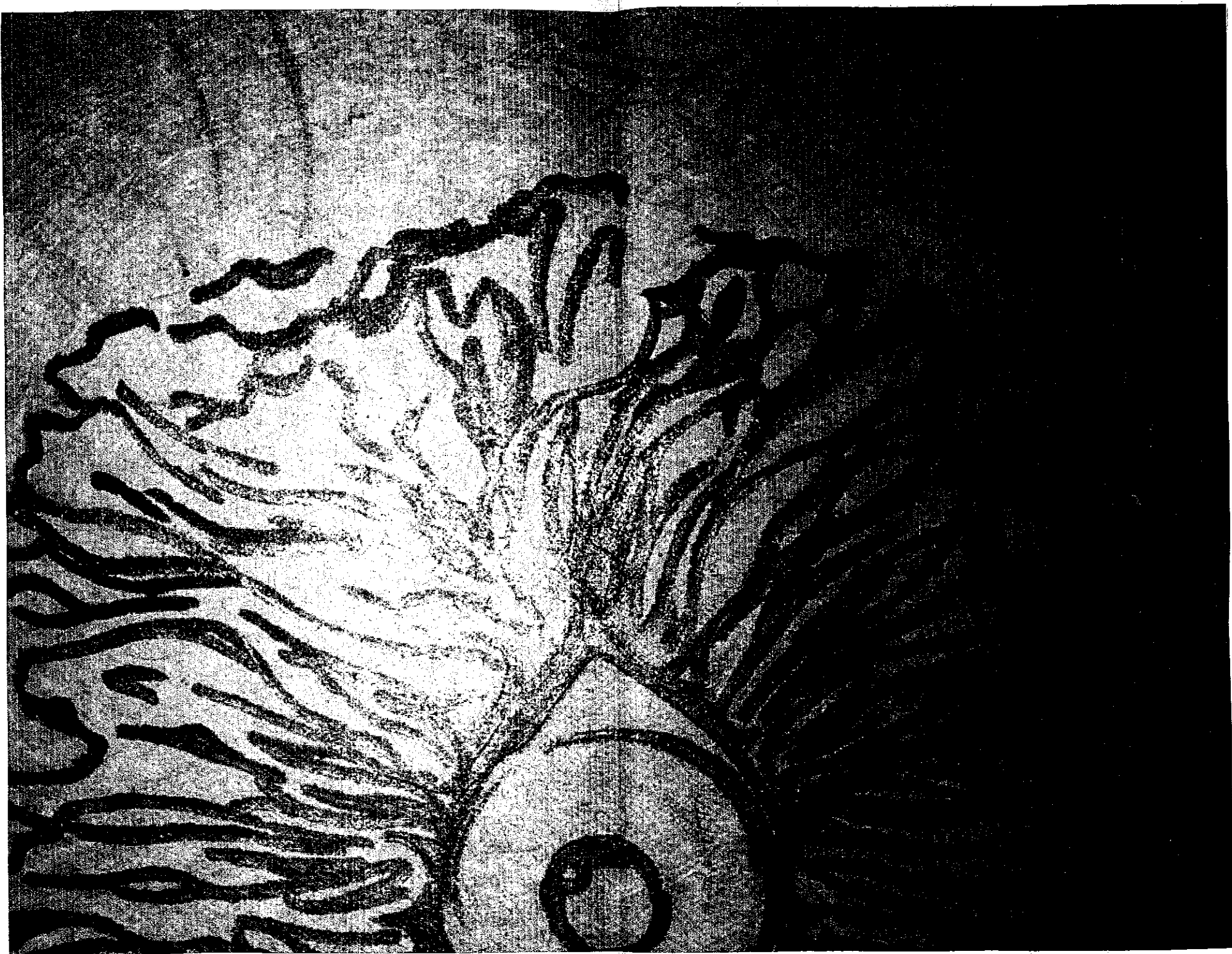


Patam Tehink:
To Pray From
the Heart

by: lisa liu



To

- ♥ Shelley DePaul,
- ♥ my fellow classmates,
&
- ♥ Everyone blessed with
the gift of Creativity,
meaning all of us.

