

DEEP ECOLOGY and NATURE SPIRITUALITY:

NATURE as Beloved, Inspiration, Healer, and Teacher

Climate Adaptation Conference: Feb 6, 2015

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Rituals and Ceremonies / Daily, Cyclically, Seasonally, Annually

Connect to Sacred Nature each day : awakening, sleep, meals, seasons, moon cycles, tides, weather changes, astronomical events...and while working on the land, garden, farm, home...

Discipline is remembering what you want. Discipline is remembering who you are. Discipline is being a student of your wisdom. True discipline sets you free to be yourself.

Gratitude (for Everything)

If the only prayer you ever say in your entire life is thank you, it will be enough. - Meister Eckhart

Gratitude is liberating. It is subversive. It helps us realize that we are sufficient, and that realization frees us."- Joanna Macy

We return thanks to our mother, the earth which sustains us.

We return thanks to the rivers and streams which supply us with water.

We return thanks to all herbs which furnish medicines for the cure of our diseases.

We return thanks to the moon and stars which have given to us their light when the sun was gone.

We return thanks to the sun that has looked upon the earth with a beneficent eye.

Lastly, we return thanks to the Great Spirit in Whom is embodied all goodness, and Who directs all things for the good of Her children. Iroquois

Nature as Temple, Church, Mosque, Synagogue

All Nature is Sacred and Consecrated (except for that which is desecrated)

Time in Nature creates positive health changes that clearly support psychological and physiological wellbeing as well as much faster healing/recovery, ART for ADD, lower blood pressure and much more.

Humility and Perspective/Form and Posture

Let the beauty of what you love

Be what you do. There are a thousand ways to kneel and kiss the ground.- Rumi

Humility is the solid foundation of all virtues~Confucious

Humble from humus- low, from the earth. Similar to compost...makes the soil fertile and productive

Invocation and Prayer...Calling out ...Names of the Great Mystery...Great Spirit, Mother, Father, Sacred, Divine, God, Goddess, Nature, Earth, Universe, Sun, Moon, I Am That I AM...

*To pray is to take notice of the wonder, to regain a sense of the mystery that animates all beings ... Prayer is our humble answer to the inconceivable surprise of living. Abraham Joshua Heschel, *Man's Quest for Meaning**

A bird doesn't sing because it has an answer, it sings because it has a song. Maya Angelou

Presence and Stillness/Be Here Now/Pause

Nature does not hurry, yet everything is accomplished. Lao Tzu

To the mind that is still, the whole universe surrenders. Lao Tzu

Beauty/Be the Beauty That You Are

Beauty awakens the soul to act. Dante Alighieri

Everything has beauty, but not everyone sees it. Confucius

Engage the Sacred Planet. Intimacy with Nature as friend, beloved and teacher. 4 Elements- Earth, Air, Water and Fire, Plants, Animals, Rocks, Geography.

*Present your problems, dis-ease, intentions, and hopes to Nature. Ask for assistance, wisdom, help.
Nothing ever goes away until it teaches us what we need to know. ~ Pema Chodron*

Interconnectedness, Circles, Web Of Life

*Humankind has not woven the web of life. We are but one thread within it.
Whatever we do to the web, we do to ourselves. All things are bound together. All things connect. Chief Seattle, 1854
Everyone, everything is related to us, is a part of us.*

Creative Creation *From the beginning until now, the entire creation as we know it has been groaning in one great act of giving birth. --Romans 8:22*

*You are a creation of the creative and creating Universe.
Creation is the primary and most perfect revelation of the Divine. Thomas Aquinas (1224-1274*

Meditation and Deep Listening *Be Still and Know~ Psalms.*

*Pay attention, be aware of what the Universe, the World, Nature is showing you and saying to you.
Anyone who truly knows creatures may be excused from listening to sermons, for every creature is full of God, and is a book-Meister Eckhart*

Change as Foundation *What is life? It is the flash of a firefly in the night.*

*It is the breath of a buffalo in the wintertime. It is the little shadow which runs across the grass and loses itself in the sunset.
Crowfoot, Blackfoot warrior and orator 1830 - 1890
This too shall pass...*

Hope, Faith. And Love

*Experience and examination of Nature shows these kinds of consciousness alive and powerful in Nature.
There are only two ways to live your life. One is as though nothing is a miracle. The other is as though everything is a miracle. –
Albert Einstein*

Abundance and All you Need... *Those who dwell amidst the beauties and mysteries of the earth...are never alone or weary of life Rachel Carson*

Love, Joy, Bliss, Ecstasy

*From joy all beings have come, by joy all live, and unto joy all return ~Upanishads
There are only two ways to live your life. One is as though nothing is a miracle. The other is as though everything is a miracle. Albert Einstein
And the day came when the risk to remain tight in a bud was more painful than the risk it took to blossom. Anais Nin*

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