

EARTH OFFERING

“And forget not that the earth delights to feel your bare feet and the winds long to play with your hair” — Khalil Gibran



AWARENESS  INSPIRATION

Earth's vast sentience is calling you into communion. Her foreign tongue expressed in tones of green, textures of sediment and the intuitive rustling of your own heart is calling to be heard. Her communication is all around - in the invisible currents upon which birds take flight, charged molecules that upregulate our own biofield and the incredible diversity of medicine held in flowers, leaves and roots that restore our health. Much lies beyond the realm of the directly visible. You are being invited to open your perceptual field and look deeply into nature's living library of wisdom and wonder. As you emanate genuine appreciation and a humble desire for connection with nature, you are in turn enfolded in her fondness and insight as all shamans, mystics and true spiritual teachers through the ages have attested.

Enact your connection to Country, dropping into the field of your heart through the magik of sincere intention which acts as a gentle solvent upon the momentum of mental chatter. The Earth bestows all that is needed for our lives far beyond our capacity to comprehend. When we honour the land with our deep presence and gratitude we recode our interior orientation to one of right relationship, bringing ourselves back into the fold of belonging. To be lost in scarcity, excessive doing and over-thinking is to estrange yourself from the abundance and aliveness available when you drop into synchrony with the everpresent vitality of the Earth.

The more we practice being in a sacred relationship with the land the more we unravel the many, nuanced layers of our own disconnecting colonial conditioning of exploitation, domination and extraction based engagement. The origins and remedy for the destruction of Earth lie first in our perceptions, perceptions so deep within our culture that they need to be progressively unstitched and re-woven with intention, again and again. This enacted communion with Earth is a circular and many-layered, yin form of activism, a necessary and soothing companion to direct action.



Earth Offering extends an invitation to re-pattern your orientation to nature, shifting from perceptual frames of consumption, objectification and separation to co-creation, reciprocity and connection. It invites you to venture beyond the limited shores of the intellect and to dive deeper into the waters of embodied experience, to be enveloped by *feeling into and with* the land.

If self-judgement or resistance arise, see it as a portal through which your system can progressively shed subconsciously embedded colonial complexes of superiority over an inert nature. These rough shards of the collective unconscious would have us cut ties with our ancient Earth honouring lineages and practices under the guise of primitive and unscientific superstition. The degradation of our ecosystems with ever greater technological prowess has been partly facilitated by the pervasive shadow of the scientific paradigm. In so far as it is stuck in the erroneous mire of mechanistic and dissociative reductionism and divorced from wonder, felt connection and wholeness. The true harmonising potential of the scientific mind can only be realised through the life-affirming and enhancing value of the connected heart.

Pour your presence upon the porous, breathing body of the Earth. As you lovingly entwine your consciousness with the land in gratitude, you awaken to ancient aquifers of ionic intelligence and, simply by nature of your awareness, invite them in to permeate and uplift your interior. Let sweet and soulful sentiments ripple outward, in time with with the beating of your heart, settling your spirit into a relational synchrony with the natural world. Like this, immersed drop by drop in the flow of organic connection, you allow the mind to become open and supple, progressively planted in presence - whose rays illuminate hidden jewels beyond the familiar mental matrix of past and future wanderings. Psychic petals plume, carrying your hearts perfumed intention to the elementals and nature spirits, instantaneously echoed back as a healing poultice upon the minds flogged fractures. Dynamic reciprocity is as such, the lore of the land. Whatever so is seeded with sincerity is destined to bear fruit a thousand fold. Allow this process of Earth Offering to fortify your connection to what is at once Earthly and transcendent, anchoring your care, connection and gratitude into terrestrial biofields and the sediments of your psyche alike.



PRACTICE INTEGRATE

A nature offering could take the form of an arrangement of objects found in nature to create a beautiful mandalic pattern. You could also pour your intention into a rock stack, a sand drawing, a carefully planned smoking ceremony or something similar in kind that you feel a resonance with. As you engage in this meditative practice hold an open and receptive awareness to any messages that may come through and keep anchoring your awareness in your heart. You may like to explore the effects of working with the evocation “I open my heart to this present moment.” Below is guidance for creating a mandala, the same principles can be used for any other type of offering.

HOW?

- Find a space in nature that you feel called to, it could be a garden, a waterway or beach etc. Set your intention for this particular mandala. It could be as simple and powerful as “Thank You” or it could be a heart centring prayer for yourself, a loved one or a particular habitat.
- Allow the process to be spacious as you collect flowers, leaves, shells, food items like nuts or herbs, crystals or man made objects. Notice their textures and how they look and feel as a centring practice.
- Use your intuition to mindfully craft a design with what you’ve collected.
- When you are finished, be still and take it in.
- Breathe into your heart and offer some words of gratitude.
- You may like to ask the land if she has a message for you. Stay open to how and when this may come, as a resonant thought, a feeling or an animal visitor.
- Let the land steep in this vibration. Leave your creation to reverberate on the land for a time and then recollect any special items.