Dear Friends,

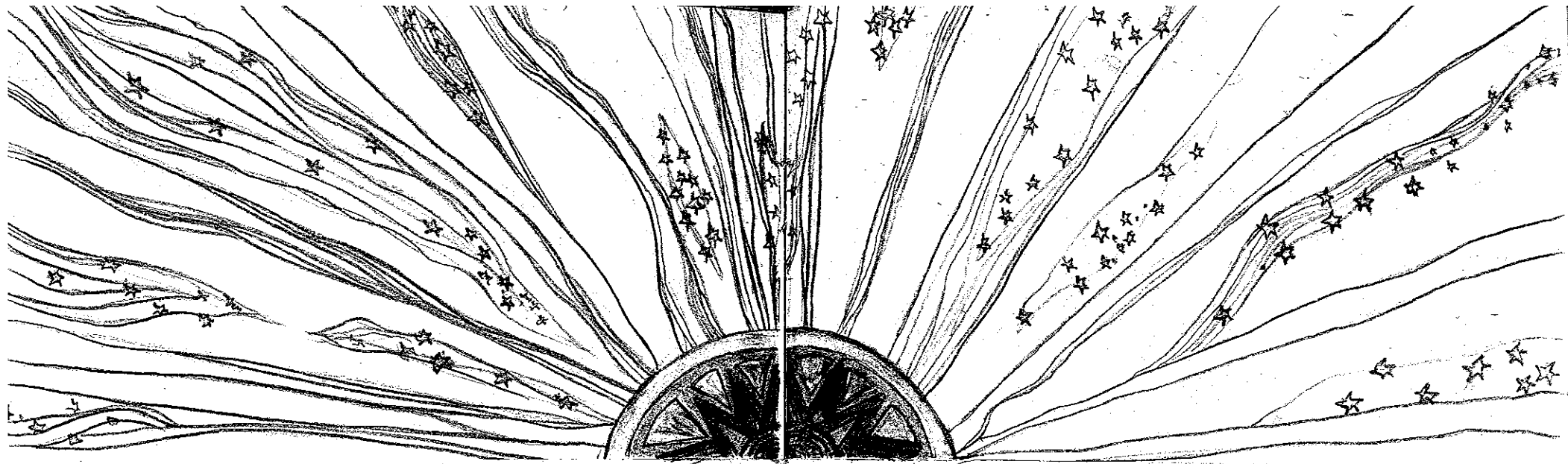
I write this prayer in hopes that it may be words of encouragement for myself as well as for you. A prayer need not be religious in the conventional sense of the term even though it asks that we grant ourselves the privilege of allowing ourselves to wish, dream, and aspire with faith and blessings in return—that we call upon the creative force that drives life forward to assist us in doing and becoming what we are meant to be: easy and graceful artists doing meaningful work, with artist being another term for creator. I believe that most meaningful work requires faith—faith that we have made the right decision, faith that we will succeed, faith that our work will be powerful, gratifying, and perhaps even transformative.

In midst of external pressures, obligations and coercion I feel that it is easy to get lost in destructive self-sabotage as well as the wills, desires, and expectations of those around us. I write this prayer as an encouragement for people to stay faithful and true to their dreams and visions, to not abandon the inner voices and yearnings from the soul. I believe that everyone already carries the wisdom and knowingness within them, and the answers are there if one looks closely enough and in the right direction. Our desires, what things we feel passion for, already serve to be powerful directives that drive our endeavors to develop our inherent and awakening seeds of potential to the greatest extent. The determination to live our life to the fullest lies at the core of our vitality. Thus, let us have the faith to trust our own guts and intuition, and the courage to follow our heart.

Cheers to creative success and the greatest fulfillment!!!

