

Discovering Spirituality In Nature
October Online Practices – Letting Go

Haiku by Nancy Sullivan Murray:

October's daughter

Balances polarities

Burning Leaves and Frost

Poem by Lucille Clifton:

the leaves believe
such letting go is love
such love is faith
such faith is grace
such grace is god
I agree with the leaves

Home Practice:

Big Picture Exercise: Look out an East facing window when you awake, at least once a week on the same day. Notice where the Sun is in the sky or on the horizon. Practice noticing the changes you see unfolding. What are your reactions? Do they change throughout the month?

Up Close Exercise: Select a plant or tree you can access easily. What tells you this is a living being? From day to day (or as often as practicable) notice when and how this being is letting go of growth and preparing to transition into rest.

Exploring Practice:

Where: When you are out hiking, etc., stop at a place that draws your interest.

Set a Boundary: Commit to resting in this place for a definite time period (it may help to set the timer on your phone).

Opening: Create sacred space by reading a haiku, a poem or do something else that resonates with you.

The Practice. As you gaze in one direction, slow “blur” your eyes so that you are seeing just shapes and color. Gaze in this direction for several minutes, just feeling the textures of this landscape. When you are ready return to ordinary vision, turn two steps, starting to circle to your right, and again blur your eyes. Gaze in this direction for several minutes. Repeat these steps until you have come around full circle. How did removing details change your experience?

Closing: Offer thanks or gratitude for what it is. Take several deep breaths as you prepare to leave sacred space.