**“Our Biosphere, Ourselves”**

**A guided meditation to remember who we are**

**EcoFaith Institute, 2017**

*Have your journal and pen, water and grapes easily accessible.*

This morning we begin with our first practice: Accessing Spiritual Power: Consciously connecting with the indwelling God to rediscover our belovedness, our God-given power, and our place within God’s evolving universe.

There are a lot of ways to access spiritual power. What are some of the ways you access spiritual power?

This morning I’m going to invite you to access spiritual power in a way that’s so simple and accessible that we often forget that God is right here, available to us, reminding us in every moment of our belovedness, our God-given power, and our place within God’s evolving universe.

This guided meditation today is one way we can access spiritual power through deep communion with God in the most basic elements within and around us – air, water, earth, fire.

Now I invite you, if you are not already doing so, to sit comfortably wherever you are, and for now, close your eyes.

# Air

Become aware of your breath. Breathing in through your nose and out through your mouth.

Breath. Spirit. Present from the begging of time. “And the Spirit of God moved over the face of the waters.” Spirit. Breath. Expand your lungs and feel them drawing the air through your nose, across the back of your throat, down your trachea into your expanding lungs, soaking in the oxygen. Feel also the contraction of your lungs releasing the carbon dioxide up and out over your tongue, past your teeth, through your lips, into the atmosphere ready to nourish the plants, who will in their own way breathe in the carbon dioxide, and breathe out oxygen so it is available to nourish you. Consider that with each breath, with each breath in and each breath out, you are participating in the mutual nourishing of the life of biosphere. Consider that the oxygen you are breathing right now is no different than the oxygen Jesus breathed in his 40 days in the wilderness. Consider that with every breath, you, like Jesus, are breathing the breath of God. With every breath. Every breath.

Take a moment now to come to know this breath.

# Water

“And the Spirit of God moved over the face of the waters.”

Remaining aware of the breath, now open yourself to water. Reaching forward to hold the glass of water in your hands, and without drinking it yet, simply become aware of water. Consider that *it came from a well drawing water from deep in the earth directly below us.* Consider how it has to come to you.

Water – sacred as it buoys the fetus in its mother’s womb; sacred as it flows over the body of the newly baptized; sacred as it covers three quarters of the earth’s surface; sacred as it is drawn up from the earth and falls down from the sky to nourish all living beings; sacred as it makes up 70% of your body. Water.

Bringing the glass to your lips, take a moment now to come to know this water.

# Earth

“And God said, ‘Let the waters under the sky be gathered together into one place, and let the dry land appear.’” And out of the earth come all living things.

Remaining in the presence of the breath and aware of the water, open yourself now to the fruit of the earth. Reaching forward to hold the grapes without eating them yet, simply become aware of the fruit in your hands. Consider where they came from, how they have come to you.

Notice what they feel like. Notice what they smell like. Notice the colors, shapes, textures, even of the stems, once the umbilical cords to bear all nutrients from the soil to grow and give birth to the luscious, gorgeous fruit in your hands - fruit that gives its life to give us life. Grapes, just like those that become our juice or wine and the blood of Christ in the sacrament of communion. This fruit that will go back to the earth - just as we will - to nourish new life.

Now take and eat. And come to know this fruit of the earth.

# Fire

Now, with your eyes closed, and aware of the breath, the water, the earth that have in the past few minutes begun to become you, find your pulse or your heartbeat – either on your wrist or on your neck, or directly on your heart. Wherever you can feel it strongly. This is fire. Pure energy. Just as the energy from the sun animates all life and ignites chemical reactions that enable the flourishing of life, this fire is also within you, igniting millions of chemical reactions that enable you to be the incarnate being that you are. Consider where this pulse came from and how it has come to be you. Consider that this pulsing rhythm also pulsed through the veins of Jesus. Consider that this pulsing rhythm is at the heart of the universe, is from the very heartbeat of God.

Feel deeply the pulse of life, and come to know this fire and this rhythm within you.

**Mystery**

And finally, take a moment to simply rest in the great Mystery alive in you and all that is. By some miracle, you are alive and aware of it: changing, becoming, evolving, growing in the fullness of time and in the power of the Divine. Rest in this one-ness, this silence, this grace-filled Mystery.

In just a moment I will invite you to open your eyes, and when you do, please find your journal and take a few minutes to jot down anything you noticed or want to remember about your experience. What was that experience of accessing spiritual power like for you?

*1-1’s: share what this experience of accessing spiritual power was like for you.*

Share in large group.

Original meditation co-created by Rev. Solveig Nilsen-Goodin and Dick Harmon for the Organizing in the Biocommons course, 2012,

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