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The Teachings
of a Sacred River

Michael Samuels

Be on the river

The Ichetucknee
is a sacred pristine river
in North Central Florida
threatened
by environmental degradation
including a tire burning cement
plant

The river
sang this song to me
in a half a year
It is the Her song of
180 days
on the river

Flow

The theme of this small book is
simple:

Be on the river

If you are worrying or problem
solving

You are not on the river

When you realize you

Are somewhere else

Look around you

And come back

And be on the river

Pay attention to the beauty

The water

Animals

Sounds

Smells

Its so simple

Be on the river

Be on the river

She sang

You need to keep the river journal

I will tell you one thing

Every day you are on the river

Each day you paddle

Your job is to remember

What I told you

while

Your paddle home

And write it down

when you get home

This is your next book

Flow

To remember:
chant it like an affirmation
With your breathing
When another thought comes
Let it go
Come back to the chant
While you paddle
Remember
Repeat it
As a song
So you can
Remember
When you get home.

Then write it down

Be on the river

Be on the river now
Do not think about
something else
Or you are not here
on the river
with me

Flow

I give my self forever
I am abundance
What is your abundance
that you give?

Be on the river

I give
this whole ecosystem
and am of the earth
I make diversity

Flow

I am surprise
I am never the same
a flock of ibis
takes off
beauty
beyond
grasp
gasp

Be on the river

being on the river

is being

In beauty way

Colors

Feel the

Gentle

Breeze

flow

Flow

Eden

is here

animals live

together

Gathering

meeting at the center

I Teach you diversity

The river

gives each creature

what it needs

always

Listen

Diversity is Eden

There are more creatures here

than you even imagine

Be on the river

I will tell you
How to paddle
Move your arms
This way
Turn your
Whole body
Now
Feel it
Its not hard

Flow

Let all your troubles go
with the river

flow

Drift in the red dusk

see the turtles

rest on the bottom

Feel the beavers

awakening

to the long night

I love you

Be on the river

The flow:
if you look at it
its fast
or slow
you can fight it
or go with it

Flow

Your attitude
is critical
if you say
I can't do it
you will find obstacles
and can't
If you say
"I can't get under the bridge"
In this current
Against the rapids
it will be impossible
it is

Be on the river

Being there
on the river
is critical
If you are not here
You don't see anything

Flow

Color heals
blue is best

Be on the river

When you love
you see beauty
When you say
I love you
you see more beauty

Flow

There is no reason
for feeling bad
or for time constraints
no reason
to have pain

Be on the river

Each moment
is precious
do not take any
moment on the river
for granted

Flow

Meetings take place
on sacred rivers
sacred meetings
of pure spirit
Go to a sacred place
to meet
sacredness

Be on the river

Look a bobcat

Gasp

That vision

may be your only one

you may never

see another

bobcat

on the river

This very moment

may be your finest

Flow

Thank you beaver
for bringing me
to this sacred river

Be on the river

I will take you
down river
every day

Flow

I will do everything
I can
to protect this river
a Jet ski came today
all the animals
and plants
moved away
I will stop them
And the motor boats
too.

Be on the river

Dragon fly says

Remember your past

the most important moments

They make you

who you are

Flow

Guided imagery
and before it
sacred space
And before it
Lamas

Be on the river

Be on the river now
You can't see anything
if you are not here
I will only speak to you
if you are here
and see me

Flow

you need
to be
quiet
to listen
or see
or smell
no mind stories
quiet

Be on the river

I will take away your pain
You need to show it to me
for me to take it
I will wash it away

Flow

The mating call
of the barred owl
woowaa
She raises her breast
and sings to me
A sly smile overcomes her
She is in love
I sing back
owaeeee
She swoons
I am her owl lover
I lick her
from below
forever
As the stars swirl around us
and are born
within our breath

Be on the river

Flow

You cant be
in water
and sky
at once
You can only be
one place
sacred
or ordinary

Be on the river

Never take anything for granted
and think this moment
will ever come again
that bobcat drinking
on the bend
may only happen once
in your life.

