

DEEPTIME NETWORK EMERGENT

*Establishing myself within the unfolding
universe*

To consciously start the day

To have a positive outlook

To become deeply connected with all of life.

To broaden my knowledge of the universe

CONTEXT: These exercises take place within a residential community I live with, my family, my congregation, the species that live in my bioregion. We are part of an evolving universe.

MATRIX: These exercises will lead to a connection with all of life e.g the meditation trail raises questions with people who visit me and thus to a discussion. Use this as a starting point to the new story. Even though we are one, within this there is diversity.

SUBJECTIVITY: These exercises move me from the subjectivity of humans to subjectivity of all of life

ACTION: A resident where I live has received a small grant from the council to set up composting here. It will be a new project of how to develop composting with older people.

1. On **waking up**: using a breathing exercise. Then spending a few minutes thinking of the wonders, I will walk with today.
2. **Walking**: I prepare for my walk by noticing how I put on my walking shoes. I focus my mind on what is ahead, a mindful walk to observe the different species
3. **Food**: I sit here pondering the food in front of me and its journey to become nourishment for my being.

To bless our food before we eat. This anchors us in being fully present and provides a regular opportunity for gratitude to be expressed and felt. Additionally, when our hearts are more open, we are more sensitive to the wisdom and healing gifts that we are ingesting.

May we receive this food as a blessing so that we can nourish that which nourishes us. To all of you that participated in this food thank you for providing nourishment for my being.

This food is the gift of the whole universe – the earth, the sky, and much hard work. May we live in a way that makes us worthy to receive it. May we transform our unskilful states of mind, especially our greed. May we take only foods that nourish and prevent illness. We accept this food so that we may realize the path of our practice.

– Thich Nhat Hanh's meal chant

4. **Connecting** with other species: I sit with the species I've chosen I spend some time silently connecting, what's arising between us in the WE space, then occasionally doing the role reversal with the other species.
5. Selecting a **book** that expands my understanding of the universe and reading it for 30minutes a day
6. Having a **quote a day** to ponder (the quote has a magnet behind it and goes on the refrigerator)

Box breathing

Hold for 4 counts

Inhale for 4 counts

Benefits of box breathing:

1. Brings balance to your mind and body
2. Regulates your natural rhythm
3. Effective in dealing with stress, anxiety and anger

Exhale for 4 counts

Hold for 4 counts

CALM YOUR BODY & MIND

2-TO-1 BREATHING

Ease anxiety, relieve stress, and calm your body and mind with this simple and powerful breathing technique.

1

Find a comfortable position either seated or lying down.

2

Inhale through your nose for a count of 4, inviting your abdomen to gently inflate as you breathe in.

3

Exhale through your nose for a count of 8, inviting your abdomen to gently fall as you breathe out.

4

Practice 3-5 rounds, breathing in for a count of 4 and breathing out for a count of 8 as one round.

5

After your last round, breathe naturally and notice how you feel.



Heart Stone

Touch the **STONE**. Close your eyes, feel and listen to your heartbeat. Remember yourself in rhythm of your heartbeat. Repeat 3 times... My name is... Accept and love (I)

Original Face

FACE YOURSELF IN THE MIRROR
Touch your face. What do you want to reveal? Look in the mirror. How do you feel? Look at the other. How do you feel? Look at the other. How do you feel? Look at the other. How do you feel?

Bowl of water

Go to the **BOWL OF WATER**. Imagine yourself taking. In the water I give myself to the community of all life. What I see with my eyes, and hear with my ears, and feel with a miracle.



acknowledge the FOUR DIRECTIONS. In your place recognize the cardinal points, the north and south, east and west. How are you doing the daily power of the 4 directions.

Bowl of Oil

Go to the **BOWL OF OIL**. Anoint yourself. Feel your spirit ascending to be for the...

Did a Stone to live, I live to and give with you

Stone Circle

Enter the **STONE CIRCLE**. Community of life to make a cloud, heat, community to accept you. Step and LISTEN.

River Stones

Use a Stone to find, learn to and carry with you.

MEDITATION TRAIL

Based on the Meditation Trail at Genesis Farm

At each station pick up the card and read it.

HEART STONE (*Interiority*)

Touch the **STONE**. Close your eyes, feel and listen to your heartbeat.

Announce yourself in rhythm of your heartbeat saying!

Behold I come..... My name is..... Accept me here. Accept me now (3)

ORIGINAL FACE FACE YOURSELF IN THE **MIRROR** (*Subjectivity*)

Touch your face. *What do you want to reveal today to the community of life?*

Look at the other faces (in your mind) the trees, other creatures..... What are they revealing?

