

## **Homework**

### **Reflections Initiations by the Elements, Part II**

#### **Class 2: Nature and You—Lifetime Companions**

##### **Opening prayer:**

“I walk on the Earth rarely thinking that this Earth is the largest living creature I will ever know. But Earth is an alive Being – a living, breathing cosmic creature that sustains an unimaginable network of life. All it does is sustain life. Why we are not all in awe about the wonders of this planet is mind-boggling – and yet we are not. We assume so much as a given – that spring will come and nature will once again provide fertility for food. That fresh water will be endless; that fresh air will always fill the atmosphere; that trees will always produce fruit, berries, nuts. We assume Nature will always work – because Nature has never failed us. Those cycles of Nature are so perfectly timed, as are all the systems of life. This is the design of Divine organics – God hidden in the micro-details of all life. Just when you think heaven is invisible, your soul can see so clearly that divine design and sacred order is the nature of God itself. Lord, You are consistency itself. You are order, law, balance, and perfect timing. It is we who tamper with these perfect elements – again and again. We want to change the flow of the rivers in our lives and re-order the design of our life. We want to alter the way of our nature and of Mother Nature because of personal desires or greed. Will we ever learn to just live within the boundaries of the laws of Nature? Hover over us, Lord. Grant us the grace to walk humbly on and with our Mother Earth. Amen.”

##### **Your practice for the week**

Part of being in companionship with nature is having an ability to listen to what your soul tells you. It should be the loudest voice you hear, invisible but not quiet. Your nature is governed by the Law of Balance. It is important to absorb that truth, observe that truth and live that truth. Every aspect of life contributes to how balanced you are:

physical/emotional/intellectual/nutritional/creativity/relationships/psychic/beliefs/attitudes/generosity/dependent or independent/ lazy or self-sufficient. Every aspect of life contributes to how balanced you are. These are like the branches of your tree.

- What balances and unbalances you?
- What do you force on your nature that doesn't belong there?
- How do you slow down the input in your life to be able to understand what is fact or fiction?
- Are you making choices in your life that violate who you are or are you in harmony with who you are?

##### **Meditation**

I know what my own inner nature will allow and will not allow. I understand what my ethics and values are, that my word is law, and that I will not compromise any of these for the good of my soul.

##### **Closing prayer:**

“Lord, I am but a small part of creation – a tiny drop in your vast ocean of life. I have observed

time and again how one drop can influence the whole of this ocean of life. One drop can contaminate the entire ocean with negative thoughts or inspire the waters with hope and love. I am astounded at the power that lays hidden within each drop of the ocean, each leaf one my tree, each moment in my life. Your power is hidden in everything. There is no such thing as a helpless moment or a powerless thought. We are truly one with all nature and that nature is ultimately You. Hover over all of us, Lord. Amen.”