

Mullein Exercise: Awaiting an Invitation

Find a place in Nature that draws you in and speaks to you. This may be a place you already know or a place you have not yet discovered. Take your time in choosing a place. There is no hurry. Remember, becoming intimate and making love take time. You can move slowly.

If you like, take a walk and see where your feet take you, or sit quietly with your eyes closed and listening with your heart, ask, *Where should I go?*

When you have found your place, sit or lay quietly. Notice your breath and its natural rhythm. When you are ready, take a few deep breaths through your nose and exhale through your mouth. With your breath, connect with the place.

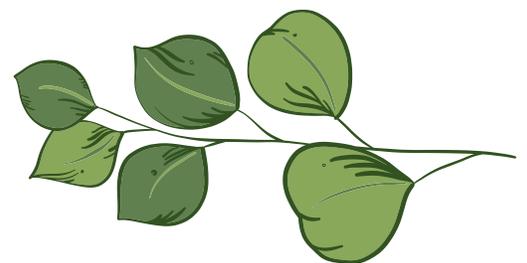
Observe your surroundings. What do you see? What do you hear? What do you smell? Is there a flower, leaf, fruit, or seed that calls you to taste it. How does it taste?

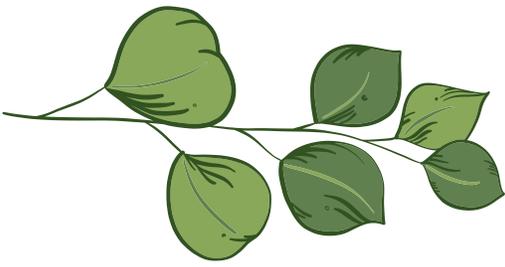
Once you have sat with the place for a moment, ask the place, *Would you like to be touched?* And then wait for the answer. Wait as long as it takes. Patience is essential to intimacy. And be open to all the ways – obvious and otherwise – that the place may speak. Often, place has a way of speaking softly and subtly.

Does your spirit feel and hear the answer? Does the light change? The weather shift? Does an animal cross your path? Does a bird call? The ways to answer are infinite.

Once you have your answer, honor it, and the answer was yes, then ask the place, *Where would you like to be touched?* And wait for the answer.

Are your eyes drawn to a singular rock or flower? Does the sun rest her rays on a particular patch of ground? Is there a tree whose leaves begin to rustle? Again, the ways to answer are infinite.





When you know where the place would like to be touched, then approach with love, tenderness, and intention and ask, *How would you like to be touched?*

Trust your heart. Trust the knowing. What comes to you – an image, a word, a sensation in your own body?

Once you begin to touch, be sensitive to hearing when it is time to stop. And when this sacred, sensual moment has ended, take a moment to say thank you with the deepest gratitude.

