

# Spiritual Exercise in Nature

## *Lectio Divina with Nature*

*If creation is a visible revelation of the Divine Presence in our midst, then we might consider it worthy of prayer and contemplation. We can bring the practice of Lectio Divina - or sacred reading, where we sit with the words of scripture and listen for a word that shimmers or calls to us, let it unfold in our imagination, receive the invitation, and then bask in silence - to this other “book” of revelation available to us.*

*Make time for a slow and contemplative walk in nature. Listen for a word nature offers to you; it might be the song of a bird, the rustling of leaves, the silence of stones, or the sea drawing out on the tide. You might be reminded of a familiar phrase, or a new one may be evoked.*

*This “word” becomes a catalyst for your own inner reflection and experience, sparking memories, feelings, or images, allowing space for these to unfold. Then you open to an invitation that emerges from this prayer of listening. It is a call from Earth to a deepened awareness - to rest in silence and simply to savor it all, knowing that you are ultimately called simply to rest into being rather than doing. Perhaps you find yourself in conversation with nature and discover you are not talking to something separate but you are woven into this matrix of life.*

*Christine Valters Painter (2020) Earth, Our Original Monastery.*