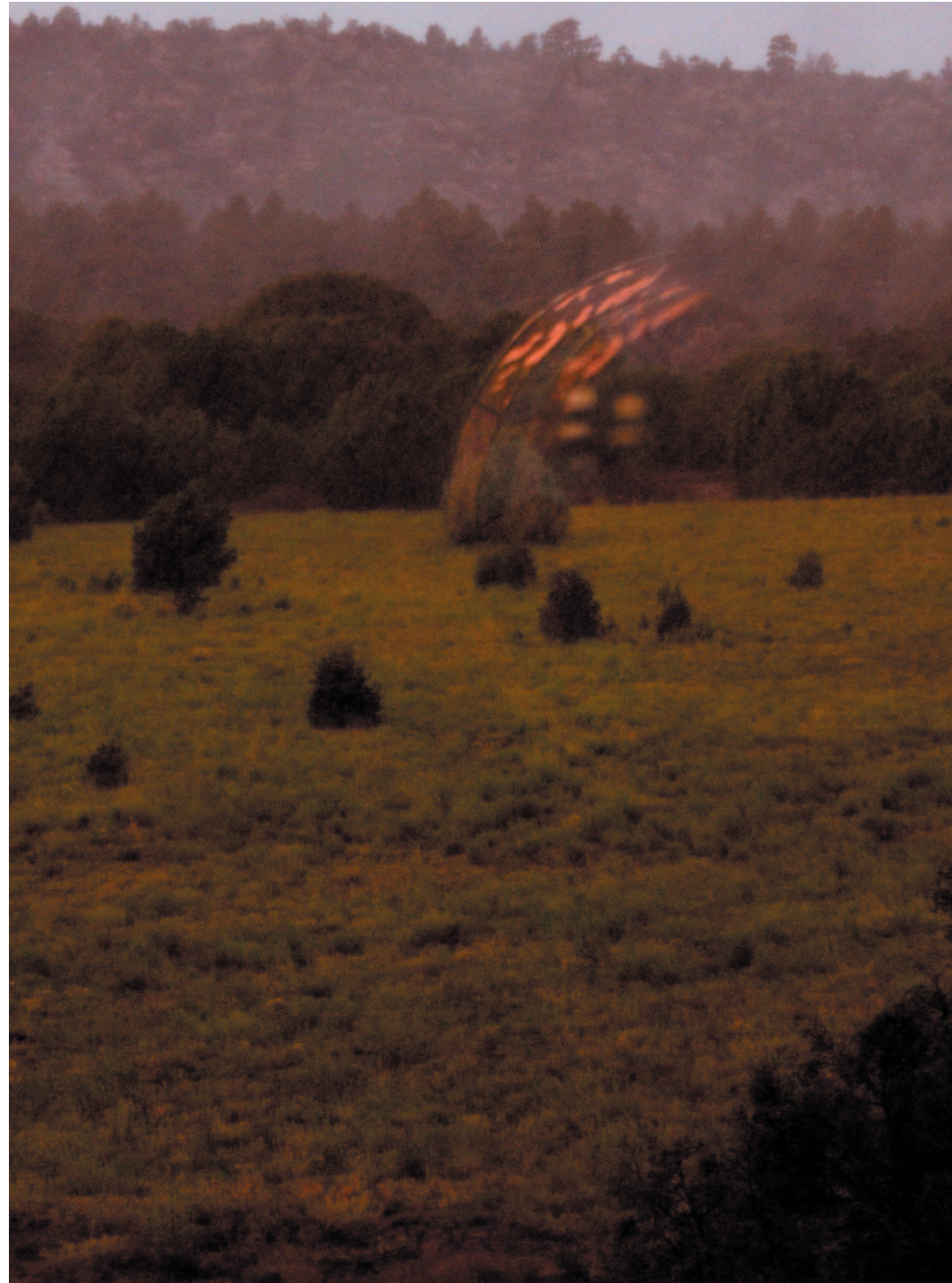
The sacred smoke ritual is effected in one of two ways: by bathing the auric field with a smudge or incense of choice, or by ritualistically smoking prayers in a rolled nontreated tobacco smoke or pipe. In the later fashion, a prayer is offered to each of the sacred seven directions: South, West, North, East, Above, Below and Within. If this ritual is done with others, then all individuals issue a prayer for each direction, all present being heard and acknowledged within the whole.

### Teaching in ilna'ahi

Death, we believe, is as great a miracle as life, with the soul,Äôs planning for our future walk, in the hereafter dependent upon what we have remembered in this lifetime, even as our physical lives are conditioned by the womb. Our recognition while in the physical realm of the greater metamorphosis that comes with death is our understanding while still in the womb of Creation. In both cases our faculties or knowledge are totally cognizant of the nature of the as-yet unreached realms of being that lie ahead of us. The cocoon is the tomb of the caterpillar from which the butterfly emerges, but how much more wonderful is the free flying life of the adult insect as compared to the quiescent stages that preceded the time of glory! Humanity,Äôs life is like the caterpillar stage, and death,Äôs beginning is the cocoon stage, while the soul is the butterfly, freed from all the limitations.

