



Today, in the Bearsden Baptist Church garden, you are invited to try some meditations from the **Green Shoots Prayer Trail**.

There are 6 meditations in all, and so please take some time to wander in the garden and woodland till you find the perfect spot to sit and pause for a while. The mindful prayer activities are self-led and easy to do. You may choose to do only 1 or 2 - or maybe enjoy them all!



Muddy Jar

Take a jar of muddy water.

Find somewhere to sit.

Give the jar a shake.

In its shaken disturbed state the water is cloudy, useless, confusing and potentially harmful.

This last year has been a time of shaking.

As you look at the jar, think about the ways you have been shaken.

Now watch as you allow the contents to become still.

The mud sinking and separating.

Imagine your desire to be as still as the mud coming to rest.

Watch the cloudiness diminish.

Focus on the jar, breathing slowly and gently.

Imagine your thoughts settling.

Allow yourself to sink into stillness.

Ever so gradually the water at the top of the jar becomes less opaque as the mud sinks deeper.

The band of clear water widens.

The layer of mud at the bottom narrows and increases its density.
Eventually the stilling process is complete.
The water in the glass is pure and clear...potentially good enough to drink.
And the mud?
A place where perhaps some new green shoots can grow....



Going out with Joy

Find a tree that you like the look of.

Allow yourself a playful moment:

Explore the bark of the tree.

Get up close, what does it look and feel like?

Can you climb it or hang off a branch?

Can you walk/skip/dance around the tree?

Does a joyful song come to mind?

Sing or hum it now.

Give thanks for the tree and the natural environment around you.

Remember that Glasgow hosts the Climate Change Summit COP26 in November 2021.

Think about one action you could do to contribute to protecting the environment.
Whisper this intention to the tree, smile and leave with hope.

'You shall go out with joy, and be led forth with peace;

*The mountains and the trees shall break forth into singing,
and all the trees of the field shall clap their hands.*

Instead of the thorn shall come up the cypress;

Instead of the briar shall come up the myrtle;

and it shall make a name for the LORD,

an everlasting sign that shall not be cut off.' Isaiah 55



Stump

Find a tree stump to sit on or look at.

Take time to really look at it.

What shapes, textures and colours do you notice?

A stump exists because the plant or tree it was part of has been cut down.

It is a monument to pain and loss.

Whether you are sitting or standing take your attention to your feet, push them into the ground and allow yourself to feel rooted and grounded.

What have you lost over this last year?

Allow yourself to reflect and remember these losses.

Look again at the stump. Are there any signs of new growth and fruit in your life this season?

Name them quietly to yourself. Give thanks for each sign of life no matter how small.



Green Shoots

Go into the woodland and find a spot where you have a view of a green shoot or growing plant e.g. a clump of bluebells.

Spend a few moments listening to the sounds in the woodland. Count the 5 things that you hear.

Now look closely at the earth and soil around the plant - what is it like?

Try to become aware of the nature of the soil in which you are planted - the soil of your own personal circumstances. How does this 'soil' feel on the whole? Light, heavy, supportive, oppressive, nourishing or draining? Notice your thoughts and feelings, don't suppress, judge or struggle with them. Hold them in awareness. If difficult thoughts and feelings arise just notice them...

Look at the plant again. A green shoot ready to blossom. Where has it drawn its nourishment from?

Think about your own life - where in the soil of your life do you find what nourishes you? Take a moment to say thank you for that.



Lemon Balm

Find the herb lemon balm in the flowerbed next to the firepit. Gently pinch off one leaf. Smell it. Rub the balm in your hands to release more aroma. Does the scent change? Now chew a small piece - what does it taste like? Bees are attracted to lemon balm. When the Romans built the Antonine Wall in 142 AD they imported lemon balm. It was used for its antiviral and antiseptic properties. It was also said to enable the 'mind and heart to be merry' reducing anxiety and stress.

If you have timer on your phone allow yourself 2 minutes just to be. Close your eyes or focus on one point.

Breathe slowly and deeply. If your mind wanders this is normal, notice and gently bring it back to the scent of the lemon balm.



Celtic Circles

Find the station with the coloured wool next to a tree. Use the twine or wool to create 3 small circles of different colours. One for yourself, one for a friend and one for someone you find difficult.

As you make the circle (depending where you are on your faith journey) ask God or Love to circle around you and others keeping positive things in and negative things out.

Hang the circles on the tree.

For example you can pray:

Circle God/Love

Keep quietness in

Keep anxiety out.

Circle God/Love

Keep peace in

Keep worry out