

Becoming Absorbed in Creation

Take a walk in the woods, take a walk along the ocean, or sit in your backyard. Notice the various aspects of creation—the sky, the sun, the clouds, trees, plants, flowers, grass, sand, rocks—whatever is there.

Let yourself be attracted to one reality of creation, maybe a tree or the sky or a rock or the waves. Spend time looking at that, noticing its various characteristics. Touch it or listen to it, if you can. For example, your attention may be drawn to a tree: notice the leaves, the branches, the bark. Feel the leaves and the bark. Listen to the leaves rustling in the breeze.

If you can, go back to that creation-reality three or four times during the week, continuing to let it reveal itself to you.

Reflect on Ignatius' words: "Reflect how God dwells in creatures: in elements giving them existence, in the plants giving them life, in the animals conferring upon them sensation, in human beings bestowing understanding."

Ask God to reveal the divine presence to you in and through the reality of creation you are contemplating: What does God reveal to you about God? about God's love? about creation? about you?

Go back to that creation-reality four or five times during the week. Let it continue to reveal itself to you.