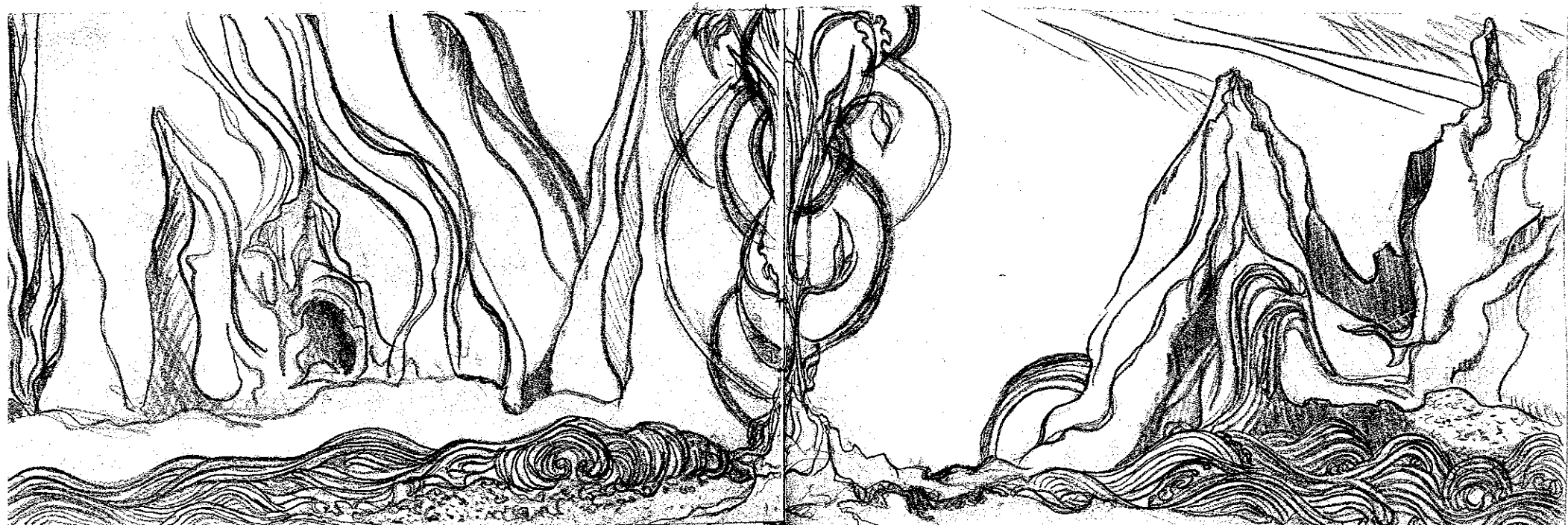
♥,

mamethakalunkw



Nuxa, Kishelemienk, kelenemen na manshapihikan opitemakanink. Kelenemen na kishux ktulheyëmink. Ktentehwe, ntakihehena nel minko ok kishiki eli klexe ok milinen mpi.

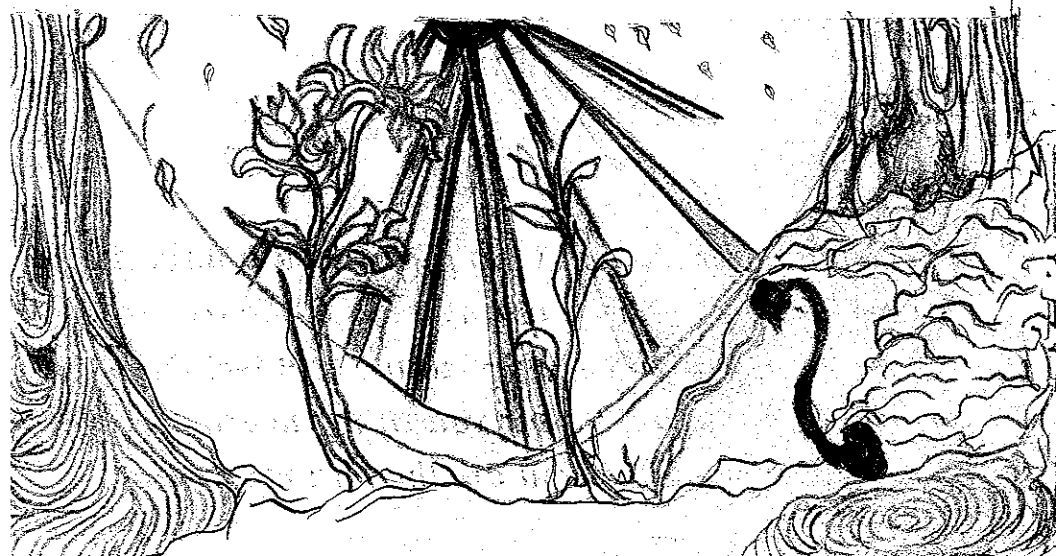
Father, Creator, you carry the loom amidst the river of stars, the white path. You carry the sun upon your breast. You make the fire, we plant the seeds and they grow because you breathe and give us water.





