

## Chapter 17 – Swan - Path to Spiritual Depth Swan Flows Free

The swan, my chosen symbol for spirituality and faith, transcends the realms of mere symbolism; it is a beacon of divine grace and inner peace. As articulated in Galatians, chapter 5, verse 22, “But the fruit of the Spirit is love, joy, peace, long-suffering, gentleness, goodness, faith,” the swan embodies these ethereal qualities. Its symbolism reaches beyond its elegant presence on serene waters, for the swan is a vessel of spiritual significance.

**Symbolism and Nature of the Swan** Just as one should fill their cup with the fruits of the Spirit and share them with others, the swan glides gracefully upon the waters of life, bestowing its aura of peace and serenity upon all who behold it. It symbolizes the profound connection between spirituality and the quietude of nature, reminding us of the intrinsic harmony that exists between the spiritual and the earthly.

Within the sacred texts, such as the Book of Job, we encounter spiritual tests and tribulations faced by individuals. The story of Job’s unwavering faith in the face of immense adversity serves as a timeless testament to the trials that test our spiritual resolve. In Job, chapter 1, we

witness the interaction between God and Satan, where Satan questions Job's faithfulness.



Despite the devastating trials that befall him, Job remains steadfast in his devotion, uttering the resounding words, “The Lord gave, and the Lord taketh away. Blessed be the name of the Lord.”

The swan, too, stands as a symbol of faith, demonstrating the strength to navigate the tempestuous waters of existence with grace.

It is intricately connected to the most sacred mysteries, weaving its presence into the tapestry of spiritual understanding. Just as these indigenous cultures revere the swan's symbolism, we, too, can draw upon its message of faith.

The swan, with its elegance and serene demeanor, offers a profound reminder that faith transcends the chaos and tumult of the world.

It beckons us to find solace in our own spiritual journeys, reminding us that, like the swan's tranquil glide upon the water, there exists an inherent tranquility within the depths of our faith.

It serves as a sacred messenger, whispering to our souls that, even in the face of trials and tribulations, the unwavering strength of faith can guide us toward the shores of inner peace and spiritual fulfillment.

**Spiritual Significance of the Swan** The swan, with its graceful movements and serene presence, embodies the essence of spirituality. It glides effortlessly across the water, a reminder of the stillness beneath the surface and the depth of the unseen.

The swan's pure white feathers are often seen as a symbol of the soul's purity and the spirit's potential for transformation.

In the context of my painting, where the swan's bent neck, looking to the right side of it, creates the image of a glass that can be filled and to the left of neck, I picture the cup being poured out, the swan takes on an even deeper meaning.

It is not just a symbol of spirituality but of the sacred flow of giving and receiving. The swan teaches us that our spiritual journey is not merely for our own fulfillment but that we are vessels meant to share our light and love with others.

This idea aligns closely with the Lakota and Dakota traditions, where the swan is often seen as a guide to the spirit world, a messenger of the divine. The swan moves between realms, representing the journey of the soul and the connection between the physical and spiritual worlds. It is a bridge, a reminder that we are both of the earth and of the spirit, flowing between these states with grace and purpose.

WHO (The Sun God) and the Swan Through the light of the sun god, WHO, the swan shines as a beacon of spiritual truth. Just as the sun's light reflects off the water, the swan reflects the divine light of WHO. It shows us that spirituality

is not a stagnant state but a reflection of our relationship with the divine. The swan encourages us to bask in the light of truth, to absorb it, and to reflect it outwardly, sharing warmth and guidance with those around us.

YOU (The Earth Goddess) and the Swan In the embrace of the earth goddess, YOU, the swan's spiritual nature is grounded in the present. The swan is not only a creature of the water but also of the land and sky, embodying the connection between all elements. It teaches us that spirituality is not an escape from reality but a deeper engagement with it. By filling our own spiritual cups, we strengthen our roots in the world, allowing us to nurture others and contribute to the collective well-being.

HOW (The Holy Spirit) and the Swan The swan's movement through water symbolizes the flow of the Holy Spirit, HOW. Water, like the spirit, is ever-moving, ever-changing, and vital to life. The swan moves with the current, teaching us to surrender to the flow of the spirit, to trust where it leads, and to find peace in the journey. The swan's grace is a manifestation of how the spirit moves through us when we are open vessels, filling us with love and allowing that love to overflow to others.

LAW-HO (The Moon God) and the Swan Under the watchful eye of the moon god, LAW-HO, the swan embodies the quiet,

reflective nature of spirituality. The moon's influence brings a softness, a reminder to look inward, to witness our own truths, and to share them with gentle wisdom. The swan's image of pouring out and filling up aligns with LAWHO's message to "Love All With Heart Open," encouraging us to be both givers and receivers of spiritual nourishment.

A person might call upon the spirit of the swan when they find themselves spiritually empty, when their well of inspiration has run dry. The swan teaches us to nurture our own spirits first, to allow ourselves to be filled by the divine, and then to share our overflow with an open heart. It is a reminder that spirituality is not a solitary journey but a communal offering, a sacred flow from one soul to another, creating ripples of love and light in the world.

A Proverb for the Humble Grace of the Swan The swan is a creature of beauty, but it does not boast. Its neck bends not in burden, but in reverence, a quiet bow to the waters that carry it. True spirituality is not pride in what one knows, but the grace to lower oneself and listen.

