



*Lake Ontario is last in the Great Lakes chain as the waters of the heart of North America make their way to the Atlantic.  
Although she has the smallest surface area of the Great Lakes, her depth is second only to Lake Superior.  
Her elevation is 246 feet above sea level.  
The Iroquois people called the lake "Skanadario".*



# Lake Ontario

opens one up to allow the deep questions of one's soul to pour forth...  
helps one listen on a universal level, to reflect & find deep soul peace

Soft and warm she speaks... gentle, refined, like butter melting around your ankles.  
Lake Ontario listens to what's in your heart.

She allows you to ask your questions,  
to speak your truth.

Go ahead ~ ask her  
about reincarnation,  
about visits from star brothers  
about the future of mankind.

Then breathe in while she quiets the quest within  
and helps you work with the fullness of an eternal life.

Like a mirror, her patient surface reflects  
the gathering clouds,  
the surrounding blue sky  
the seagulls wing.



As an essence, Lake Ontario assists us in releasing our surface tension  
and helps us find a quiet moment to wonder.

These questions of the heart  
are the only real questions,  
and like a good friend  
she listens and reflects.

What she offers is really the answer  
to our pondering,  
a deeper self-knowledge  
and an ability to inter-relate  
more peacefully with the Elements.

To do this, we must  
look deep,  
listen to our own feelings, our own questions,  
and learn to release the tension.



The essence reassures one after the loss of a loved one  
that spirit continues and relationships remain strong.  
There is a release here  
of our need for material reassurance,  
as the essence helps us to deepen our connection to the All.

If you have lost your center  
and no longer know what really matters,  
return to the Lake.  
The Lake's coolness revives your senses.  
The Lake's motion activates direction and focus.  
The Lake's shimmering waters encourage a new beginning.  
The Lake's sandy bottom absorbs your pain.  
Return to the Lake.  
Find your peace and be blessed!

