Eco-Disciplines

Deep Creation Formation Practices
Stages of Creation Connection

**Stage 1: Inspiration**
- Psalm 145
- Way of the Heart
- Green Couch & Childhood Passions
- Mountaintop Experience

**Stage 2: Connection**
- Job 12:7-10
- Way of the Mind
- Lectio Teva & Abiding Practices
- Immersion Experience
Stages of Creation Connection

**Stage 3: Attunement**

- Matthew 6:26
- Way of the Body (Strength)
- Sense Meditation/Fox Walking
- Disturbance/Awareness Shift

**Stage 4: Communion**

- Isaiah 11:6-10
- Way of the Soul
- Hallowing (blessing)
- St. Francis Experience
Green Couch
(sit spot, forest bathing)

Anchor practice (Mark 1:35)

One spot on landscape that is your spot

Backyard, park, woods w/ wind, birdsong, running water

As often as possible, any time, as much as possible (20 min. for baseline)

Acts as your place of study with plants, tracks, etc.. tend/create space, name it
Caim

Psalm 91 - shelter, protection

Gaelic for "sanctuary," = invisible circle of protection

Marking a physical space “usually a circle” to denote the presence and protection of God. It reminds you that you are safe and loved, even in the darkest time.

Also can be a circular space i.e. labyrinth, prayer garden, green couch

Start in the East and go sunwise
Shema

Deut. 6:4-9

Expanding your senses and awareness of what is happening in present moment.

Shhh = quiet yourself

Mmmm = listen and think about what you are hearing

Ahhh = understand what you have heard
Eco-Examen

All creation reflects the beauty and blessing of God’s image. Where was I most aware of this today?

Can I identify and pinpoint how I made a conscious effort to connect with God’s creation during this day?

What challenges or joys do I experience as I recall my connection with creation?

How can I repair breaks in my relationship with creation, in my unspoken sense of superiority?

As I imagine tomorrow, I ask for the grace to see the Incarnate Christ in the dynamic interconnectedness of all Creation.
A Core Discipline

Threshold - recognizing passage into sacred space

Caim - encircle the space praying a blessing for protection and sacred time

Shema - Ground w/ the earth and remember/breathe Shema

Prayer Beads - walk in sacred manner the rounds and pray

Reading & Journaling - scripture, journaling, song
Resources:

A Field Guide to Nature as Spiritual Practice by Steven Chase

Forest Church: A Field Guide to a Spiritual Connection with Nature by Bruce Stanley

The Soul’s Slow Ripening by Christine Valters Paintner

Holy Ground by Deborah K. Cronin

Spirit in Nature: Teaching Judaism & Ecology on the Trail by Biers-Ariel, Newbrun, Smart

Coyote’s Guide to Connecting with Nature by Young, Haas, McGown

Questions about these eco-disciplines can be sent to ancientpaths.os@gmail.com