

Acorn Moving Meditation Card



Illustration © Nellie Sue Potter

Getting started: Find a quiet spot and sit on a cushion or chair. Spend a few minutes letting your eyes gently take in the acorn sprout illustration on the meditation card. After you've taken it in, slowly read through the words of the guided meditation. Then close your eyes and review the moving scenes one by one in your mind's eye. Feel free to add

gentle movements if you like. It's okay to forget a part, as the goal here is not to memorize the exact words. You can also try reading one line at a time, taking a breath between each section. You might also consider recording yourself reading the guided meditation aloud and then playing it back to yourself.

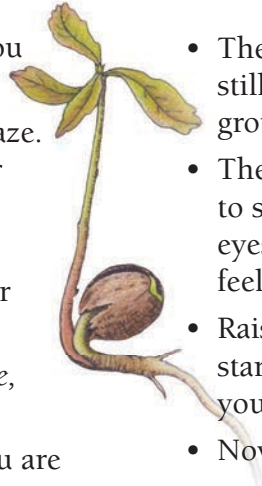


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An Acorn Moving Meditation to Find Your Ground

- Find a comfortable place to sit where you won't be interrupted.
- Close your eyes or simply lower your gaze. Place your hands in your lap or on your knees.
- Breathe normally, making your breath as effortless as possible. Simply notice your breath.
- Say quietly to yourself, *It's safe to breathe, It's safe to breathe.*
- Turn one palm face up. Imagine that you are holding an acorn—the fruit of an oak tree, a smooth, oval nut with a tiny cap.
- Cover the acorn with your other hand. Let your palms touch. Feel the connection between your two hands.
- The warmth of your hands will help to loosen the tiny cap, allowing it to fall on the Earth.
- Imagine your acorn is being held in a blanket of crisp fallen leaves.
- Rub your hands together gently and feel the warmth created.
- Push back into your seat or sink into the cushion and feel yourself being held by the Earth.
- Tell yourself, *I'm being held by the Earth, I'm being held by the Earth.*
- Begin to move ever so gently in your seat. The acorn cracks.
- If you can, lightly place your hands on your knees. Touch your feet to the ground or simply imagine placing your feet there.
- Gently tap your toes on one foot then another. Now start tapping your heels further into the moist ground, as if pushing a tap root down. Imagine extending your root deep into the soil, securing your place in the Earth.



- The Earth turns and holds you in place. You are still. Even as winter's snow falls and covers the ground, the acorn is full of life.
- Then it's spring: The ground thaws and you begin to sense the sun's warmth from above. With your eyes still closed, lift your face to greet the sun and feel its warmth on your skin!
- Raise your shoulders up, back, and down; and start reaching up with your arms to the light. Use your hands to draw the sun's energy toward you.
- Now collect the falling rain into your lap.
- Your stem starts to grow. You see that it's safe to grow at difficult times.
- Eventually, you have your first two leaves, which you show off to the sun. Wave your hands.
- You feel the breeze gently rocking you. You're protected by tall grasses all around you.
- Take in a deep breath. *It's safe to breathe.*
- Move your head to the right and look around. Now come back to centre. Then move your head to the left, and look to see what's there. Come back to centre.
- Reconnect to the ground through the weight of your body. Feel your connection to the Earth through your toes.
- Imagine a line of light connecting you to the Earth's centre. It's safe to connect to the energy of the Earth.
- Imagine yourself drawing energy from the warm centre of the Earth. Feel the warmth of the sun. Bask in the light of the day.
- Return to your breath and simply notice it. Don't do anything to change it.
- When you feel ready, open your eyes, then slowly and gently move your head and look around. As you continue with your day, feel a deep sense of support and grounding energy from the Earth.

Written by Emma Rooney and inspired by High Park
Illustration © Nellie Sue Potter, Nature Art Studio in the Junction, Toronto



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