



# 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)

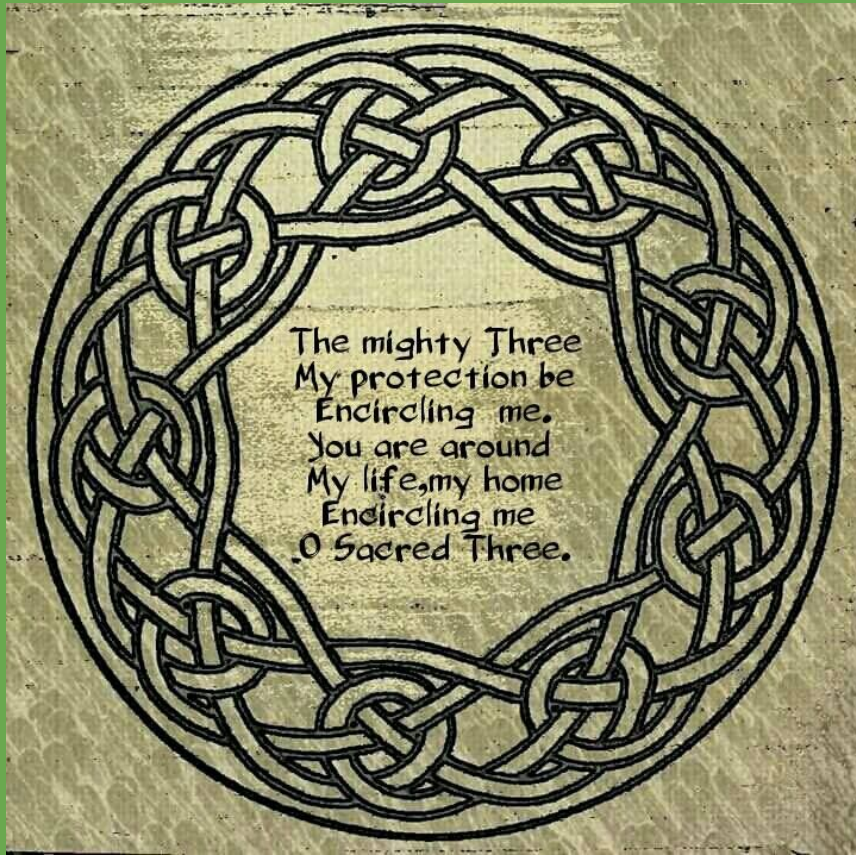
Anchor practice (Mark 1:35)

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

שמע

HEAR or LISTEN

## 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/breath 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](mailto:ancientpaths.os@gmail.com)