



*The mountainous arms of this Bay wrap themselves around to the offshore islands, forming a circle in the Eastern end of Lake Gitchee Gumee.....*



# Agawa Bay

for staying in the circle we are in and not being called into too many projects

The Spirit of this place is that of a lovely wild rose bud today.  
Quietly she bows,  
releasing tensions and anger with the skill of a master masseuse  
whose intuitive hands trace muscle pain to its point of origin.  
The mountainous arms of this Bay  
wrap themselves around to the offshore islands,  
forming a circle in the Eastern end of Lake Gitchee Gumee.....  
Agawa River empties into the north of the Bay  
while Montreal Falls pours into her southern arm.



This is maybe my favorite place  
in all of Lake Superior to swim.  
Sliding into cold, amazingly charged water  
from beautifully patterned red granite boulders  
that ease you gracefully into the silken water,  
here all your body can truly reawake to the vibrancy of the day.



Maybe it is just that I have had so much history with this place.....  
so many plunges.....  
and have prayed on the same rock for over thirty years.  
This rock though holds the prayers of many ancestors  
as humans collectively  
have sought to hold peace with the deep and responsive emotional spirit  
of this Lake.

I have had other experiences with this place.....  
Days pelted by freezing rain.....  
The waves rampaging this sacred circle  
with raging swells of white capped breakers.....  
Winds almost too strong to stand against.....  
Tiny blackflies and mosquitoes swarming so thick  
that my neck and ears were bloodied and itching  
beyond some invisible threshold of my nervous system  
to sustain sanity and good humor.  
My daughters are fascinated by the story of the Edmond Fitzgerald,  
a ship mysteriously taken by the Lake  
in an hour when calm waters and clear skies  
changed to 30-foot waves  
that took 29 skilled seamen to their death.

The water today is like rippled glass.  
Gently the Lake sorts her cooled colored stones on the beach here  
in piles according to size  
to be warmed by August sun.



Canadian geese float in families close to the shore  
and small groups of sea gulls sun themselves along with the campers  
who have come here to sit and be held by this great circle of energy.

Lake Superior's drama can only be imagined.....  
This morning the sky almost cloudless  
and the waters crystalline clear to the bottom.....  
The Sun hot on my back as it rises over the tree line.  
But to the North  
I watch rising over the mountainous arm of the Bay  
dark low clouds....  
Black and ominous they move over the Lake.....  
first a few..... now many.  
The Wind picks up, the Water responds, this is my Lake!



The essence of Agawa Bay holds the energy  
of the small Circle within a much larger archetype ~ Lake Superior.  
With the advantage of being able to see the full Circle  
the essence can aid with the strong emotions and dramas  
that often prevent us from, or slow down, our progress  
when attempting to complete important projects  
or finish the lessons involved in particular emotional or life cycles.  
Walled with ancient Mountains  
the Bay has been held sacred by the Indigenous,  
as Pictographs line the cliff walls at the North of the Arch.....  
marking the spiritual presence so active and powerful in this special place.



It is our Hearts that set us into motion  
on the most important Journeys, Projects, and Relationships of our lives.  
Some are smaller Circles.....  
some are very large.  
The Bay essence helps us to be aware of the Circle we are in,  
to be held by its borders  
and to resist the confusion that calls us into the violent waves  
of the large and unprotected Lake.  
Even during a storm here  
one can still see the perimeters of the circle here in the Bay.  
This essence helps us to hold to the Circle  
and to recognize the inner nagging and turmoil that stays with us.....  
a guide that helps us to stay with it and finish up.

