

INQUIRY

To be completed in your chosen natural space
Set aside 45-60 minutes approximately

WORKSHEET 2

What you need to bring:

- A small offering to take with you; a leaf or flower, some tea, incense to burn, nuts/biscuit, whatever you feel in the moment when you think of the space- don't overthink it!
- Pen and papers/journal

INSTRUCTIONS

Greet the space again, spend some time reconnecting and just sitting with it, you can do a small grounding meditation.

Important

This exercise has three parts. Please read only the instructions for one part at a time.

Read the instructions for part one and do exercise one. Read the instructions for part two and then do exercise two. And so on. If you read ahead, the exercise will not be as powerful.

***Part 1:** Journal for 10 minutes on something in your life that feels knotted up. Something that you just can't figure your way out of. Something that is an obstacle, mystery, burden, or sticking point. Write about it. What insight do you seek?*

***Part 2:** Opening up in to the space around you, and without overthinking, feel where it is you want to sit to explore this 'problem' in your life. It could be where you already are, or with a tree nearby, a puddle, a rock you can see, next to a shrub... Just open up to the space around you and go to where you are called to sit for the next part. Get comfortable there and when you do feel comfortable, continue to Part 3.*

***Part 3:** Now open yourself to the space and energy of that place. Allow yourself to be drawn in by nature. Now write down on paper ANY and ALL of your OBSERVATIONS. It might be the shimmering of a blade of grass, the roughness of a piece of bark or the beauty of the sun's rays entering the crown of a tree. No need to be poetic or structured, just be loose and natural and allow the rawness of the experience with Place to be observed and journaled. This part can take around 10 minutes.*

***Part 4:** Address your place, either out loud or in your head. Tell it your name. Ask it for guidance on your dilemma/question, the obstacle you wrote about in Part One. It might feel weird to talk with a non-human, but people have been doing this for a very long time.*

For the next 15 minutes please try to DISPEL DISBELIEF that a more-than-human can communicate with you.

***Write from the perspective of your place.** Let yourself write whatever comes to mind; do not edit; do not filter. Just write. Try to keep your pen on the paper and keep writing. Don't read over what you wrote until the timer runs out. Write from within the web of life.*

***To conclude** just sit and slowly open up to yourself sitting in the space and take a moment to re-integrate. Don't think too much about what has come up, let it wash over you and come back to it later.*

Offer thanks to where you are and what has arisen.

With gratitude and if it feels appropriate offer the item you brought respectfully, for what was offered to you from the energies that make up the place you are in.

Move slowly into the rest of your day.

