



EarthWhispers Abbey Retreats & Programs

Reconnect with Nature. Awaken Your Creative Spirit.

Sponsored by Shalom Spirituality Center via Zoom

MYSTERY BOX SERIES

April 7, 2021 – Natural Element: Air

Homework: (Select the exercises that speak most deeply to you.)

Answer ten questions – journal about reaction to questions and answers.

Smell

Incense, essential oils, cinnamon, orange, pinecones

Mind Map

Take your inner dialogue or drawings and create an itinerary for creating wholeness.

Draw a map of yourself or your hand with the various parts of yourself working in harmony. Do you have bridges or chasms? What are the bridges constructed of? Do you allow some areas to remain stormy? Do some area have difficult terrain? Etc.

Noticing Air

Sound travels through air, much like the way a rock thrown into a pond creates radiating ripples outward.

Sit quietly, notice the sounds that come immediately to your attention (someone moving in the house, the furnace or refrigerator running, etc.). Now notice noises farther out (a car passing outside the house, the sound of the wind, etc.). Now notice another layer, the rustle of your blouse as you breathe in and out. Keep going wider or deeper in.

Resources:

Butterfly Flight

Buddhist doctrine of the void.

Gelb, Michael J. How to Think Like Leonardo DiVinci. Dell, revised edition, 2000. Nothingness quote page 225.

Blessing:

“May you remember peace this week with the Nothingness and Wholeness, which cannot be added or divided.”