

Wild Within: A CPAWS Southern Alberta elemental, wellness meditation

The 'whys' behind choosing...

... an almond seed ... like a seed, everyone has everything they'll ever need inside themselves to be absolutely who they are meant to be. Conditions may influence us—both positively and negatively. But in the end, we are as nature intended—exactly enough. There is no rush. We are alive, we are growth, we are potential...

... a river rock ... rock is defined by its layers, its history, its stories. A rock's stories are vast and ever-unfolding—from drastic events and eruptions to day-to-day erosion and daydreaming. Everyone's story layers are unique and individual. Stories are vaults of support, learning and strength...

... a glass gem as water... if you have seen the surface of a lake when it's very still, you will have noticed that it reflects the mountains, clouds and trees around it perfectly. When you are calm, when you are still, you see things as they truly are. You don't distort things. When you are not calm, it's easy to become confused and angry. With calm water we cultivate stillness, calm and reflection...

... a spruce cone as space ... a cone is matter fused with space. And, space is freedom. And, freedom is the foundation of true happiness. In cultivating space for yourself, you allow yourself room to grow, room to succeed, room to make mistakes. When you love someone, offering them space within and around them—space to be themselves—gifts them space to be happy in who they are. All of us need space inside and around us to be truly happy, to be truly free...

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The meditation...

Breathing in, I am a seed.
Breathing out, I am alive and complete.
Seed, Alive.

Breathing in, I am rock.
Breathing out, I am strong in 'my story'.
Rock, Strong.

Breathing in, I am water.
Breathing out, I reflect things as they truly are.
Water, Reflecting.

Breathing in, I am space.
Breathing out, I am free.
Space. Free.

Adapted from:
A Handful of Quiet: Happiness in Four Pebbles
By Thich Nhat Hanh