Flow

Wind comes
from directions of meaning
A cave takes you deep
into who you are
You are going to a waterfall

Be on the river

To get an answer
you need to ask,
listen be awake
The answer can come
at any moment
You need to be awake
aware
on edge
listening

Flow

Ancient animals
lived here
and fished
saber tooth tigers
mammoths
had their time
now
Modern animals
are their traces

Be on the river

Each day is new
What was here yesterday
may not be here today
This morning
The wood storks are gone
Each sighting is precious beyond
belief
May be your last
Expectation to see it again
Colors it all
And may not be
what is happening at all
It always more
than you can expect
She is

Flow

The wood storks are back
I missed them
My lover saw them
Gone one day,
in your mind gone
Back the next

Be on the river

The river is my teacher
Everything is my teacher
Pay attention
every moment
Or you miss
the wood storks
The teachings come
In a moment

Flow

Intimacy

This

little river

is her

Her

Be on the river

Intimate

Flow

Healing

Be on the river

Pure
clean
non material

Flow

Be on the river:

Is the basic message

Be where you are now

Pay attention

The sounds

Listen to voices

Animals

Be on the river

Be on the river

Intimacy

The river flows
up into her body
Smaller and smaller
Lick her from inside
Go up into her
Drink her fluids
Into each cell

Flow

You don't have to do anything
It is all done for you
Give me your life
I will do what you are supposed to
do
with it
for you

Be on the river

Love Her

Flow

I give you
a new paddle stroke
today
for your birthday

Be on the river

Get out of yourself

Be out on the river

But there are paradoxes

Its always myself

No

Its Her

What's in you

Worry

Fear

Negativity

Out there it is

Trees light a river

Flowing

Never the same

Flow

Experience the energy of nature

In every moment

it is all there

Vibrations

wind

water

The enhanced moments

are clear

You are there

Be on the river

Go around obstacles
Sometimes is it easier
to go around obstacles
Than to try to go over them

Flow

Nothing is lost

All memories are present

Moments of perfect beauty

Are remembered best

Be on the river

Be where you are

No words

Out of yourself

Flow

When you are here

All thoughts are here

Others are there

Worries negativity positivity

Judgment all there

Words there

Try to be

Without words

Be on the river

Its difficult

To be in moment

Reaching out

Meditation teaching is basic

Flow

Never put yourself down
for a having a thought
Just let it go
And go back
to being
on the river

Be on the river

The surprise

It is new

See it

in a totally new way

Be there

in the newness

When you come back

Slow down

Be in nature

and then

new

Flow

Complexity
obstacles
it is easier
to overcome
them
moving
downstream

Be on the river

vibration
of your essence
with the environment
a tree
laying in the river
vibrates
with
the flow

Flow

teachings
from
actual
river
water

Be on the river

the
kingfisher
speaks
of
death

Flow

when
to stop
when
to go on

Be on the river

visible vibrations
are beautiful
a song
is a audible vibration
everything
is
a visible vibration

Flow

when you are carried
by the river
downstream
you are taken places
you would not have gone
you slow down
or speed up
it is not
in your control
your life
is a combination
of being carried
and paddling

Be on the river

when
you are carried
your life
is Hers

Flow

thank you
for bringing me
to this river
so beautiful

Be on the river

you

can

hear

the sound

of being

carried

Flow

you can feel
the sound
of being
carried
in your body

Be on the river

you

can

feel

her

breathing

Flow

you can feel
the vibrations
of Her life
swim in it
feel it
open your heart

Be on the river

resonances:

like brings like

a wooden boat

resonates with the forest

spirits come easier

the past

resonates with it

Flow

layers

up

down

in layers

the membrane

the trees

the water

all are layers

Be on the river

life

its alive

everything

on the river

is alive

Flow

its different
going upstream
than going downstream
going downstream
is easier
to be on the river
its
all different
all concerns are opposites
the path
the obstacles
the mind

Be on the river

When paddling
you have to allow
for current
for wind
its different going upstream
than going downstream
its different moving fast
than moving slow

Flow

Flow with the river
It is about total trust
You go where the river goes
No choice
To be unhappy
about where you are going
Is futile

Be on the river

Your love
is the most important
Thing you have
Trust your love

Flow

Your books
are perfect
Your whole life
is the river flow
Trust it
accept it
for what it is
now