BOWL OF WATER

Sprinkle yourself saying: *By this water I give myself to the community of all life. May I see with new eyes, and hear with new ears, and love with a new heart.*

RIVER STONES

Take a **STONE** to hold, listen to and carry with you

STONE CIRCLE (*matrix: Subjectivity*)

Enter the **STONE CIRCLE**. There is a community of life here. Pick up two stones, make a steady beat asking for the community to accept your unique voice. Stop and LISTEN

BOWL OF OIL

Go to the **BOWL OF OIL**. Anoint yourself. Confirm your intentions to be for life.

FOUR DIRECTIONS

Acknowledge the **FOUR DIRECTIONS**. Be aware they represent the cycle of birth, life, death and rebirth. *Here we do the Body Prayer of the Four Directions*

RECIPROCITY

Before you leave return the stone you have been holding

QUOTES will be put on cards with a magnetic back

TOP 22 QUOTES BY BRIAN SWIMME | A-Z Quotes (azquotes.com)

"Each person discovers a field of allurements, the totality of which bears the unique stamp of that person's personality.

This is the greatest discovery of the scientific enterprise: You take hydrogen gas, and you leave it alone, and it turns into rosebuds, giraffes and humans. Brian Swimme

When humans find themselves surrounded by nothing but objects, the response is always one of loneliness.

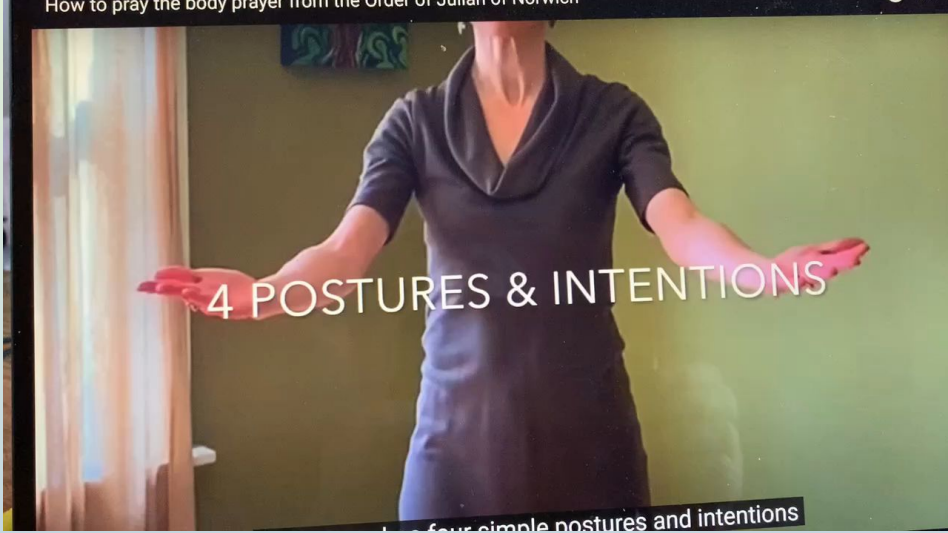
We are not human beings having a spiritual experience; we are spiritual beings having a human experience.
Pierre Teilhard de Chardin

What it means among other things is the more we learn about the nature of the universe, the nature of creation...if we're not updating what we mean by God...what we mean by the gospel, we're going to have outdated, misleading and actually trivial understandings of those.

Michael Dowd

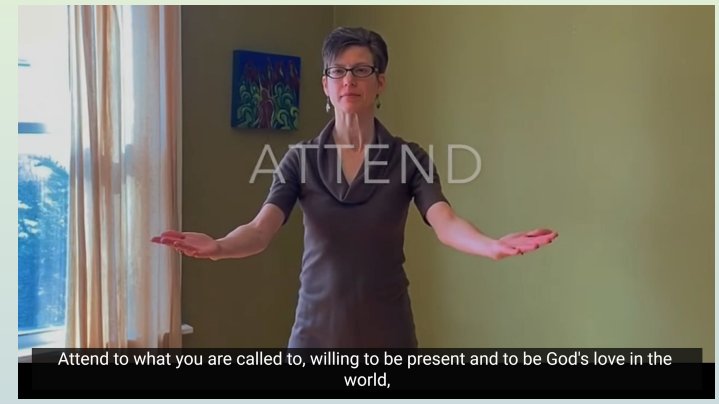
We are capable of suffering with our world, and that is the true meaning of compassion. It enables us to recognize our profound interconnectedness with all beings. Don't ever apologize for crying for the trees burning in the Amazon or over the waters polluted from mines in the Rockies. Don't apologize for the sorrow, grief, and rage you feel. It is a measure of your humanity and your maturity. It is a measure of your open heart, and as your heart breaks open there will be room for the world to heal. That is what is happening as we see people honestly confronting the sorrows of our time. Joanna Macy

The universe has poured into me the creative powers necessary for its further development



BODY PRAYER

https://youtu.be/_IKdXykzTXk



How to pray the body prayer from the Order of Julian Norwich

