

## **How to Meditate without Leaving the Real World**

**Step One: Choose or find a natural object. It could be a flower or a leaf, a stem, a pinecone, a stone. You might let it be a 'find' from a walk or moment outside in your garden.**

**Step Two: Begin to notice your object. Use all of your senses; look, listen, smell, touch your object. You may wish to write down a brief notation of what you notice about the object: ie. Long, dark grey, stripes, sharp edge, feels rough, etc. smells rank.**

**Step Three: Look at the list you made from observation. What comes into your mind from that description that might address something, some part of your own life at this time? Write down the 'connecting thought' you find.**

**Step Four: Now pray. Ask God to help you know by the Holy Spirit, what is the message He is giving to you through this word/thought/feeling about your own life experience and the 'connecting thought' that came to your mind.**

**Be patient. Just let the moment be. What appears? A thought, a color, a picture, a song, a word?**

**Step Five: When you have opened your soul to God, rejoin the group, share if you wish what your meditation gave you; carry that message with you for the remainder of the day. How can this influence, change, or create your actions and thoughts on this day?**