



Sweet Grass Hills, Montana, 1995

A vision exercise given by a medicine person the Earth Oracle channeled.

MEDICINE PERSON:

What is a vision?

A vision is something from deep within.

To have vision, one must tap into the emotions that are clear and flowing. Where they are flowing, that's where all your vision is.

Go inside your bones and find those caves that are inside your bones. And within the blood you will find your emotions flowing. Let them flow.

In your blood is your visions of who you are, not who you used to be or who you will become— who you are now. And you will flow with your eyes open, to see, to feel. And you will listen in the blood, in the emotion.

Deep, deep... breathe.

Go inside the blood. Flow inside the blood. Weep quietly. Smile quietly. And let the visions come to you.

The soul must weave its light with the emotions that are inside the blood, inside the bone, or you'll see nothing.

Weave the light in. Let the light be part of this.

These emotions are yours to own. These visions are yours. You must choose what to do. The outcome is in your choices, not in your control. There is no control in true choice. For the choice brings a whole development of which you can't possibly know until you have experienced it, and lived it, and let it touch you. Let the outside let you grow, so that you may be touched and touch back in all ways.

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MEDICINE PERSON:

What is a vision?

A vision is something from deep within.

To have vision, one must have emotion. One must tap into the emotions that are clear and flowing. Where they are flowing is where all your vision is. So, you must come into the emotional arena of your body.

Go inside your bones and find those caves that are inside your bones. And within the blood you will find your emotions flowing. And you will let them flow.

In your blood is your visions of who you are, not who you used to be, who you will become, who you are now. And you will flow with your eyes open— to see, to feel. And you will listen in the blood, in the emotion.

Deep, deep.

Let the emotions come out. It will not be dramatized. It will not be numb or minimized.

Go inside the blood. Flow inside the blood. Weep quietly. Smile quietly. And let the visions come to you. Weave the light in. Let the light be part of this. The soul must weave its light with the emotions that are inside the blood, inside the bone, or you'll see nothing.

Nobody can predict what your choice will be. Your outcome is of your own choices. These emotions are yours to own. These visions are yours. You must choose what to do. The outcome is in your choices, not in your control. There is no control in true choice. For the choice brings a whole development of which

you can't possibly know all about until you have experienced it, and lived it, and let it touch you, and let the outside let you grow. It is not possessed. It is given. Let it be birthed, not grown. So that you may experience and savor and be touched and touch back in all ways you can't possibly know.