

# Northwest Region Uniteen Summer Camp

## Journey Ritual: The One

Created by Mark Stanton Welch

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### COUNSELOR RESOURCE PAGE

*Essentially, you will go to five stations here at the classrooms and then together we shall move to the Blue Room for the final gift. As a family you will speak the Transition Statement for all enroute from the circle of trees starting point. In the classroom, based on the sequence below, simply choose the number of the gift that corresponds with the room you are in. Speak aloud your part as counselors (guides) and then speak with the travelers (family members) the incantation to "seal the deal". Encourage cooperation and focus however you see fit. Return to the Transition Statement and speak it together as you all return to the Circle of Trees to start the next round. Upon completion of the five we shall leave from the circle of trees for the Blue Room, singing the song: The One, as a camp unit the whole way there.*

### SEQUENCE OF GIFTS

1. ST HELEN'S CLASSROOM (SPONTANEITY) USE outside entrance
2. FORESTRY CLASSROOM (HONOR) USE outside entrance
3. MAMMAL CLASSROOM (ENTHUSIASM) go around front and use inside entrance
4. WILDLIFE CLASSROOM (BRAVERY) go around front and use inside entrance
5. OUTSIDE TREE CIRCLE (CELEBRATE/FLOW)
6. BLUE ROOM (ALL TOGETHER) (TRUST)

RED 1, 2, 3, 4, 5

GREEN 2, 3, 4, 5, 1

YELLOW 3, 4, 5, 1, 2

BLUE 4, 5, 1, 2, 3

PURPLE 5, 1, 2, 3, 4

### **Transition Statement for all (spoken by all as your family moves to the next sacred spot)**

*"All Kingdoms united on Earth's unique plane  
Serving the Source in our own perfect way  
Together we flow in a River of Light  
Supporting each other to stay so aligned  
That each in their power express their great Truth  
A sweet dance of Oneness each moment renewed*

*In the One thus I AM*

*In the One I Am Me*

*In the One all together  
As Pure Energy”*

**Gift One: The Earth (to be completed in Mt. St Helens Room)**

*“As solid foundation the rocks and the Earth  
A wellspring of Power bequeathed upon birth  
To know our connection and use it with ease  
Will feed us and ground us to Source energy  
So, call upon minerals, rocks, and the land  
For support, for balance in all life’s demands  
And, lest you forget, in The One we all live  
Your Love and your Gratitude to Earth you must give”*

**Response (spoken together by all in unison)**

*“To the Earth I give  
From the Earth I receive  
This Love and Support I accept and feed  
One of six gifts straight from the Source  
To guide me serve me on my course  
The Earth and I are One, The Earth and I are One  
And so it is! Huzzah! Huzzah! Huzzah!*

**Transition Statement for all (spoken by all as your family moves back to the sacred circle of trees)**

*“All Kingdoms united on Earth’s unique plane  
Serving the Source in our own perfect way  
Together we flow in a River of Light  
Supporting each other to stay so aligned  
That each is their power express their great Truth  
A sweet dance of Oneness each moment renewed*

*In the One thus I AM  
In the One I Am Me  
In the One all together  
As Pure Energy”*

**Gift Two: The Plants (to be completed in the Forest Room)  
(Spoken by counselors)**

*“In endless expression the Kingdom of Plants  
In color and beauty they sway and they dance*

*They feed us and heal us within and without  
They nourish our Spirits and call from the Now  
So, reach to the leaves and the root and the stem  
And thank them for service again and again  
Use them, reseed them, make sure they get sun  
Talk to them, sing to them, affirm We Are One”*

**Response (*spoken together by all in unison*)**

*“To the Plants I give  
From the Plants I receive  
This Love and Support I accept and feed  
One of six gifts straight from the Source  
To guide me serve me on my course  
The Plants and I are One, The Plants and I are One  
And so it is! Huzzah! Huzzah! Huzzah!*

**Transition Statement for all (*spoken by all as your family moves back to the sacred circle of trees*)**

*“All Kingdoms united on Earth’s unique plane  
Serving the Source in our own perfect way  
Together we flow in a River of Light  
Supporting each other to stay so aligned  
That each is their power express their great Truth  
A sweet dance of Oneness each moment renewed*

*In the One thus I AM  
In the One I Am Me  
In the One all together  
As Pure Energy”*