### Prayer for ilna'ahi

Now you will go home... Now you will go home... to where the Creator waits for you to where it all began. Now you will go home... and there will be a little sadness in our hearts. Aho!



## dzil khuga - Medicine Bundle

Our personal Medicine Bundles are reflected within our circle of friends. Together with friends, 9 months after the loved one has crossed, plan a memorial bash for the 12 month anniversary of the crossing. At this time tie your Reunion Feather out in nature and send your loved one well on their way with good memory stories of how they have made their presence known through this last year, good friend, and good tears of joy and life celebration.

## Teaching in ilna'ahi

And in 9 months you will achieve wisdom. The seeds planted now will be reaped in abundance and fruition.

In 12 months proclaim ending and beginning. Wisdom to release the one who has crossed to freedom beyond the sunset on the Path of Stars, we travel now each in peace and beauty, our time together accentuated by the love of light, and flashes of glory. The loved one has been received, ascending to the higher plan unrestricted in limitation.

## Prayer for 'Ina'ahi

(insert name) journey to the Place of Souls,  
know you are a song within our hearts  
that shall echo upon the wind.

May your journey be lit  
by the embers of our fires.  
Aho!

## o'izeeg'e - Fire Ceremony

A fire can be built and used to banish negativity and raise the energetic healing of those gathered, be it many or the Power of One. Drumming, rattling and chanting are always good for the spirit. During moments when a bubbling up of the negative within occurs, step toward the fire and symbolically rip it from the body and throw it into the fire. No discussion needs to occur. This is between individuals and the transmuting Changing Mother earth. The chant and sing and bring in the healing love energy.

## teaching in ilna'ahi

When a person has a repeated dream sequence, it should be viewed as inner revelation, a subconscious connection, prompting the conscious mind to become aware. Dreams are our signs and omens, they are unique and tailored to us. Dreams serve to explain our connection... and the Spirits that Dwell beyond the Stars... our Ancestors.

We believe the soul is aware of the best course for its own unfoldment even though it sometimes falls into fearful illusion for the briefest of moments in the scheme of things. This is why, every Spirit that manifests in the physical is honored for flashes in which we heartily live honorable lives. We are they... links between the physical and spiritual dimensions of action, directing the energy of the body in harmony with the cohesive elements of the Universe, which has been called by various names: Great Spirit, Creator, Great Mystery, All That Is, God, Allah, Lono and so on.

## Prayer for ilna'ahi

Courage is a great thing. It is a thing that all people must have.  
We must never prove our courage to another.  
Our courage need only show itself on the day we confront our fear.  
Aho!

### naabik'aash'n dahitaa - Jumping Moon

Lay a mirror or a large pan of water on the ground after the moon is visible. Full moon works best, and still lakes and ponds can be used as well. Look into the pool of water until the face of the one who has crossed can be visualized smiling in the reflection of the moon. When this is achieved, stand up, howl at the moon, then jump over Grandmother Moon's reflected self four times to tie the conscious body that lives through eternity between you and your loved one.

### Teaching in ilna'ahi

Our release of fear stems partly from our deep spiritual belief that death is a friend that teaches us to cherish our moment in time, and therefore we celebrate and sing our joy to our loved one's achieved perfections in life. For the moment of transition is the only truly moment in life.

We feel the connection and our understanding of this power is most important. We are transmitting expressions of love, and receiving unlimited clarity. We feel strongly that, as we master these innate talents, we expand these feelings and see beyond the limitations of where and when. All Sacred Teachers, regardless of tradition or philosophy, have taught that the spiritual heart is the center of the inner mysteries of All That is.

### Prayer for ilna'ahi

Rest gentle in the Place of Souls

(insert the name of the loved one now gone),  
we have loved you.

We are glad to have known your light in this wonderful time.

### 'indide saa'igsh - Calling Energy

Call to the loved one whenever there is a thought or remembrance. Ask to be given a sign of presence so strong that we cannot talk ourselves into believing it was anything but confirmation of our prayer.

### Teaching in ilna'ahi

The dramatic changes of life play and important role as we heal. The resurrection of all comes within four months; the return of self, the rebirth of desire.

Six months a new adventure will begin, as life moves further into maturity.

### Prayer for ilna'ahi

When a person walks Changing other during their life,  
someone is said to be straightening out the path ahead of them.  
My path has been swept clean with an eagle feather,  
(insert name) has done this for me,  
now I live my life free.  
Aho!