Be on the river

Never
be afraid
to be
yourself

Flow

Sexuality
is never
something to fear
It is
the force
of life

Be on the river

Spring

On the river

Couples mating

life

Ducks

Animals

humans

Flow

The whole system
look all around
its one
a whole

Be on the river

There is no death
Only change of form

Look
nothing disappears

It is all

Forms

Dying

And

Growing

again

Flow

No fear

Be on the river

Sexuality
is the law
of nature
All animals mate
Look

Flow

Today

She

is

beautiful

beyond

belief

Be on the river

Current
can push you
against an obstacle
You need
to carefully back up
Far
so current takes you
downstream again
Avoiding the obstacle
Can be crucial
this time
You can lose
your life
if the current
is strong enough
you turn over
and go under the tree
and cannot come
up

Flow

Slow down your life

Live every moment fully

Avoid killing time

Meditate on whatever is there

Like she is your lover

Be on the river

There are special spots
On earth
That tell you who you are
They tell you what to do
It may not be fun
It may be painful
To let go of the past
But in one second
Your life is changed

Flow

The meeting of two rivers

The junction

You are supposed to be here

It is deeply sacred here

Its about meetings

About energy

About telling you

about your life

Be on the river

The meeting of two rivers

Its about energy

The peak energy

at the triangle

The clitoris

Up at the point

You have seen it on

The serpent mound

meetings

you felt it there

And now here

The land

The rivers

Its not about logic

You will

Never

figure it out

Flow

Pure thought
Is thinking
about what you are
Actually doing
When you paddle
paddle
Be on the river
When you sleep
Sleep

Be on the river

The only
Important thing
Is loving her
Unconditionally
Always
Sexually
Making love
is your sacrament

Flow

The rivers join
Prayers
go up to heaven
No words here
No logic
Only
Energy
to do ritual

Be on the river

Mother's day

A baby manatee

Nurses

She surfaces

with her mother

breathes

And goes down

again

Bubbles rise

So beautiful

Flow

Elusive

Your power animals

Show themselves

Sometimes

If they want to

Others

Elusive

As a gift

Don't be sad

They do

Be on the river

Don't expect to see

An animal

Even if its

In front of

You

Or

You will

Suffer

She says

Gasp

Flow

Be on the river
If you are worrying
you are not on the river
If you are problems solving
you are not on the river
Be on the river now
Worry and problem solve
Later
When you do these things
Come back to the river
It takes time each day
To get in the flow
And release the day

Be on the river

Pay attention

To the water

Reflections

Light

Sounds

Smells

Animals

Flow

Expectation clouds

what you see

You are not on the river

You are in expectations

If you are looking for a manatee

And don't see one

You don't see anything else

And besides that

You are disappointed

The whole reality of the river

Surrounds you every moment

Be on the river

When you paddle
With her
Isn't she beautiful

Flow

When you paddle with her
Your reality is new

Be on the river

If you are quiet
And listen
The river tells you
Which way to paddle
When to stop
How fast
What stroke
She tells your body
And you do it
Its beyond words

Flow

Four manatee

A baby nursing

Eating

So gentle

At first

They did not show themselves

Then stayed an hour

Patience

Patience

Patience

With manatee

Be on the river

In ego

You see nothing

Open your eyes

See everything

No expectations

Eyes open wide

Listen too

Flow

Animal spirits
will talk to you
If you thank them
Tune in to them
Spiritually
enter them
Yes

Be on the river

Meetings of river

Energy rising

Buzzing

No words

Prayers to the heaven

They do

Flow

The river
tells you
Who
you are

Be on the river

Buy the kayak

Of course

She told you this

Before

Didn't she?

Flow

Epiphany

I tell you

to do something

Not many things

No logic

You can Google it

But, you can't figure it out

If you do it

Your life changes

Trust

You have

A feeling

Of importance

Be on the river

The kayak talks

Few things talk

Cars, vehicles, drums

Tell you to do things

A blessing

You fall in love

Broad things

It's a guide

Flow

Listen

Your life
has changed

Be on the river

You love her

No one knows

What that is like

It is

Flow

Listen

Pause

Look

Pray

Wait

Feel

Listen

Pause

Kiss

Be on the river

I carry you

down river

You do nothing

You go with the flow

Your life flows

All around you

Is proliferating nature

You do not make it

Flow

Love her every minute

It is your teaching

Love her every minute

it is your life

Write poems

Write The Spirit Lovers Legend

Be on the river

Compassion

When you love me

You love her

When you love her

You love everyone

See beauty

Everywhere

Flow

Virgin spring says

There is no age

Its illusion

Only a moment

Not weight

No personality

Its all her

Timeless

The virgin

The mother

The crone

Are all

The Goddess

You can see them in any moment

The illusion

Is what you are attached to

Be on the river

When you love her

You can heal

One drop of water

Is healing

Healing is

Take it out

Put it in

Raise her up

Flow

All animals
are your teachers
Owl eagle osprey
all teach
Bear heals
Owl eagle hawk osprey see
This is the shamanic way
See out of the eyes of the animal
Do what it does