**Gift Three: The Animals (*to be completed in the Mammal Room*)**

**(*Spoken by counselors*)**

*“On Earth and in water and air they do thrive  
The Animal Kingdom they closely align  
To humans as nourishment, companion. And friend  
They teach us, remind us, it’s Love we must tend  
They bring us the message of Spiritual Realms  
They open our hearts and they help us get well  
Be grateful, do tell them, remind of The One  
Do serve one another in play and in fun”*

**Response (*spoken together by all in unison*)**

*"To the Animals I give  
From the Animals I receive  
This Love and Support I accept and feed  
One of six gifts straight from the Source  
To guide me serve me on my course  
The Animals and I are One, The Animals and I are One  
And so it is! Huzzah! Huzzah! Huzzah!"*

**Transition Statement for all (*spoken by all as your family moves back to the sacred circle of trees*)**

*"All Kingdoms united on Earth's unique plane  
Serving the Source in our own perfect way  
Together we flow in a River of Light  
Supporting each other to stay so aligned  
That each is their power express their great Truth  
A sweet dance of Oneness each moment renewed*

*In the One thus I AM  
In the One I Am Me  
In the One all together  
As Pure Energy"*

**Gift Four: The Etherics (*to be completed in the Wildlife Room*)**

**(*Spoken by counselors*)**

*"From realms Universal from places unseen  
Come guides and the teachers, the Etheric Beings  
They help us get clear through the wisdom of Light  
Support us, protect us, through day and through night  
So, call to them, speak to them, listen as well  
Interact freely and do what they tell  
With Gratitude always, to The One, do affirm  
Celebrate angels, they carry The Word"*

**Response (*spoken together by all in unison*)**

*"To the Etherics I give  
From the Etherics I receive  
This Love and Support I accept and feed  
One of six gifts straight from the Source  
To guide me serve me on my course  
The Etherics and I are One, The Etherics and I are One  
And so it is! Huzzah! Huzzah! Huzzah!"*

Transition Statement for all *(spoken by all as your family moves back to the sacred circle of trees)*

*"All Kingdoms united on Earth's unique plane  
Serving the Source in our own perfect way  
Together we flow in a River of Light  
Supporting each other to stay so aligned  
That each is their power express their great Truth  
A sweet dance of Oneness each moment renewed*

*In the One thus I AM  
In the One I Am Me  
In the One all together  
As Pure Energy"*

**Gift Five: The Humans** *(to be completed in the outside circle of trees behind the classrooms)*  
*(Spoken by counselors)*

*"As friend, and as partner, as family, too  
The humans they weave in, reflecting our Truth  
For relationship tells us the health there inside  
That manifests clearly in the forms of our life  
So, treasure the mirror that each one provides  
And show up for all that you find at your side  
Let Love be the salve that heals and delights  
And, dance in the One as you serve each Pure Light"*

Response *(spoken together by all in unison)*

*"To the Humans I give  
From the Humans I receive  
This Love and Support I accept and feed  
One of six gifts straight from the Source  
To guide me serve me on my course  
The Humans and I are One, The Humans and I are One  
And so it is! Huzzah! Huzzah! Huzzah!*

Transition Statement for all *(spoken by all as your family moves back to the sacred circle of trees)*

*"All Kingdoms united on Earth's unique plane  
Serving the Source in our own perfect way  
Together we flow in a River of Light  
Supporting each other to stay so aligned*

*That each is their power express their great Truth  
A sweet dance of Oneness each moment renewed*

*In the One thus I AM  
In the One I Am Me  
In the One all together  
As Pure Energy”*

***(All walk to the blue room singing the theme song started under the trees. Stay with your family and refrain from entering the blue room. Keep singing the song until further instructions at the door)***

**Song: The One**

There is The One It is Everything  
Here in The One All Life flows  
And in The One I find the Me I Am  
For in The One I Am Whole I Am Whole

One One One One One One everything is One (2x)

***(Counselors: At the Blue Room you shall wait with your family outside the door to be let in. Let the continued repetition of the song be the vehicle of focus. All families and voices will be singing. Each group will be brought in in single file. They will walk the path lit by the candles to the carpeted area where there is a mystery bundle with your family name to designate where you stop to create a small family circle, holding hands in the silence. Await all families arrival, still in the silence. When all are there, the final ritual will begin. Make sure your resource page is accessible. At the signal, all separate hands and stand in their own frequency)***

