



Landscapes of the Soul

Session 3: Mountains - The Glory-Space of God

PARTICIPANT PAGE #3

1. What did you hear in the Audio Recording that stood out for you?
2. What meaning does the phrase “a spirituality of place” have for you? In what ways has your spirituality been shaped by the place you grew up or places you visited?
3. We sometimes talk about “mountaintop experiences.” Have you had any such experiences in your life? What gifts did your mountaintop experience bring to the rest of your life?
4. Take a moment to think about the various places you have been this week- the grocery store, the office, a school, a neighbour's house. Notice if there was a place in which you felt God to be present? What feelings does this evoke? Was there a place where you felt God to be absent? What feelings did this bring?
5. Recall from memory Bible Stories that took place on mountains. What is the significance of the mountain in each story? What wisdom or practice might be carried from the mountain into our daily lives?

Spiritual Practice Group Practice

Recall mountains/hills you have climbed. Make a list of as many words as you can to capture the sounds, images, memories and feeling that rise in you as you remember. Use some of these words to create a Haiku poem.

Haiku is a Japanese poetry form. It is sometimes called “spiritual practice in three lines.” It uses just a few words to capture finding God in a moment and in the ordinary. Some engage a practice of writing a Haiku at the end of each day offering praise or to hold a special or vivid moment.

Traditionally, haiku is written in three lines:

with five syllables in the first line, seven syllables in the second line, and five syllables in the third line.

Take it Outside: Experiencing the Sacred Outside

I love the phrase “a pilgrimage in your own backyard.” Yes, there are some “holy” places that hold a special power. Yet even common ground can become holy and shimmer for a moment as the glory-space of God’s presence. Take a pilgrimage in your own backyard. Nature is not something “out there,” we are embedded in nature all the time. Centre yourself by paying attention to your breath. *Really* look at what you are seeing. Make observations in a journal or sketch details of what you see. Take your time. Listen and be aware of thoughts, feelings, connections that rise in you. Respond with praise in words or body. Then rest and enjoy.