

ECO-SPIRITUAL PRACTICE

Be Still and Know



Psalm 46:10

Be still and know that I am God. I am exalted among the nations, I am exalted in the earth.

Invitation

Set aside at least an hour of time for yourself to spend outdoors somewhere where you can be still and comfortable.

Allow this to be a time when you are not trying to multitask. Don't listen to music or podcasts, don't think about taking photos, don't worry about trying to get in steps or exercise. This is a time to be present in the moment to the Divine Presence.

Cross a Threshold

When you are ready to begin your practice, find a natural threshold you can cross - it might be stepping over a log, crossing a bridge, walking between two trees, passing through a gate – any sort of threshold that will mark a transition into sacred space and time.

Once you have found your threshold, take a deep breath, and set your intention to pay attention to God's presence here in this place. Step through the threshold and walk slowly and mindfully. Notice what draws your attention, and look for a place that feels inviting or alluring – that invites you to stay and linger.

Be Still

Spend time in this place. Make yourself comfortable and still your body and mind. Know that you are on holy ground, and that God is present with you, within you, and all around you. Revel in this place, in the peace of this moment, in knowing and being known by God. That is enough.

Return

When you feel ready, offer thanks in some way to both God and to this place. A silent prayer, a bow, a touch – whatever kind of gesture of gratitude that feels sincere.

Make your way back to your threshold and cross back over, marking an end to this spiritual practice.