

Station One: DIRT

Activity:

Read or listen to the reflection for Station One, if time permits. Then take some time to contemplate the soil in front of you. You might find yourself feeling grateful for all that soil does to make your life possible, and perhaps will want to say a prayer of thanks. You might want to touch it, smell it, or even rub a bit on the back of your hand.

Reflection Takeaways:

- Healthy soil or humus is a primary material that makes life on earth possible. It is teeming with life—a handful of soil has more living organisms than there are people on the planet. Soil is alive and is a source of life. What we are made of is creative and generative material, not like dust at all.
- From one perspective there is nothing humbler than soil, even as we are learning to acknowledge and celebrate how wondrous a substance it really is. Can you spend time during this season finding beauty and wonder in the humblest people, places, and things?
- If we are able to reimagine dirt (soil, humus) as a beautiful miracle, can it change the way we think of ourselves also? Can it perhaps even begin to change the way we think about death?
- Practice walking on the ground slowly and with intention. It can also be very grounding to take time to lie on the ground outside and appreciate how safe and supported you feel. You can try this out here today—or whenever it feels right.
- Consider well the words of Thich Nhat Hanh, who wrote: “Walk as if you are kissing the Earth with your feet.”