

Spiritual Practices
Nurturing Awareness Outside
October 9, 2020

A walking prayer

When you are outside, find a safe place to stop.

Try a **5-finger exercise** :

- find 5 things you can see around you
- find 4 things you can hear around you
- find 3 things you can feel
- find 2 things you can smell
- find 1 thing you can taste (without putting anything new in your mouth)

Consider how you feel about the things you noticed. Were they all appealing? Was anything you saw or smelled or felt distasteful? Creation is full of many things -- do you notice them all or are you drawn to things of beauty? Are you missing things that are "right under your nose"? Ponder this as you continue walking.

a doorway into thanks

Praying

It doesn't have to be
the blue iris, it could be
weeds in a vacant lot, or a few
small stones; just
pay attention, then patch
a few words together and don't try
to make them elaborate, this isn't
a contest but the doorway
into thanks, and a silence in which
another voice may speak.

- Mary Oliver

