

## Daily Spiritual Practice: Wednesday, July 8: *Live, Love, Share...As One*



### THE LABYRINTH AND WALKING IN NATURE

#### PURPOSE:

To help people become aware of God's presence through being attentive to nature as a revelation of God.

#### PROCESS:

Meister Eckhart (ca. 1260–ca. 1328) said, *"Every creature is a word of God and a book about God."*

The natural world is a revelation of God. Through nature, God can calm, quiet, and heal us. It is a good place to discern God's presence and wisdom. Choose a time and place to walk in a quiet natural setting. Let go of any discernment questions during your walk. Turn your questions over to God and trust God to be in and around you as you walk. Ask God to give you eyes to see and ears to hear signs of God. Begin walking with reverence and gratitude. Stop and spend time if a plant, leaf, insect, flower, cloud, tree, animal, bird, stone, or pool of water draws your attention. Touch, smell, look, and listen. See if it has something to teach you. How does this natural object make you more aware of God and yourself? What insights come to you? How does all that is around you attune you to the oneness of creation?

If you would like, spend time walking the labyrinth on the grounds. There are instructions at the entrance of the labyrinth.