

# 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 paper/journal

### Important

*This exercise has four 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.*

### INSTRUCTIONS

**To begin, greet your chosen natural space.** Spend some time reconnecting and just sitting with it. You can do a small grounding meditation (like Meditation 1). Just recognise, sit with, and smile at anything that is arising for you. Relax into being present with whatever arises naturally.

#### **Part 1 (10 minutes or so):**

Once comfortable, allow yourself to lightly enquire internally about something in your life that feels contracted, stuck or unclear. It could be an obstacle, entanglement or uncertainty.

Put pen to paper and just write about it openly and without hesitating. Perhaps also write about what insight or clarity you seek?

**Part 2:** Opening up to the space around you, and without overthinking, feel where it is you want to sit to explore this 'situation' 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... 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: (10 minutes or so):**

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 your experience in this space to be observed and journalled.

#### **Part 4 (15 minutes):**

Address your place, either out loud or in your head. Let yourself be known. Ask it for guidance on your life situation that you wrote about in Part One. It might feel weird to talk with a non-human, but remain open and share your situation wholeheartedly with the space.

**Write from the perspective of your place.** For 15 minutes, just write down whatever arises, no need for perfection, punctual correctness or poeticism. Write for at least 15 minutes, from the perspective of your natural space, on the subject of your life situation. Don't go over what you write, edit it, or restrict it, just go with the flow as it arises.

**To conclude** just sit and slowly open your awareness to a wider perspective (physically and psychologically). Sit 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.

When feeling grounded, offer thanks to where you are and what has arisen.

With gratitude and if it feels appropriate offer the item you brought respectfully.

With thanks, make offering for what was shared and expressed.

Move slowly into the rest of your day.

