

Nature is My Friend

SCRIPTURES: Psalm 24:1; Ephesians 4:6

The ***“Spirit of Nature”*** is an Aspect of God. You can ***“Commune”*** with it; & ***“Communicate”*** with it. When you do, you are ***Touching the Glory of God***. All of the Universe is ALIVE & can be Communed With: *Mountain, Rock, Sea, Wind, the Earth itself!* Part of the Glory of Living here in the Earth is Learning to Commune with Different Orders of Life. We are NOT here to DOMINATE the EARTH. We are Here to HARMONIZE with it, & to be Spiritual Caretakers of this Domain, God has temporarily entrusted *to us*.

A Number of Ways to Experience God thru Nature:

- 1. *Classic Meditation:*** Listen to the Buzz of Life; Become ***One with everything around you***, until you Expand to Be ***“One with All Life”***.
- 2. Meditate upon a TREE** until you can Feel what it is like to BE a Tree. Realize: each is a Channel of God Life.
- 3. Meditate Watching a Sunset.** Feel the Emotions and the Beauty, realize this is God Flirting with you.
- 4. Stop thru-out your day, to feel the ENERGY in the AIR.** Realize: you are Feeling the Glory of God!
- 5. Stand in the Wind with Arms open wide, & take the energy into your being.**
- 6. Walk thru Nature with your arms out (*receptive*) & Draw the Life Energy around you into your Body.**
- 7. Meditate upon Knowing *“Everything in the Universe is Alive”* & feel in harmonious communion with each part of it.** Embrace the life in the parts of your Environment that think of as *“Not Alive”*. Mountain, Sea, etc. Connect with the LAND you live on.
- 8. Connect with the EARTH as a Living Being & our Host.** Feel Reverence & Gratitude for all it gives you.
- 9. Sense your Oneness with the Spirit of Life moving thru everything as you affirm: *“I live & Move & Have my being within a Sea of God Life!”***
- 10. Love Nature & Know it is your Friend, even when it seems to take on a seemingly destructive tone.**
- 11. *In this era,* WE need to learn to Harmonize with the Earth Changes we must encounter & Know that the Spirit of Nature is establishing a New Balance.**