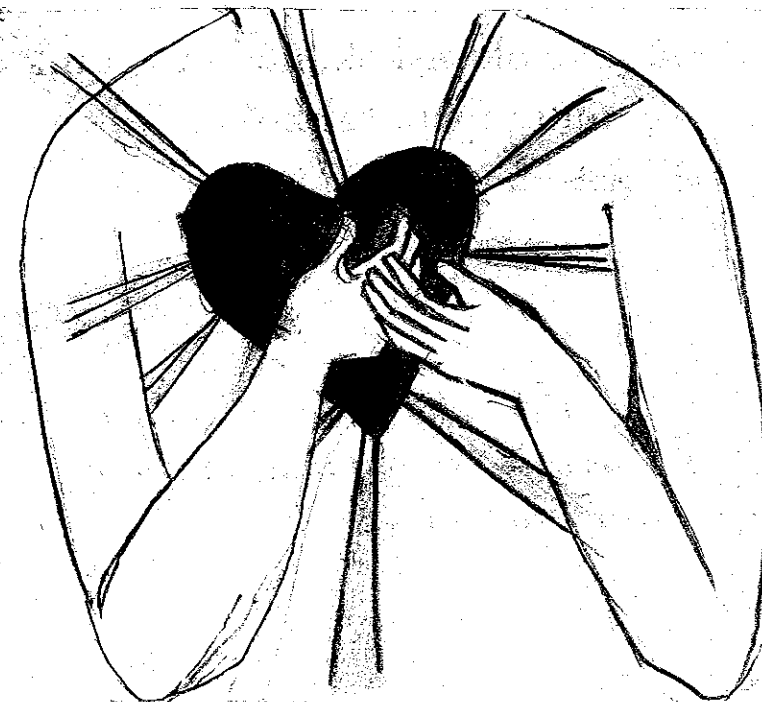
Kemili oxe ok piskek, mehemichink ok mpi. Kemili nipen, tahkoken, luwan, ok sikon, sukelan, tupan, ok kwilalësuwakàn.

You give us light and darkness, food and water. You give us summer, autumn, winter, and spring; rain, frost, and death.



**Ktapi wemi kekunk, kweti ok xeli.
Keweskahpi lapi ok lapi.**

**Nal ne wenchi ntapi,
kemili naxka ok sita, tuhwepi, xkan, ok
teh. Kpentul tehink, ok ktapi
nlashimewakanink.**



You are here in everything, one and many. You are born again and again. This is the reason I am here, you give me my hands and feet, body, bone, and heart. I hear you in my heart, you are my heartbeat, and you are there in my dream.

Katalel n'lenapeokanink. Nkata keku
luwe. Ksi, kalista ok kpentai. Ntapi,
kwis ok knichan ok k'mimens.
Getemaktunhe enta kishkwik.

Mpatama, ksi mili onguntewakan.

I pray, please give me your blessing.

*I want you in my soul. I want to say something.
Please, listen and hear me. I am here, your son
and your daughter and your child. I speak
humbly today.*

