



Bounded, from east to west, by the states of Michigan, Indiana, Illinois, & Wisconsin, Lake Michigan is the only one of the five Great Lakes located entirely in the United States. The shoreline of Lake Michigan is characterized by dynamic beach structure at inlets like this one, where the banks of the stream are continually reshaped by changing wave action from Lake Michigan.



Lake Michigan Inlet

momentum..... helps bring movement
to emotions, life plans, or thought processes that are stuck or dissipated

Our Eyes are our Light into this world.
They allow us to move with accuracy and skill
through the many mazes of our culture.
But it is truly the work of the Heart to perceive.
To find your path
and then to accurately and swiftly focus all your energies towards the Light
is the work of a Master.
The Waters of this essence focus you
and carry you gently to the Lake,
a great shining, thriving body of Peace, Energy and Light.



This is an essence for those who find themselves distracted
and unable to focus their internal energies
during times of much movement.
This essence can bring clarity, concentration, and movement
to emotions, life plans, or thought processes that are stuck or dissipated.
It is also for those who move too fast,
who leap before they look,
who end up in the turbulent sea of life
without the grounding and preparation necessary to sustain such movement.

The river flows consistently to the Lake, focusing and vibrant.
But also it bends and winds
in order to gain Perspective and Wisdom along the way.



So too, must we wind on our course
in order to temper and play
and recognize
that a focused journey
brings us spilling into the Beloved with Radiance and Power.

