

WNMC Spiritual Practices – Session 3
with Miriam Frey and Ralph Brubacher
April 2020

Connecting with Nature

Thank You for This Day

Thank you for this day	I open myself to new relationships
For all that is around me	I know I am not alone
For Earth beneath my feet	I will be close to Earth
And Sky above my head	I will be close to myself and to You
For all that I am experiencing	Thank you for this day

- adapted from an Alexandra Kotvats version

“All My Relations” Guided Meditation

Join in a guided meditation that considers our relationship to all of nature. Find a place where you can see nature (at a window or on your balcony or porch). If you do not have access to the outdoors, then join in imagining that you are sitting outdoors. Find a comfortable place...

Take a few deep breaths to settle yourself... let go of the day's activities and feel your breath enter and exit your lungs... You are safe here and now...

In nature before you, or in your imagination, notice if there is a breeze moving through shrubs and trees... notice how the light falls on the land at this time of day... Expand your awareness to other beings... how do the birds communicate with one another? How do the trees communicate with one another? How do the birds or squirrels relate to the tree?... How does nature speak to you of growth, of acceptance, of respect, of beauty, and of God's love?

Expand your awareness now to include yourself. Be aware of how your presence connects with other creatures... is there a bird or an insect watching you? Is there a squirrel or a tree watching you? If there is, simply greet it with curiosity...

There is a real symphony of relationships going on. We are all connected... the earth, the animals, the trees, the birds, the insects, God and you... End this meditation by giving thanks for this mutually beneficial relationship... We are One!

Additional Resources:

Job 12:7-8 But ask the animals and they will teach you; the birds of the air and they will tell you; ask the plants of the earth and they will teach you; and the fish of the sea will declare to you.

Jeremiah 17:7-8 Blessed are those who trust in the Lord, whose trust is the Lord. They shall be like a tree planted by the water, sending out its roots by the stream. It shall not fear when heat comes, and its leaves shall stay green; in the year of drought it is not anxious, and it does not cease to bear fruit.

Sing the Story #116 - YouTube “Tree Song” <https://www.youtube.com/watch?v=Z6vFWmLXl3g>

Serenity Prayer – God, grant me the serenity to accept the things I cannot change,
the courage to change what I can, and the wisdom to know the difference.

Blue Hymnal #366 – Grant us wisdom, grant us courage, for the living of these days.