

Meditation Walks by Rev. Jill Plant

Introduction:

Several years ago, I put together prayers, scriptures, quotes, and poems to be read aloud at certain points in a group meditation walk. The idea was to gather, hear the words, and reflect on them as we walked at our own pace to another meeting point. Then we could share the insight of our meditations before hearing another passage and continuing our meditation walk. I have been home for nearly three weeks because of Covid-19 distancing and I realized that these Meditation Walks could be adapted for use individually or within a home.

Ideas for Use:

I see several ways to use these Meditation Walks depending on location and mobility. 1) You could go for a walk using safe physical distancing. 2) You could walk around your house or yard, pausing to see new life growing. 3) You could walk from room to room of your house or living space and look out windows.

These are meant to be guides for spiritual reflections so use them in a way that brings you closer to the divine. If you are a writer, journal about your experiences. If you have close family or friends, share with them your insights. If you would like to share with me, you can call or text 541-460-3333 or you can email me at jillplant3@gmail.com.

Holy Week 2020

Begin with Opening Prayer:

Creator, open our hearts to peace and healing between all people.
Creator, open our hearts to provide and protect for all children of the earth.
Creator, open our hearts to respect for the earth, and all the gifts of the earth.
Creator, open our hearts to end exclusion, violence, and fear among all.
Thank-you for the gifts of this day and every day.

--native american - micmac - alycia longriver - 1995

Move to a new location while using the Breath Prayer:

Creator (breathe in), Open my heart (breathe out)

Pause and read the Scripture -Matthew 11:28-30:

Come to me, all you who are struggling hard and carrying heavy loads, and I will give you rest. Put on my yoke, and learn from me. I'm gentle and humble. And you will find rest for yourselves. My yoke is easy to bear, and my burden is light.

Reflect on the scripture as you walk to a new location.

Pause and read Holy Disruption:

We have nearly completed the season of Lent - a time set apart to slow down, rest, and take inventory of our spiritual lives. With the state mandated stay-at-home order, I am learning to see these "holy disruptions" as gifts rather than annoyances. I tell my music students often that rests are as important, if not more important, than the notes they sing or play. The rests are disruptions of the sound to add interest to the music or to highlight something significant. Rest allows space for change if we let it. Rest prepares our hearts and minds for new perspectives and new directions. Rest unbinds the spirit to work in and through us to restore health and make way for reconciliation.

When rest is forced upon us, it is up to each individual to choose a mindset for accepting or rejecting times of rest. **What practices have you done or are you doing to allow rest to disrupt your life to make way for something new? How will you commit to allowing holy disruptions to transform your life?**

Reflect while moving to a new location.

Pause to read the Closing Prayer:

"May today there be peace within.

May you trust God that you are exactly where you are meant to be.

May you not forget the infinite possibilities that are born of faith.

May you use those gifts that you have received, and pass on the love that has been given to you.

May you be content knowing you are a child of God.

Let this presence settle into your bones, and allow your soul the freedom to sing, dance, praise and love.

It is there for each and every one of us."

— Teresa of Ávila