



## Squire Activity

### Journaling Prompt: Finding Relationship to Place

**Finding your place:** Take this opportunity to unplug from technology. Get a special notebook or journal to write in, and a pen to write with. Leave your cell phone at home. Reserve a chunk of time so you can be contemplative and slow. Walk out to a spot in nature in an easy saunter, as far as you can go in the time you've allotted. Find a tree to lean against, a rock to sit on, a stream to sit by, a meadow to sit in. Take a deep breath, settle in.

**Finding your voice:** As you respond to the prompts following the meditation, don't worry about grammar, punctuation or writing rules—just let it flow. Write thoughts as they come to you, without any editing or judgement. Take time to stare at the clouds, the water moving by, the leaves in the breeze. Ponder. Consider. Contemplate. For these kinds of prompts, it is best to write until you have no more to say about the matter.

**Finding Relationship with the Land:** What does the wild mean to you? How do you connect to nature – through what kinds of activities? Is it a place of solace? Rejuvenation? Adventure? Inspiration? Challenge? Does nature feed you? In what way(s)? How might we as a human race create a relationship with the land and what impact might this have on both our personal lives and the world? Do you have mythologies that connect you to the land? What are these? What do you love about being alive on this physical Earth?