Be on the river

All vibrations
When it bumps
into something
you see hear and
feel it

Flow

You make your world

Create it

Paint it

What you see

You imagine

There is only vibrations

Molecules

Energy

You paint your world

Be on the river

Beauty

Is

what you can

create

Flow

Vortexes

Of stopping time

Spirit space

Appear

Call you

Spirit springs is a vortex

She is a vortex

Be on the river

Go up river
in the eddy
Down river
in the current

Flow

I am a person
Who sees
the spinning lights
Is born
with certain knowledge

Be on the river

You can see pure energy

Vortexes

God

In any moment

The virgin

In any moment

Seeing

out of the eyes

of an artist

is Seeing her

Flow

Enchanted

In love

The virgin spring
calls

you are seduced

You see your love

You are drawn to her

You feel so alive

You never have been
this alive

Sexually stimulated
all senses

Eyes body

Tingle

Total

healing energy

Be on the river

All energy

matter

Dots

You recognize

Danger

Eat

And

See

God

Why?

We are made

to see

And be powerfully attracted to

Spirit

Flow

You hear Her-
God's voice loudest
In love
In beauty
In animals
In calls
In springs
Her voice is
loudest in
Orgasm
In the deepest kiss
Its in every animal
Every call
The river is
Beauty

Be on the river

One drop
Vaginal fluid
from the spring
Goes to every cell
in the body
And to
the whole universe
two lovers
in the springs
flow Love
everywhere

Flow

One drop
of love
Spreads
everywhere
Opens your eyes
You see clearly
It washes you clean
So you have
God's vision

Be on the river

Orgasm

Is

god

singing

Flow

In the center
Of her deepest kiss
I am
In the hole
Of her vagina
I am
In the tip of her clitoris
I am
In the sign
In her orgasm
Is my most beautiful song
In the little death
You know me
Most intensely
In the desire
Is my life force
Moving forwards.

Be on the river

At the end
Of the paddle
Is the color blue
At the end of desire
Is you

Flow

From the black Mud
From the aromatic earth
From her body
Odiferous rich
Sensuous
Comes
White
Filmy
Membranous
Orchids
Lilies
flowers
whose
pure white opening disc
is as thin
as
an angels wing

Be on the river

Sensuality

Black

Undulating

Ancient gar

Rise from the dark

Waters

Unconscious

Mating

In orgasm

Breaking the reflecting

Surface

In pure

Joy

So sensuous

Beyond dreams

Flow

The

Spring force

of life

Buds

Mating gar

White orchids

Membrane thin

tremble

The wings of the egret

Elegant

Open

spring

Sexuality

The life

Force

desire

and beauty

Be on the river

One drop
of healing water
Goes everywhere
In your body
To heal
Each cell
From God
From Her
I do

Flow

I am here

All you have to do

Is come to me

I exist

I heal

Listen

Come to me

And listen

Be on the river

You are home

Flow

In the peace
and calmness
In the silence

Be on the river

Her

most profound thoughts

Can always be interpreted

As my love for her

Flow

Compassion
and forgiveness
In every action
Can you imagine
what it is like
for her?

