

# Hungryhearts

Spring 2009  
Eco-prayer ideas

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## *Is God Green?*



### **Expanding Circles**

1. Find a place to sit where you have a panoramic view and also an interesting foreground. For example, sit where there are flowers and grasses close at hand, trees a bit farther away, and a mountain or hill in the distance.
2. Begin by becoming aware of your body. Feel your feet and legs, hands and arms, spinal column, shoulders, neck and head. Are there any areas of tenseness or tenderness? Become aware of your breathing, in and out.
3. When you feel relaxed and calm, close your eyes. Talk to God silently or aloud. Ask God to guide you. (You may want to use a simple, repetitive prayer—one that matches the rhythm of your breathing. Breathing in: Creator God. Breathing out: Be in my seeing. Breathing in: Creator God. Breathing out: Be in my hearing.) When ready, open your eyes again.
4. Extend your awareness beyond your body a few feet to the nearby grasses, rocks, and insects—whatever is nearby (within five yards or so). Gently notice what is there, the colors, sizes, shapes. Feel yourself moving and becoming alive in them. Try to feel that you are in everything you see or hear or smell or touch, as much as you are in your own body. Do this for several minutes. When your attention wanders, gently bring it back to what's before you.
5. Again, close your eyes and return to prayer. When ready, open your eyes.
6. Now broaden your gaze and awareness further to include whatever is within ten to twenty yards of your body—shrubs, trees, sky, and so on. All the while, keep the awareness of yourself in the things closest to you. Feel that everything you sense is part of you. After several minutes close your eyes and return to your prayer.
7. Keep extending your awareness—opening your senses to take in what is twenty...thirty... forty...a hundred yards...to the distant mountains or hills...into the vastness of the sky. Each time you expand your awareness, return to prayer.
8. When you have come to the fullest extent of your awareness (even if you make it only a few yards), give thanks to God for all that you have experienced. Remember that God the Creator is the source of “all livingness”—all things, living and non-living, are held together in Christ—that the Spirit is moving within us and all around us.