River Spirit

*By Kirsten Mogensen*

***In the garden at Esalen there is a gate to a wilderness area.  A sign on the gate warns you not to go into the area alone, because if something happens, you might not be found.***

***However, when I was at Esalen in the spring of 2011, one afternoon I decided to enter though the gate. I climbed the hills surrounding a small creek that runs from the Santa Lucia Mountains, though Esalen and into the Pacific Ocean.***

***After I had walked a while, I felt inspired to sit down on a tree trunk high above the creek, and as I sat there, I suddenly felt the spirit of an Indian Chief that I called “River Spirit.”***

***I had never experienced something similarly and it became even more exceptional when I heard myself say the following “poem.” Normally, I do not write poems or other forms of creative writing.***

***However, friends have since asked me to share the poem. I share it in the hope that other women might relate to the feelings that I describe:***

**1.**

**River Spirit, you have seen so much**

**Thousands of years**

**Where women came to you**

**And cried for comfort**

**2.**

**River Spirit, you have seen it all**

**Thousands of years**

**Where women came to your creak side**

**With their blood from menstruation,**

**Childbirth, wounds and traumas**

**And you carried the blood into the Ocean**

**3.**

**River Spirit, you have heard it all**

**Women came to you to cry**

**You carried their tears to the Ocean.**

**There they became part of a bigger “WE”**

**And the “WE” then entered the pool**

**of all human suffering and joy**

**experienced since eternity.**

**4.**

**So River Spirit, Run though my body**

**Clean it for all the suffering and pain that it still remembers**

**Take it with you to the Ocean**

**So that I can start a fresh**

***(Pause to experience the transformation as the River Spirit cleans the body for its pain)***

**5.**

**So I thank you, River Spirit**

**For the relief**

**And for providing me a new birth**

**Into a life of Joy**

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