

Homework

Reflections Initiations by the Elements, Part II

Class 3: The Language of Fire and Earth

Opening prayer:

I have not really thought of Nature trying to communicate with me. I have always thought of myself as the observer, as the conscious one walking through the forest or the park. I have never really stopped to think, “Is that tree observing me?” or “Does the grass feel the weight of my body as I mindlessly walk upon it while it constantly grows like a standing army of tiny green waterless reeds. I marvel at all the many thoughts I have not had before – countless, endless. But one magnificent new insight seems to open a lens into a new universe: What if Nature is looking at me, sensing my energy as I walk across the snow or run home through a down-pouring of rain? Perhaps Mother Nature senses all of us as we walk through the invisible atmosphere of air – her breath – gliding through her energy field without realizing we are traveling through her energy field. Perhaps she feels our heartbeat and senses our temperature, our moods – whether we are musing about something wondrous or dwelling on something negative. And then do our vibrations blend into her breath and travel through her air field, mixing with energies of all life? How can it be otherwise? Lord, I have been so blind. I have never seen what is so obvious now. I have been living in Mother Nature’s breathing space, in her intimate energy field, all my life. How could she not sense my life when I see hers everywhere I look? And I rely on her to survive. All it takes is one new portal, one new understanding and all the world changes. I am always astounded, Lord, at how one truth can reshape the whole of my life, the entire way I understand life and Nature, in a second. Hover over me, Lord. With every passing day, I become more awestruck by the perfection of creation. Amen.

Your practice for the week

Continuing last week’s theme of keeping in balance, ask yourself:

- How mindful are you of your own psychic fire?
- Can you consciously transfer calm energy to another person or situation?
- What do you grow in your psychic soil?
- Is your energy field composed of healthy soil?
- How do you consciously empty your own psychic trash?
- Do you make choices that maintain or disrupt your balance?

Meditation

I am participating in the co-creating of events, with all my creative energy, with the whole of my life force. I am part of one huge soul unit. I am one with events around me.

Closing prayer:

Lord, help me to stay mindful of my relationship with nature – with all of life. Sometimes I think this is a fulltime effort and I just can’t do it. I can’t be mindful of all of life all the time and all of my thoughts. I am not that conscious and I’m not sure I have the energy to be that conscious. But I do ask that I grow in awareness that all life is interconnected, that my thoughts and

feelings pour into the breath of Mother Nature and finally, that I do my best to do no harm to others. If I can achieve that, Lord, I will rest easy – at least for a while. Hover over me, Lord. Pour grace upon the Earth that is rising in fire and rage, turmoil and chaos. Grant us fortitude to act with courage in these times of great change upon our Mother Earth. Amen”