Be on the river

On top

of each page

Be on the river

Go with the flow

Flow = be in the moment

Go with

the succession

of moments

the river's

teachings

always

Flow

Owl says
Be on
The deeper river
Of energy
and
Spirit

Be on the river

Osprey says

Me

and my lover

Make

the lines in space

I make

the vertical lines

She makes

the horizontal lines

Where we kiss

We make

A point of light

Over and over again

Flow

Deeper
Is
Infinite

Be on the river

Be on the
Deeper river
In the energy lines
In the infinite

Flow

No anger

No fear

No story

Be on the river

In your breath

Be on the river

Four levels

Material

Spirit

Infinity

God

Flow

All connected

All rivers

All springs

All shaman

All voices

All teachers

All spirit animals

Be on the river

I take
all your troubles
Give them
To me
I give you
answers
And
I solve them
I make your life
Listen

Flow

We are one
One drop
Of my fluid
Goes into
All your cells
When
We kiss
I heal you
All springs
Are connected
And we are all
Her
Fluid
Coming out
In love

Be on the river

Regal princess

Of the east

I honor you

Regal princess

Of the south

I love you

Regal princess

Of the west

I heal you

Regal princes

Of the north

I learn

From you

Flow

Rivers says today,
I welcome you
With exotic ibis
With musical calls
With while light
With water
I welcome you
Into my body
As your
River
Lover
I do

Be on the river

Listen

To yourself

You know

the truth

Flow

You know

Who

You

Are

Your

Power

Can

You

See it

Be on the river

Come,
into my body
One drop
Of me
Goes to each
Of your cells
when we make
Love
And then
you make love
To yourself
As well
As to me

Flow

I break your bones
My spirit
Is powerful
I throw you to the ground
Spirits
Do that
Be humble
Respect us
In a good way
Ho

Be on the river

A good way
To be on the river
Is to look
For something
You are interested in
Manatee
Otter
Look in each moment
Without expectation
Just look
Always
To find
Your lover

Flow

A better way
To be on the river
Is to
Invite spirits to come
And listen to them
They
Tell you
Who you are
River spirits
say
Come women
Come lovers
Come shaman
When you are
On the deep river
Invite healing
Spirits
And ancestors
To come

Be on the river

One drop
Of me
Into each
Cell of you
Lovers

Flow

I come into you
We merge
You look
Out of my eyes
I create the world
We are one
You act
and manifest
My vision
You are
her hands
She manifests
Through
You
River says
"This is
the essential message"

Be on the river

When you are on the river

I give you

Four gifts

First darkness

give it to me

Second thanks

see beauty

Third ideas

ask me questions

Four visions

Look

And learn

Flow

In my vagina
Is darkness
Your eyes close
It's the black virgin
Take a deep breath
Its me

Be on the river

When you are on the river

I give you

The four practices

To give thanks

To see beauty

To experience deep peak spiritual

To remember

Flow

Into my body
Up into my womb
Is the darkness
I give birth to all
I create all
Don't be deluded
Don't ever forget
You only give
One drop
Such a little thing

Be on the river

The most beautiful

Moments

The song

Love is like a river

The flow is

A circle of moments

Flow

Making love

Being in

The after glow

Not wanting

Ever

To let

Go of you

Of Her

Be on the river

Give thanks

Cleaning

Spirits say this is friendly

I love you

Flow

Kingfisher teaches:

Death

Is here

It sometimes darts

And can be avoided

For a moment

I lead you

Deeper up

into death

Than you ever imagined

She goes

You follow

Be on the river

I ask:

“Can I come into you?”

The spring sings:

“You come into my body

I attract you

I make the world

You put in one drop

Of water

Without that

No life

But I make it all

Lovers fluids

in the springs

One drop heals

Together

We make all

Life

Come into me

My love”

Flow

Remember

Be on the river

now

today

Go deep

Drop into

The sights smells sounds

Look

Listen

Smell

Dream

Be on the river

Now

In the moment

Today

Its all the river

Be on the river

In the darkness
From the darkness
All is born
Come into me
Into the darkness
Her darkness
My darkness
Don't be afraid
Come with we

Flow

I am her

You are not

Her

I create all

You do not

Create all

Be on the river

For today

Listen to her

Serve her

That is all

You are

Flow

Pray for Her

Bring in old woman of springs

Bring invite in animals spirits

Be on the river

I will take care of her

The spirits do it

You facilitate

No worries

We will do this

One drop of water

For her

I give her life force

Animals spirits

River

Dreams power

I we do

Flow

You are supposed
To do
Vision quests
On my river
Bring
Them
To me
Make a retreat center
For me
And I will sing to them
Myself.

Be on the river

I will put her out

I will bring in the spirits

I will take care of her

I do

Flow

The river is everything

The river loves you

The spirits love you

I am a miracle

Be on the river

I am the earth's vaginal fluid

I am the message to you

To take care of your lover

I am