

Nature Meditation

Thank you to Joe Lonergan, Director of Student Services and Spiritual Formation at the Franciscan School of Theology, for sharing this activity with us.

“We are speaking of an attitude of heart, one which approaches life with serene attentiveness, which is capable of being fully present to someone without thinking of what comes next, which accepts each moment as a gift from God to be lived to the full.”

(Laudato Si’ 226)

Time: 20 minutes

1. Find a comfortable place to sit in nature. Ideally you will be outside, but if this isn’t possible due to weather, location, or other factors, try finding a video with images and sounds of nature.
2. Once settled, read or listen to a short reflection or prayer. See below for suggestions or find something that resonates with you.
3. Set a timer for 20 minutes.
4. As you sit in silence, use your senses to notice the creation around you. You will see, hear and feel a variety of elements such as plants, animals, people, wind, etc. Feel free to stand up or walk slowly if you need to move a bit during the meditation.
5. At the end of 20 minutes, re-read the reflection or prayer to conclude the meditation.

Suggested Reflections:

Paragraph from [Laudato Si’: On Care for Our Common Home](#).

Prayer from Laudato Si’ Spirit [list of prayers for creation](#).



LaudatoSiSpirit.org