

CONNECTING WITH NATURE:

SEEING THE DIVINE REFLECTED IN ALL LIFE

TODAY'S CHALLENGE

Today's challenge is to find a place in nature – if not out in the wilds, in a park, beside a tree on a street corner, or sitting with a house-plant – and to spend a little time with another living thing. The prayer below is a slightly extended form of the form of words that I use in the video, which you might like to use in forming your prayer.

Remember, just replace the words "The Divine" with "God", "Great Spirit", "Source", "Universe", or whatever is meaningful for you.

Remember to offer encouragement / comment on Facebook posts added by others (not necessarily for today's challenge).

Clive x

PRAYER TO A NATURAL HOST AND TO THE GOD WHO IS ALL AROUND

O [tree, plant, bush, flower, ant, bird...], I see The Divine in You.
You are beautiful.
Allow me to enjoy your presence.
May you be gifted with all that you need.
Thank you.
Bless you.

Really try to mean these words as you speak to the [tree, etc...]. Spend time just being with your beautiful friend.

MY HEART SOARS

Chief Dan George's wonderful poem, *My Heart Soars*, can be found online at:
<http://www.jccsskc.edu.hk/english/poem/F2poem/poem19.htm>.