

The Garden as Spiritual Practice

Alternatives workshop presentation by Joann Calabrese



Garden Spirituality is a recognition that the green world is sacred. Plants are allies, healers, and teachers. Much wisdom, connection, and healing can be manifested by aligning with the green world. The essence of garden spirituality is to first take the time to notice this profound and sacred connection to the green world. Then find ways to cultivate it on a regular basis.

Garden Spiritual Practices

Activity #1, A Garden Mindfulness Practice – What Are We Seeing? From memory, try to capture the energy and feel of your nearest green space.

Challenge A. Visit the place you identified in the workshop activity. Check your memory with what is actually there. Spend time noticing the details and nuances.

Challenge B. Identify one plant/tree/shrub that you can observe on a regular basis (at least weekly, but more often if possible), being present to the changes and connection with this living entity. Commit to at least six to eight weeks of this activity. What can you discover?

Activity #2 A Morning & Evening Routine – Connecting with Green Energy with Gratitude. This is based on a qigong form. Go out to your green space. Take some time to set aside worries and establish your conscious connection with the green plants in front of you. Breathe deeply. When ready, open your arms and bend (only as far as comfortable) to scoop the energy (on inhale) from the earth and the rootedness of plants into your being (on exhale). Then raise arms to scoop from the heavens, the trees, the elements that support plants (on inhale) and bring that energy into your being (on exhale). Repeat three times.

Challenge - commit to repeating this activity for at least seven days and notice how you feel.

Activity #3 Plant Correspondences and the energetic correspondence of Dandelion – Resilience. Find ways to contemplate and acknowledge this energetic connection.

Challenge A – Journal about your connection to dandelion and the correspondence of resilience.

Challenge B – Identify one to three other plants you have an affinity with and begin to work with their energetic correspondences

Contact me at joanncalabrese@gmail.com

My blog & website, www.mindfulnessgardengames.com has more information on:

- [Growing Mindful - Explorations in the Garden to Deepen Your Awareness](#)
- Coaching on wellness, life goals, spirituality, and mindfulness
- Virtual Garden Spirituality Circles - quarterly near the solstices and equinoxes

