



A Season for Non-Violence, Oakland

Day 11

February 9, 2004

Beloved Peacekeepers,

We continue our journey with today's word, groundedness - what does this mean; how do I become grounded; by being grounded, how does it serve peace in our world

Today's Principle, Today's Practice - GROUNDEDNESS

Gandhi said, "To forget how to dig the earth and tend the soil is to forget ourselves." And Black Elk said, "Some little root of the sacred tree still lives. Nourish it, that it may leaf and bloom and fill with singing birds." today place a seed in the earth or nurture a plant

Ask yourself: What does it mean to be grounded? How do you feel when you are grounded? What do you do to ground yourself when you feel anxious or nervous? Who is the most grounded person you know? How can you tell? How does groundedness relate and empower you in practice of nonviolence?

Activities:

Take a walk in nature - barefoot. Walk on asphalt, on the sidewalk, on grass, sand or dirt - notice the feelings between the areas you walk.

Gift yourself the planting of seeds in soil (a potted plant, window box) - create a peace garden. Tend your seeds; dig in the soil - Watch it grow.

Learn about your family roots - ask questions for understanding, and to help promote peace in your life.

Journal Activity: Journal your thoughts....

Consider these Quotes on Groundedness:

....For the old Indian, to sit or lie upon the ground is to be able to think more deeply and to feel more keenly; he can see more clearly into the mysteries of life and come closer in kinship to other lives.....The old Lakota knew that man's heart away from nature becomes hard; he knew that lack of respect for growing, living things soon led to lack of respect for humans too. So he kept his youth close to its softening influence. - Chief Luther Standing Bear

May you be grounded and rooted in love. ~Ephesians 3:17

For me, walking barefoot in nature is the fastest way of grounding -- it reminds me of our connectiveness with all of life. Enjoy today's journey!

Blessings,

Kathleen
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PS - please visit our website - Season, and its activities are well documented. If you like, you are welcome to send me suggestions (we are in the process of adding a comment page to the website), and we're open to the gifts of generosity or a tithe -- if in some way, our daily messages feed you Spiritually, know that it is God working through the SNV Oakland Team - as we have said YES to the Sacred.