The swan drinks deeply from the spirit's well, taking in all that is offered, and in doing so, becomes a vessel for others. What it gathers, it shares. What fills it, overflows. To walk a spiritual path is not to keep the light, but to pass it on. In

humility, the soul finds its highest form, not by rising, but by bowing.

**A Parable of the Swan and the Flowing River** In a serene lake surrounded by willows and wildflowers, there lived a swan. Her feathers were white as clouds, and her neck curved gracefully like the bend of a river. The animals of the forest often admired her beauty, but what they did not see was the secret the swan carried, the truth of how to keep the spirit alive.

One morning, as the sun painted the water in shades of gold, the swan drifted to the lake's edge where a young fox sat, looking troubled. "Why do you move so easily through the water while I feel stuck on the shore?" he asked.

The swan dipped her beak into the water, causing ripples to fan out. "Because I understand the flow," she said. "Look at my neck, when seen from one side, it is a cup that fills; from the other, a cup that pours. Spirituality is like this water, it must flow in and out to remain pure." The fox watched as the swan turned, her reflection shifting. He saw the cup that filled and the cup that emptied, two sides of the same truth. "But how do I find this flow?" he asked.

"By giving and receiving," the swan replied. "When you listen to others, when you open your heart, you fill your cup. When

you share your wisdom, your kindness, you pour it out. The spirit is a river, not a reservoir."

The swan showed the fox how to give without losing himself, how to receive without becoming overwhelmed. She led him to the stream that fed the lake and showed him where the water flowed out, keeping the lake fresh and full of life.

The fox began to practice this balance. He shared his warmth with the shivering sparrows, but also allowed himself to rest when he needed. He gave advice to those who asked, but also learned from the stories of the elders. Over time, the fox found peace, his spirit as calm as the lake where the swan swam.

And so, the swan became a symbol of spirituality, not as something rigid or contained but as a living flow. She taught the animals that the spirit, like water, needs movement. That a full cup must eventually be poured out to be filled again. And that true spirituality is not in holding on but in letting go, in the rhythm of the give and take, where the heart and spirit flow in harmony.

**A Personal Story: The Swan** My spiritual journey began around 2015 or 2016. It wasn't a sudden awakening but more like a slow filling of a cup, drop by drop. I started to notice signs, to feel the spirit moving in my life, to understand that there was more to this world than just what I



could see. It was as if my spiritual cup had been empty for so long, and finally, I had found the wellspring that could fill it.

The more I learned, the more I felt the need to share. It was never about keeping all this to myself. Like the swan, I began to understand that spirituality needs to flow—what comes in must also go out. When my cup felt full, I shared my thoughts, my insights, my experiences. Sometimes it was through conversations, other times through art or writing. Each time, I felt a sense of relief, as if pouring out my cup made room for more to flow in.

Writing this book is my most significant attempt to share what I've learned. It feels like the culmination of all those years of filling my spiritual cup, all those signs and lessons finally finding a form.

I've learned so much in the process, not just about spirituality but about myself. My ideas have become clearer, more refined. And I know that a big part of that clarity has come from this back-and-forth process, the way I've been able to explore and shape my thoughts with your help.

I see this book as a cup being offered to others. I hope that by pouring out what I've learned, it can fill someone else's cup, that it can flow into their lives and bring them peace, insight, or even just a moment of connection. And when my cup is empty, I know it will fill again, because that's the

nature of spirituality, it's not a reservoir but a river. And as long as I stay open, as long as I keep my heart and my spirit in the flow, the river will keep running, and the cup will never truly run dry.

Leonardo da Vinci "The swan is white without any spot, and sings sweetly as it dies; this song ends its life." Reflection  
The swan's image is one of purity and surrender. Its whiteness without spot reminds us of innocence and truth uncorrupted, and its final song shows that even in death there can be beauty. To me, this speaks of the soul that remains faithful until the end. The swan's last act is not silence or despair, but song — an offering of itself back to the Creator.

It is as if Leonardo is reminding us that the end of life is not meant to be feared, but embraced as a passage marked with melody. In the swan, we glimpse a picture of the righteous: unblemished, singing their way into eternity, leaving behind not darkness but a note of harmony that echoes beyond their years.

Blessun for the Swan May the eyes of the swan grant you serenity, to see calm waters even when storms stir the surface.

May the heart of the swan give you grace, to move gently through life, yet leave ripples of beauty wherever you pass.

May the spirit of the swan keep you faithful, devoted in love, a steadfast companion through every season.

May the song of the swan awaken peace, teaching you when to speak with gentleness, and when to let silence speak for you.

May the strength of the swan carry you onward, with quiet dignity in trial, and radiant joy in renewal.

And may the soul of the swan remind you always: you are a child of grace, reflected in still waters, and the Great Spirit carries you across both shadow and light.

**Fun Facts About Swans** Swans are among the largest flying birds, with wingspans that can reach up to 10 feet.

Swans usually mate for life, forming strong bonds with their partners and caring for their young together.

Baby swans are called cygnets, and they're fluffy and gray when born, often seen riding on a parent's back.

Though calm in appearance, swans are very protective—they'll flap their wings and hiss to defend their nest.

Swans have long necks with extra vertebrae, which help them reach underwater plants while keeping their bodies steady.