

Ways to Meditate in Nature

By Scott Griswold

Nature is filled with beautiful and useful creatures and organisms. Nature is also filled with lessons that can help us in our lives. Those who take time to learn about nature and think about its meaning can gain much wisdom and a deeper experience of inner peace along with greater harmony in their relationships.

Learning from nature starts by being observant, looking closely at what is around you. Many people find it difficult at first to slow down. Try using a notebook to write down what you see.

In order to start learning, go to a park, a zoo, an aquarium or some place in the countryside. Look at what you see. Ask yourself “why?” questions like, “Why are those two trees different?” “Why do birds sing?” “Why does the wind blow?”

When you don’t have a chance to go into nature, you can still learn a lot from a book or a video or a website.

In order to gain real lessons from nature you need to think through things carefully by asking some questions.

Ask Four Special Questions

1. What good principles can I learn from this part of nature about how I should live?
2. What can I learn from this part of nature about how people should or should not treat each other?
3. What does this part of nature teach me about the God who made the world?
4. What does this part of nature teach me about sin, suffering, and how those things have affected the world?

Ask the Four Special Questions Here!

A. At a Zoo or Aquarium. Read carefully the signs and ask questions in order to learn as much as possible. If you go with a group, discuss the four questions with them.

B. With a Book. Take a nature book and learn something new. Write down the lessons or you’ll forget them!

C. In a Park or the Countryside. Go explore! Walk around and look at the big things, but also sit or even lie down to see the small things. Find someone local who can tell you about what is there. In the city you can also do this in a park or even just under a tree. Slow down long enough to really think through the questions.

D. A Video or a Christian nature website. Watch a nature video, pausing it every few minutes to ask the questions.

E. Look at Your Body. Don't forget the human body. By asking these questions regarding the various body parts and organs you can learn much. Videos, books, and medical professionals can help you learn even more.

Enjoy your search for the hidden treasures of knowledge that God the Creator and ultimate Teacher has placed everywhere for you!