

Ancestral Wisdom

Guided Meditations & Prayers



Ancestral Wisdom

Guided Meditations & Prayers

1. Welcome to Ancestral Wisdom (2:32)
2. Words to Start the Day (4:09)
Narrated by Frank Andrew
3. Meditation 1: Give Your Thoughts to the River (7:06)
4. A Prayer to the Universe Part 1 (3:02)
(Ernie Thevarge)
5. Meditation 2: Let the Earth Absorb Your Negative Feelings (6:33)
6. A Prayer to the Universe Part 2 (2:32)
(Ernie Thevarge)
7. Meditation 3: The Healing of the Sweat Lodge (4:28)
8. A Prayer to the Universe Part 3 (3:46)
(Ernie Thevarge)
9. Meditation 4: Forgiving Yourself and Others (4:30)
10. A Prayer to the Universe Part 4 (2:38)
(Ernie Thevarge)
11. Meditation 5: Sharing Loving Kindness With Your World (5:24)
12. Words to End the Day (3:16)
Narrated by Bernita Saul

Credits

Ancestral Wisdom: Guided Meditations & Prayers, is produced by the Southern Stl'at'l'imx Health Society as part of the SSHS Kindness Project, a social innovation project designed to address lateral violence. Learn more at sshskindnessproject.ca.

We would like to thank our esteemed Stl'at'l'imx Elders, Frank Andrew, Bernita Saul and the late Ernie Thevarge for their contributions to *Ancestral Wisdom*.

Producer
Leroy Joe

Executive Producer
Rosemary Stager-Wallace

Voices recorded at
Studio Downe Under
Abbotsford, BC

Recorded by
Soren Lonnqvist and Andreas Schuld

Music recorded by
Russell Wallace and Andreas Schuld

Mixed by
Andreas Schuld at Skeena's Place
Maple Ridge, BC

Performers
Russell Wallace, Clint Andrew
Frank Andrew, Bernita Saul and
Leroy Joe

"A Prayer to the Universe" is narrated by
Clint Andrew.

All meditations are narrated by **Russell Wallace** and written by **Cindy Filipenko**.

Cover photo by
Simon Bedford



The Kindness Project
Everybody Matters

Published by Smoke Signal Records
Copyright April 2021
Southern Stl'at'l'imx Health Society | ssh.s.ca