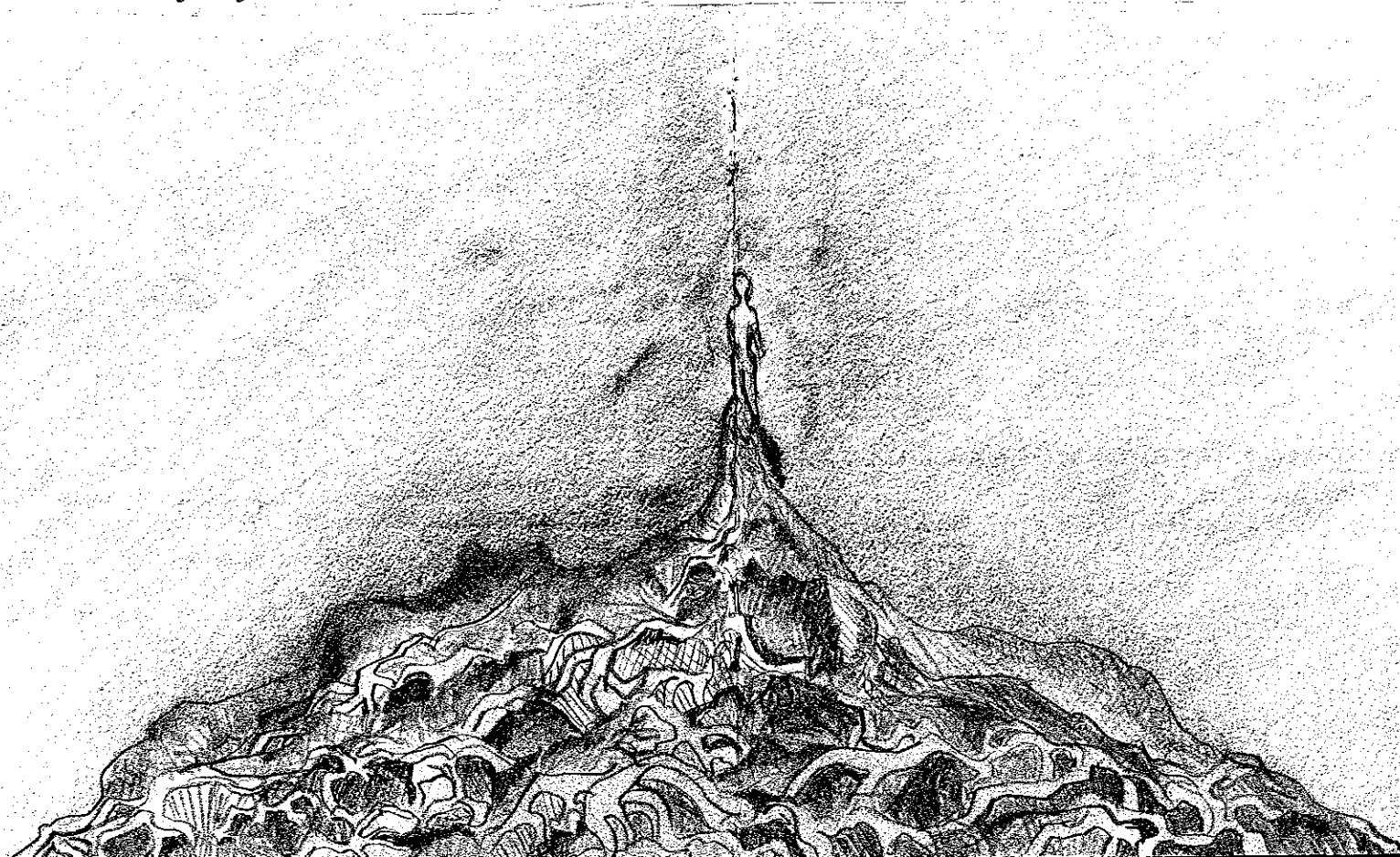
Ksi wichemi telich nkaski nemaxkamen ok weli mpemeska n'temaken n'tehink ok hakink.

Ktachimwi kupene na netami opanke, tani hech num ok tani hech kta.

Nel ahsena ok nel xkana hankink—keku hech kelenemeneyo ok keku hech luweyok?

Keku hech pteluwensi?

Please help me so I can find my path in my heart and upon earth, and walk it well. Tell me the story about the first dawn, where I come from and where I am going. The stones, rocks, and the bones in the earth—what do they carry and what do they say? What am I named?



Nuxa,
kemili keku kench nemikentam,
hate temaken kench nemaxkamen ok
mpemeska.
Hate keku tehink kench naohtu, ok
yu tali temakenink nkata kemaxkul.

*Father, you gave me something I must do, there is
a path that I must find and walk. There is
something in the heart I must follow, and here
upon this path I want to find you.*



Nuxa,

ahot nem yu temaken, wichemi telich
nkaski nuwatun na temaken.



Tunkshen na skontay

*Father, it is difficult to see this path, help me so
I can know the path. Open the door.*



Nuxa, nkata meshatamen.

Nkata tentehwe punkwink lapi.



Father, I want to remember. I want to light the fire in the ashes again.

