FIVE WINGS
a series of mandala drawings
exploring reverence for life as a spiritual path

presented by www.companions-in-blessing.org

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Morning Invocation:

This moment and this day...

I embrace the beautiful aliveness yearning to be born, ever more fully, within me and through me

I embrace the mysterious and beautiful aliveness of the Universe, the Heart of All Being

I embrace the web of life and people that surrounds us, sustains us, and needs our care

I embrace the creative life that unfolds between us and through us in all that we do together

I embrace the beautiful aliveness unfolding within you and through you, & in the heart of every person

I embrace the web of life and people that surrounds us, sustains us, and needs our care
Companions in Blessing is a loosely-knit interfaith community of supportive friends seeking to live the ideals of reverence-for-life as a spiritual path, and Earth/Universe kinship/citizenship (what many writers have called eco-spirituality, the “Great Turning” and “Creation Spirituality,” the journey from isolation to interwovenness). We invite you to join us each day in creating an interfaith green dharma, a vision of caring for the web of life of which we ourselves are an expression.

We invite and encourage everyone to live reverence-for-life more radiantly, and to explore and create new meditation, prayer, blessing and transformation practices that express and celebrate that reverence. My experience has been that it evolves into a beautiful mixture of awe, respect, gratitude, devotion, and the desire to nurture, serve and protect. As one contemporary example of the eco-spiritual life, we offer the Five Wings series of blessing/prayer Mandalas featured in this book and we offer a large library of eco-spiritual resources on our web site, www.Companions-in-Blessing.org. We offer these resources to everyone free of charge, and Open Source / Creative Commons, as our way of participating in the healing of the world.

We practice the Five Wings Mandalas family of blessings / prayers / meditations / affirmations / daily vows as one possible daily path toward the inner strength that will allow us to nurture all people and all creatures in a time of growing crisis. We invite everyone to join us in working strongly and lovingly for a more compassionate and life-friendly world. How will we, together, resist the current momentum toward perpetual war, addiction to violence and inequality, out-of-control industrialization, and the resulting processes of climate disruption and global species extinction?

In the midst of responding to these various crises, many of which will last far beyond our own lifetimes, we aspire to grow in our ability to nurture and sustain one another in our journeys through the seasons of our lives. (Sustainability in our vision, includes sustaining our own web of personal relatedness, the life that lives between us as evolving persons.)

We draw inspiration from many of the ecological, psychological and spiritual teachers of the past and present, from Buddha, Jesus, Saint Francis, Hildegarde of Bingen and Meister Eckhart to Albert Schweitzer, Joanna Macy, Thomas Berry, Vandana Shiva, the Dalai Lama, Black Elk, Rev. Dr. Martin Luther King, Jr., Mahatma Gandhi, Donella Meadows, Matthew Fox, Rachel Carson, Julia Butterfly Hill, Abraham Maslow, Carl Rogers and Gregory Bateson, among many radiant heart-minds. The workshops, retreats, books and lectures of eco-philosopher, anti-nuclear activist and grandmother, Joanna Macy, are especially important to us as we seek to extend the spirit of her Work That Reconnects into the world of everyday ecological action, daily spiritual practice, and ongoing creative partnerships and friendships.

We are also inspired by the Bodhisattva ideal in Buddhism, the Christian Sermon on the Mount, the Native American tradition of Mitakuye Oyasin (Lakota Sioux for “All My Relations”), and the infinite interwovenness explored by living systems theory, among many sources of spiritual inspiration. These are all resources for an eco-spirituality that makes sense in our pluralistic present time. (We invite you to explore these themes on our www.Companions-in-Blessing.org and our online web site and our online Interfaith Cathedral.)

Our primary forms of organization are self-organizing, self-supervising Teams-of-Two (creative partnerships of two people) and self-supervising study/action groups (composed of any number of kindred spirits and Teams-of-Two). Teams of Two is an ancient idea, with a long history in Buddhism (kalyana mitra), Judaism (havruta), Christianity (the first evangelists) and Celtic spirituality (anam cara), and, of course, in marriage and in the parenting processes of many living species. We hope to renew and extend this way of organizing cooperative effort in the context of serving the Web of Life in Her hour of great need.
Affirmations and explorations:

I am here on this Earth...

I open my life this moment and this day...

To bring out the best in myself – living more fully each day the beautiful aliveness yearning to be born in all of us as awareness, kindness, courage, creativity & more...

To nurture the beautiful aliveness in you, and in all the people around me. To encourage each person I meet to develop their deepest talents and use them to help life blossom.

To nurture and deepen the life unfolding between us and through us, in every form of personal relationship, creative partnership, and cooperative community.

To open to, and commune with, the mysterious and beautiful aliveness of the Universe, the Heart of All Being, that calls us to evolve toward greater love & wisdom.

To embrace, in widening circles, the web of life and people -- working with others to mend what is broken, stop what is harmful, and nurture what is life-giving and beautiful, in the world around us.

To open to, and commune with, the mysterious and beautiful aliveness of the Universe, the Heart of All Being, that calls us to evolve toward greater love & wisdom.

Within you and through you...

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Five Wings Mandala 3

A blessing prayer for the unfolding of life

May I embrace the beautiful aliveness unfolding within me and through me as courage, kindness and creativity.

May I nurture the beautiful aliveness unfolding within you and through you. May I nurture the deepest and best in every person I meet.

May I nurture and deepen the life unfolding between us and through us, in every form of creative partnership.

May I live, and may we live, ever more consciously and radiantly, within the mysterious and beautiful Heart & Mind of the Universe.

May I, and may we, mend what is broken, stop what is harmful, and nurture what is life-giving and beautiful, in the Web of Life all around us.

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FIVE WINGS MANDALA 4:

- evolving vows and practices of conscious evolution and compassionate resistance to the culture of violence

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Evolving Spiral of I-and-Thou

conscious evolution in friendship, partnering, marriage, parenting and working together

each step carries forward the unfolding of all previous steps – the spiral turns forever

Drawing on the beautiful aliveness in all the Sun and stars and oceans and forests, I open my life, ever more deeply, to the Infinite Compassion and Beautiful Aliveness yearning to be born in every human heart

Drawing on all the Life Energies within me, I open my life to recognize, nurture and celebrate the Beautiful Aliveness yearning to be born, ever more fully, ever more radiantly, in you and through you.

Drawing on all the Beautiful Life Energies we have awakened in ourselves, I open my life to the emergence of new kindness, creativity, awareness, and forgiveness in all our living, working and exploring together

Opening more fully to the Beautiful Aliveness in me, in you, & between us, I open my life to participate in mending the world and healing the Web of Life, with courage, kindness & creativity, with new truthfulness & forgiveness

Gathering all the energies of love and awareness unfolding in widening circles around us and through us, I open my life, ever more deeply, to the beautiful & powerful aliveness of the Universe, calling us always toward a deeper love

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