
Let the Land Sing

Is there a place that is calling to you? It may simply be the patch of grass right outside your front door, or perhaps a nearby park or stream is saying your name. Maybe a mountain wants your attention. Wherever your heart feels called, if it is possible, go and stand on that piece of land -- barefoot if possible. If this land is too far away for you to visit at this time, simply see it clearly in your mind's and feel it, and then, let it drop into your heart to be held as you close your eyes and begin to notice your breath.

Simply let your breath flow in and out of your body. And with each breath, allow yourself to relax a little more and a little more until you feel at rest in your body. Feel your feet sink and root into this piece of land. Imagine that your soles and the soul of this place are touching -- even kissing. This is an intimate coming together -- breath to breath.

When you are ready, either aloud or in your heart, ask this land if it has a song it would like to share with you. Pause for a moment and wait for the answer.

If the answer is yes, begin to feel the energy of this land coming through the soles of your feet and into your body. With each inhale, imagine the song of this place being drawn through your feet and moving up your legs and into your pelvic bowl. From there, feel the song continue to flow up to your heart and then into your throat. Let it flow. Open your mouth, and let this land sing through you.

When you are finished, thank the land -- from your deepest heart -- for sharing its song with you. Let your soles kiss the land. You are welcome to offer a gift of gratitude to the land.

How did it feel both to receive and to sing the song of the land? Was the song the sort you thought it would be? Did you learn something about this land?