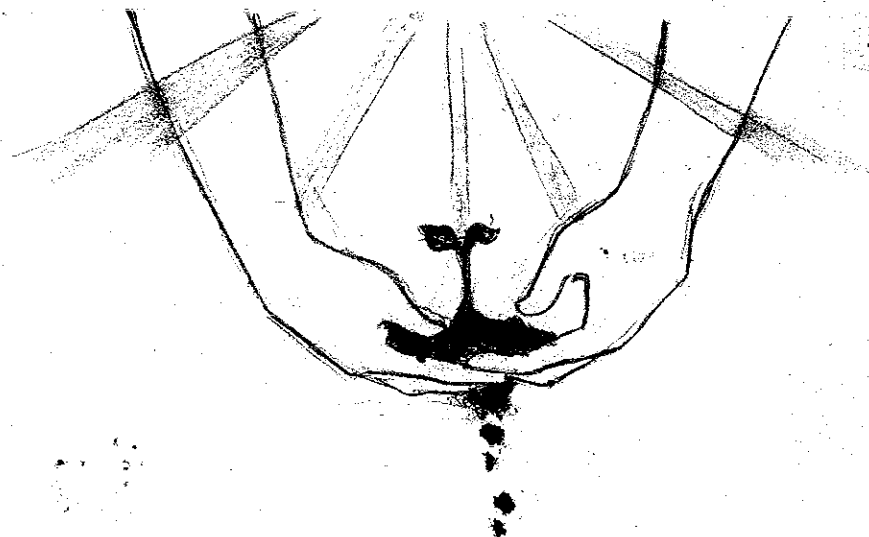


Mpalsi, wiche mi welamalsin lapi.
Nkaihele, wiche mi am lapi telich weli
nipali.

Nemanunksi ok newishasi,
wiche mi lamhitamen ok ahotamen lapi.



*I am ill, help me feel better again. I fell down,
help me get up again so I stand up well. I am
caught in anger and fear, help me believe and
love again.*



Takuu nkata n'manunksiwakan ok
n'wishasiwakan nluskuk,

ksi mili mpisun ok wiche mi telich
n'spinko xu kaiheleyok ok taxamawao
n'chephika hakink.

Wiche mi telich weskensit lehëlexeokàn
kaski kishiki.


Piskekenk, wiche mi telich nuwatun,

n'xkanank,

chinke hech keku kench lehëlexe,


ok keku ànkël.

Nkishih, wiche mi nemen wemi keku
alemeyok yukwe.



*I do not want my anger and my fear to burn and
consume me, please give me medicine and help
me so my tears will fall and feed my roots in the
earth. Help me so that new life can grow.*

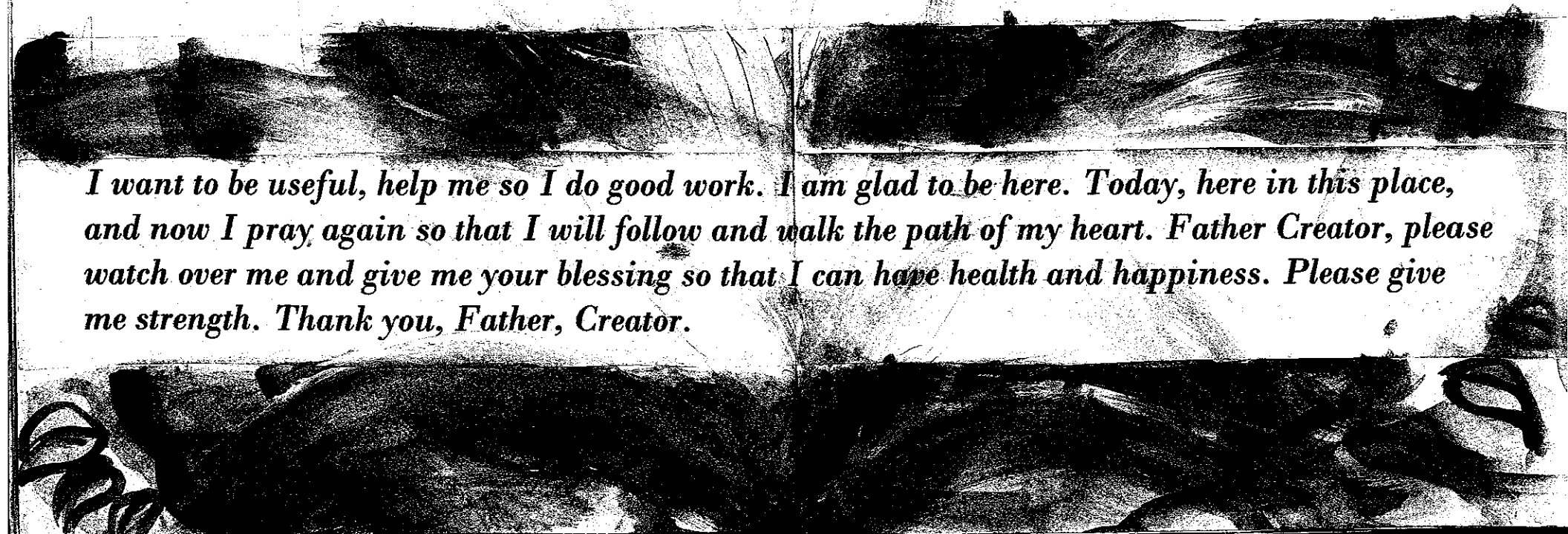
*In the darkness, help me so that I know, in my
bones, when something must live, and something
die. I am finished, help me see that everything
begins now.*