**Gift Six: The SELF (to be completed in the Blue Room)**

***(Spoken by counselors)***

*“Now here in this moment you stand with your SELF  
Reach out with your hand and with heart, yes, as well  
Now witness the Child that will always be you  
And love him, support her, in word and deed, too  
And listen for Guidance from the SELF most high  
And know that this resource, it never will die  
For SELF is the Highest and purest of guides  
There just for you, to those Words do align  
Be grateful and Loving to I AM THAT I AM  
Aligned to Your Source this life shall be Grand”*

## Response *(spoken together by all in unison)*

*“To the SELF I give From the SELF I receive  
This Love and Support I accept and feed  
One of six gifts straight from the Source  
To guide me serve me on my course  
The SELF and I are One, The SELF and I are One  
And so it is! Huzzah! Huzzah! Huzzah!”*

## Ritual of the Ring

*(counselors, speak these words as you give to each a ring necklace)*

*The ring as the circle, no beginning nor end  
Returns to itself again and again  
All that you now, or ever will need  
Is planted within you the most potent of seeds  
Let this ring remind you to nourish and feed  
The Truth of your Being in thought word and deed*

## Ritual of the Rock

*(counselors, speak these words as each reaches under the cloth to secure the talisman stone)*

*“On this precious rock there each you shall find  
A reminder of all that is there for your life  
  
Straight from the Source each resource to call  
When your journey is troubled, when you’re just feeling small  
Choose one and breathe in and speak it right out  
To you shall come answers, do not ever doubt  
Let this rock affirm just how much you are loved  
By this infinite Cosmos which you are part of”*

## Conclusion *(All counselors speak in unison)*

*“It’s time to reclaim, remember the You  
That goes on forever, unwavering Truth  
Surrender to Life and ride The Great Flow  
And know you are nurtured where e’er you go  
The One watches over, around, and all through  
Our Unity woven each moment is new*

*Accept from The Source, the Six for support  
And take the first step in your new life  
Go Forth!*

***(All families join the greater family circle of all)***

### **Song: I Can't Stop Singing**

*Everything living in this Multiverse  
Is from the One It's just the way it works  
The Kingdoms of the Earth and the animals  
Unite with humans, plants, and ethereals  
We all move together in a Cosmic Dance  
We got Choice, Free Will, and Endless Chance  
To get back home to the Who We Are  
With Love we'll find it in our Heart*

*One One One One we are One One we all are One  
One One One One  
We're One in Love and I can't stop singing 'bout*

### **Song: I Live in the Oneness**

*There's something about this feeling of Oneness  
No matter what happens I'm never alone  
It gives me the courage to stand in the moment  
For in this connection I'm always at home*

*Just knowing that everything lives in the Oneness  
Invites me to step out it calls me to go  
It's all an adventure I reach out and take it  
I live in The Oneness wherever I go*

*We're all in The One and The One is in all  
It's a unification it's Heavenly Law  
Yes, we're all in The One and The One is in all  
So, take it, believe it, never let go of it  
Claim it, breathe it, live in the flow of it  
Embrace it, be it, dwell in the soul of The One*



## **Additional Songs**

### **Everywhere I Go**

*I look around and I see me  
Everywhere I go there I Am  
It seems like Life is living me  
Every Golden Moment Is there to keep me flowing  
A gift to push me open  
To see myself, to free myself, to be myself I AM I Am*

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### **Let's Dance**

*This all may sound funny  
It may be confusing  
But we live as separate and we live as One  
As unique expressions of Infinite Presence  
In separate Oneness we form the I AM*

*So, let's dance in our beauty and make our own music  
And blend it together harmoniously  
On separate journeys let's meet in the moment  
And create in Oneness our Great Symphony*

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### **That Light Is Love**

There's not one thing in this Universe  
That's not in the Oneness hear my words  
Everything woven it's the web of life  
Tied to the Source fed by the Light  
From the rocks to the water to the leaves on trees  
To the sun and the stars that shine  
To the humans, plants, and the animals  
Everything aligns  
Tied to the Light Living in the Light  
And the Light that Light is Love

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