### 'izee dahsidil - From Above It Cures

Cloud gaze at sunrise and sunset for a few moments. Look for colors, images, and insights as to the loved one's future intent. Be assured and pleased for the successful transition.

### Teaching in ilna'ahi

The sum total of all our life deeds, actions and thoughts while in the physical form, are celebrated in the Place of Souls. Character - capacity for, and the use of, love, compassion, integrity, bravery, honesty, are identified by colors, which selected particular vibration for the next phase of action. Whenever the patterning may be, it is the one which the essence of the one who has crossed has earned and consciously selected for his/her next life cycle, and which he/she will be born anew.

The rhythm of the day and night are obviously different. To us the spectacular display sunrise and sunset, or the Time of Two Lights, each with their stream clouds of glory, when Sun and Moon meet and change guardianship roles, has a definite effect on the power of spiritual ritual. Personal life, as well as that of community, is in tune with the infinite when the one who has crossed is remembered in the cloud formations at sunrise and sunset. Strongly aided by dreams and visions of this one, spirituality and the belief in connection are all strengthened by the rhythms of Sacred Mother. Here the vital activity of the unconscious, or the dream, is given freedom. This mysterious spirit is real and this spirit, which is no longer under restrictions and limitations, watches over us this day.

### Prayer for ilna'ahi

The clouds are beautiful.

This will be too short an experience,  
yet now I sit quietly and let (insert name's essence) fill me.  
I look at those shiny clouds, and thank them  
for giving (name) dreams and power.  
Aho!

### chajala naaisha - Healing Complete

Holding hands with others in circle, or alone, visualize the face of the one who has crossed. Chant the chajala naaisha 24 times, once for each aspect of self departing and being set free. Imagine the one who has crossed becoming fainter with each chant until their image has dissolved.

### Teaching in ilna'ahi

Looking to the essence of life prior to trauma, illness, pain, we find the purity that brings Healing Complete. Chanting and reverberating with the earth in harmonic chorus allows for life continuing forward in positive momentum.

### Chant for ilna'ahi

chajala naaisha

pronounced

Sha - jah - lah. Nii - eesh - ah

do this 24 times, forcefully.

Aho!

### 'ilta'naadzaa - reunion

Make a reunion prayer feather. This can be of any type of feather, found or purchased from a local crafts store. Sometimes a local pet store sells birds that molt, and they are open to giving away, or selling the feathers. Decorate the feather in any manner of visual beauty, as being sure to attach some way to tie the feather up once complete.

Place the feather in a spot that is conspicuous. That will get a breeze that will blow it, and attract your attention. When we look at this reunion feather, we are reminded that the one who has crossed lives on in our hearts forever, and acts as our guardian for the next 12 months.

### Teaching in ilna'ahi

We believe in the continuity without interruption of waking and dreaming to such a degree, that during this initiation into further self-actualization, we encourage individuals to closely observe dreams, to see what animals, birds and symbolic imagery may appear. Each of the symbols has a particular meaning.

The physical has a tremendous influence and bearing on the subconscious, and the reverse is also true. The balance of the death process for those left in the living dimensions, is revealed in the dream. Having a positive focus on the reunion feather releases tension, allowing the subconscious to take over in the dream and either answer problems or points out the needs that need to be met. The feather represents the promise of love every lasting.

### Prayer for ilna'ahi

As I look at this reunion feather,  
I feel a surge of optimism.  
Somehow, life looks festive to me.  
Our time together has indeed been a lovely walk.  
Aho!

### chajala kaa sitii diyibil - Curing Soul Sickness

This is a contained soul retrieval experience. It is something conducted for those wishing to heal genetic lines by someone trained in this technique.

### Teaching in ilna'ahi

We perceive things. What we know about this process as a splintering of self has occurred due to trauma, or genetic dysfunctional perpetuation, which results in post traumatic stress disorder. What we have discovered is that by entering the auric field via the dream, we can find pieces of shattered self, and return them to individuals for reintegration of self. Depression is alleviated.

The Path of Beauty is a complete spiritual concept covering our experiences and forming of a way of life. Death is a dream, a state of consciousness as we pass between world timelines. For this reason the spiritual rites, or ilna'ahi rites are considered vitally important when the time of transition is here, for this is a prayer. Prayer is an integral part of life, and part of our preparedness for the lives to come. It is a conscious attunement with the higher forces, which we understand, and it is with prayer that we begin and end each day, and with which we greet the new born, and say farewell to those departing.

### Prayer for ilna'ahi

Identity is important.  
My identity has been weakened, pieces of essence lost,  
my direction, strength and clarity are diminished.  
Show me my personal, sacred landmark  
so that I might know the direction from which I come  
and the direction for which I must take.  
This knowledge returns me to strength and mission.  
Aho!