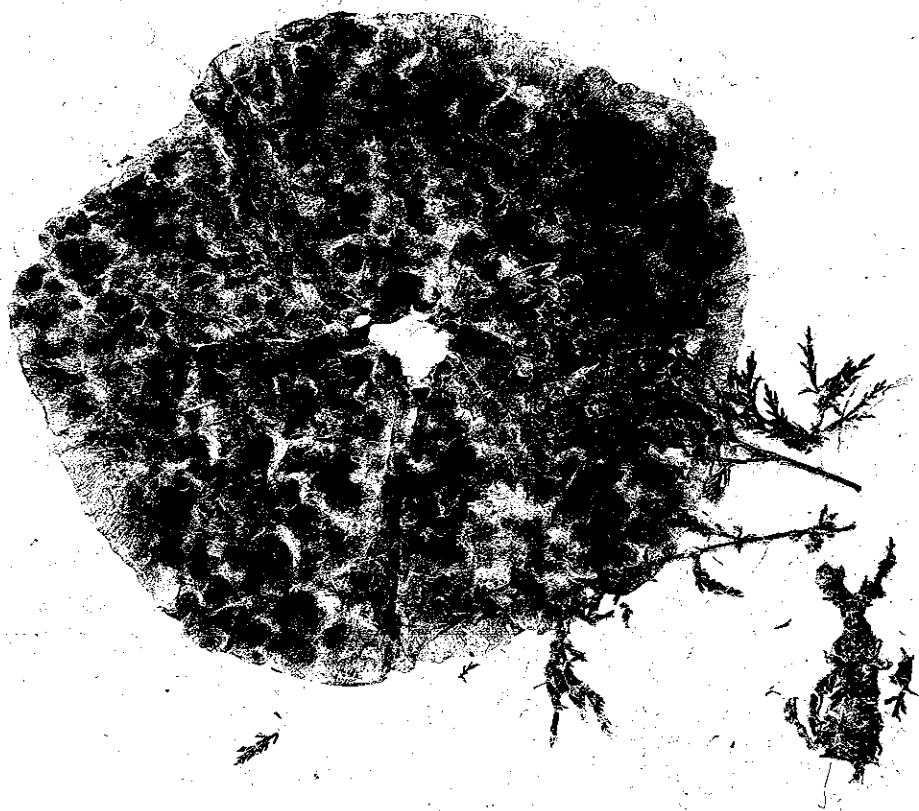
Nkata lapemkwesi, wiche mi telich nulinakwsi. Nulelindam telich ahpin.
Enta kishkwik, yu tali, ok yukwe lapi mpatama telich xu knaofel ok mpemeska na
temaken n'tehink.

Nuxa Kischelemienk, ksi kenahkihi ok mili ongunte wakan telich nkaški nulhatuna
welemalsewakan ok welatenamewakan. Ksi mili chitanësëwakàn.

Wanishi, Nuxa, Kischelemienk.



*I want to be useful, help me so I do good work. I am glad to be here. Today, here in this place,
and now I pray again so that I will follow and walk the path of my heart. Father Creator, please
watch over me and give me your blessing so that I can have health and happiness. Please give
me strength. Thank you, Father, Creator.*



Sources

- ♥ The Artist's Way by Julia Cameron
- ♥ Women who Run With the Wolves
by Clarissa Pinkola Estés.
- ♥ The Power of Myth by Joseph Campbell
- ♥ Hero of a Thousand Faces
by Joseph Campbell.

