

2 OPEN, ATTENTIVE AND AWARE

Cultivate an open, attentive and receptive attitude in order to enter into transformative, mystical encounters.

Creator God by Margaret Rizza

In the darkness of the still night
In the dawning of the daylight
In the mystery of creation
Creator God, You are there

In the homeless and the hungry
In the broken and the lonely
In the grieving of Your people
Creator God, You are there

In the breath of every being
In the birthing and the growing
In the earth and all its fullness
Creator God, You are there

In the tears and in the heartache
In the love through which we serve You
In the anguish of the dying
Creator God, You are there

In the darkness of the still night
In the dawning of the daylight
In the mystery of creation
Creator God, You are there

In our hearts and in our thinking
In the longing and the dreaming
In the yearning of our heartbeat
Creator God, You are there

In the breath of every being
In the birthing and the growing
In the earth and all its fullness
Creator God, You are there

https://www.youtube.com/watch?reload=9&v=aVgaLPco_Tg

Key Concepts

Ecospirituality is

- Cosmic in Scope: connecting Spirit with all of Life
- Attentive to the sacred inner dimensions of nature; “the finite bears the infinite”
- Open to transformative, mystical encounters with nature; involves awe and wonder
- Motivated for justice for the whole Earth community

Encounter is facilitated by

- cultivation of virtue,
- immersion in sacred place; “The where is as determinative as the how”,
- formation of a sacramental mindset, nature providing guidance about how to think of the presence and activity of the Spirit of God in the natural world, a presence which loves, pervades and vivifies, while remaining transcendent, incomprehensible Mystery.

Discussion : Do you have a regular spiritual practice of immersion in nature?

RESOURCES FOR PRINCIPLE 2

1 Meditative Walk to Appreciate Nature



An exercise which can be done during the day or night...

When I am aware of life within and around me, I'm being mindful of this present moment. Nature often provides sensations within my mind and body. Take a moment to appreciate the incredible beauty, simplicity and complexity of nature. We cannot *do* nature, we can only *be* present.

It is during transient moments of wonder when we are in tune with nature that we get a glimpse of all life. In all its complexity, it is beyond the scope of our understanding. Savour every moment of wonder, with the feeling of complete calm and peacefulness it brings...

Go outside and look up at the sky/the stars, savour the beauty of light and dark. Reflect on the huge dome above, the mystery it contains and the awesome vastness...

BEGIN TO WALK SLOWLY, MINDFULLY:

- ❖ **See:** Observe my surroundings. Notice the colours, shapes and textures. Look closely, is there something I've never noticed before? Watch the gently swaying grass; look at the autumn leaves rustling in the breeze, notice the birds / insects.

- ❖ **Listen:** Take note of the sounds around me. Some may be internal, like breathing or digesting. Others could be more distant like the sound of children playing, flowing water, birdsong or traffic. Are there any sounds I didn't notice before?
- ❖ **Smell:** Gently breathe in and out and begin to notice the smells around me. Can I identify the smell of specific trees, plants or flowers? Perhaps I can smell the ocean, or traffic fumes or food. If I close my eyes is my sense of smell stronger?
- ❖ **Taste:** This is possible even when not eating. Am I conscious of an aftertaste from a drink or a meal? Feel my tongue, let it touch my mouth and teeth and be aware of saliva. When next eating, remember to identify and savour the different tastes.
- ❖ **Touch:** Pay attention to different sensations, like the gentle touch of sun or wind on my skin. Become conscious of the warmth or coolness on my face and hands. Feel the contact with my clothes and with the ground. Notice different textures.

2 Poem extract from *Hurrahing in Harvest*

I walk, I lift up, I lift up heart, eyes,
Down all that glory in the heavens to glean our Saviour;
And, éyes, héart, what looks, what lips yet gave you a
Rapturous love's greeting of realer, of rounder replies?
And the azurous hung hills are his world-wielding shoulder
Majestic—as a stallion stalwart, very-violet-sweet!—
These things, these things were here and but the beholder
Wanting; which two when they once meet,
The heart rears wings bold and bolder
And hurls for him, O half hurls earth for him off under his feet.

Gerard Manly Hopkins

