

# SPIRITUAL EXERCISE

## Damage to Earth

You have before you either a piece of litter you have picked up locally, or you are looking at the screen, at an image of some litter.

Over the next few minutes, we are going to let this item speak to us, and let Earth speak through it.

First, apply your senses to this object, or imagine yourself doing so.

Notice what it is made of, how it feels, any other characteristics it has.

Consider the process you think produced this object ... and what was it made for.

If this item was not removed from where it is, what would its future be?  
How will this affect its environment?

How long, do you think, was it used as intended?

How do you imagine it got to where it is now?

What was in the mind of the person who discarded it?

Reflect on how the Earth community/Nature (?) might want to speak to such a person.

Are you free of complicity in stories of litter and waste like this one?

What has Earth/Nature to say to you about this?

As we close this meditation, be aware of how this reflection on this piece of litter has affected you, now.

Iain Radvan SJ

