



Picking Up the Pieces

Brenda MacIntyre
Medicine Song Woman

Living Past the Limits © 2018 Brenda MacIntyre

Living past the limits, past the limits, past
the limits of the world that we can see
Living past the limits, past the limits, past
the limits of this reality

Many seeds were planted by our
ancestors
To nourish humanity
We were meant to take care of each other
Live our lives in harmony

Everywhere I go
I see so many possibilities
Deep down you know
We can override our history

CHORUS

Living past the limits, past the limits, past
the limits of the world that we can see
Living past the limits, past the limits, past
the limits of this reality
Washmi mno-bmawdzin shween e
wawbdamon
Washmi ndi kotawmgwawndom
Washmi mno-bmawdzin shween e
wawbdamon
Waashmi ndi kotawmgwawndom

You can return..... PAUSE
To the sacred fire of creativity
Just a little bit of patience and time
To get to the love that's underneath

Don't give up on life
No matter how many tears you cry
Might feel like the darkness of night
But together we can find the Light

Waashme mno-bmaadzin shwiin e
waabdamon
Waashme ndi kotaamgwaandom
Ndi gtomgwaandaamin ezhkitooyang
Niinwind omaa eyaayaang
Noondan gde
Wyeshmoontoon naagdaa...wendmowin
Giin ge bmaadziyin
Gdi gzhiwaaskonwe omaa kiing
Ndi waabdon waaskonweyin pii
dkokmiiyin kojiing yaayin
Ndi kendaan zhjaayaknamon gde
Mii maa pii geget bmaadziyin
Gdi miigwe omaa kiing
Gdi wiindmon - gi mno bimaadziyin
Way heya



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The Story

This song came through on December 30th, during our Christmas break in the midst of the murder trial. I never in a million years thought I'd be sitting in a courtroom with the two individuals accused of murdering my son but that's where I found myself, from my birthday in 2018 all the way to June 2019. The violence in the world today is a symptom of the world as we know it falling apart.

Many people feel confused about what to do, the systems are breaking down, war and political greed are front and centre, and so we truly are already living past the limits. We kind of have no choice, but what we do have choice in is how often we are living within our perceived limitations and how often we go beyond whatever we thought was our personal "edge." Living past the limits grows our resiliency, which can curb the impact of grief on us. It also puts you in the space of expansion.

Grief comes with its own edge and can often stretch you far past the limits you thought you had, so no need to push even further. Be easy and gentle with yourself if you're grieving. Know that you're already living past the limits and remember to allow the medicine of expansion. When I talk about "living past the limits of the world that we can see" and "of this reality," I'm talking about the Spirit World, other dimensions and lifetimes or parallel lives. I'm also talking about going past the limitations we tend to place on ourselves as human beings, but again, with grief, go easy on yourself. You're already stretched past your limits.

It can feel so healing to connect with your loved ones via spiritual means, like having a session or reading with a medium or intuitive. If you want a healing/reading session with me, get in touch via Brenda@BrendaMacIntyre.com. Every now and then I open up my calendar for a handful of private sessions or run small virtual groups.



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The Teaching

The planet clearly is shifting, and so are we. There is a blanket of confusion over us and at the same time equal access to total clarity.

When we can admit that we don't know what to do, we open the portal to our deep inner knowing, our intuition and higher guidance. As long as you think you have all the answers, the unlimited possibilities for what could happen next are cut off.

If you're grieving, you have an even deeper opportunity, as painful as it is, to be present with the "I don't know" and just be in it. The only other option is denial, which is part of the grieving process anyway, but if you can allow yourself to not know, to relinquish control over the uncontrollable, you're giving yourself a gift. I don't know what will happen next. I don't know why this happened. I don't know what to do. I don't know how to live my life now. All of those have been true for me many times over on this grief journey. And from those experiences I have received many knowings and made some really powerful decisions, like making this album.

So, what if you didn't have to know what comes next?

The truth is, you don't have to know... until you're on the cusp of a next step. If you are, you will be shown what to do or say next. You might still not know the outcome – we really never can because so many factors outside of ourselves could come into play – but you know all you need to know to take that next step. In fact, even if you have no clue whatsoever what to do next, if you just sit with that not-knowing, the next step will show up. Maybe it's just to sit there and breathe. Maybe you'll be inspired to create something. But you won't know until you allow the not-knowing.



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TRY THIS: I have a whole chapter on “I don’t know” in the book I’m writing (not this one), but for now, just let yourself not know what to do or say. Sit with that experience for at least 5 minutes and see what pops up. Don’t worry if your mind wanders. That’s just part of the process and could be how your next steps are revealed.

Final thoughts: Life can feel like a series of tough choices, but it’s really a series of possibilities. You can unlock the possibilities by being in the not-knowing.

The only way through “I don’t know” is to allow it to exist and to be present with it.

Deep down you know that your history does not have to define you. You’re in this present moment right now. What can you do differently to create lasting positive change in your life?

It’s what we do with what we’re given that really matters.

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ABOUT BRENDA MACINTYRE

Recently featured on the front page of the Toronto Star, Brenda MacIntyre, known by her indigenous name Medicine Song Woman, is a Goose Bump Giving Singer and Author of the *Medicine Song Oracle Cards™*.

In Memory of Brenda MacIntyre's son Quinn Taylor, her upcoming album features music inspired by Quinn's trap music as well as Brenda's 30+ year music career. The songs on this album span **reggae, hip hop** and **indigenous hand drum singing**, with Brenda's usual soulful vocal flavour and a hint of funk and R&B.



By the age of 20 the Toronto artist was on **Top 40 Radio in Miami**, in spite of the sudden death of both of her parents. As her music career flourished, her personal life fell apart, leading her to a Navajo medicine woman who helped her to grieve and recognized her as a healer. Since then, Brenda's speaking and singing have helped thousands of women around the world to heal and find their voice. In 2016, Brenda's son was murdered and now she speaks and sings to create awareness and healing for people affected by grief, chronic pain, identity loss and trauma.

The **Juno** Award-winning singer has shared her magic, leadership and soul on national TV channels such as **MuchMusic, CTV, APTN** and **Global** and for appreciative audiences of 30 to 3,000. Her music has been featured on **CBC Radio** and hundreds of other radio stations, garnering top ten status multiple times.

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