

## CREATIVE EXPERIENCE



As a group or individually make a list of statements to express life in caring for our planet – see if you can come up with 108... Record them on the board and or on paper. Why 108, The number 108 is considered sacred by several Eastern religions. The individual digits comprising 108; 1, 0, and 8 represent one thing, nothing, and everything (infinity), representing the belief of the ultimate reality of the universe as being (paradoxically) simultaneously [one](#), [emptiness](#), and [infinite](#).

For example 1) Live every day as a fresh new start planting seeds. 2) Take time to breathe in the beauty of a new day. 3) Be positive ... 108) Last but not least, love LIFE!!

## BLESSINGS & CLOSING PRAYER



Today in all ways I give thanks for the life which energizes and animates my body to fully experience the blessings of Earth. Knowing I am connected in beautiful wonderful ways to all living organisms, the plants, the animals, to me. It was once said, let there be light and it was good. This is the principle of life supporting my understanding moving me forward in action. I AM Light expressing in Life. Thank you God. Amen.

## 5 Basic Unity Principles

God is all good and active in everything, everywhere.

I am naturally good because God's Divinity is in me and in everyone.

I create my experiences by what I choose to think and what I feel and believe.

Through affirmative prayer and meditation, I connect with God and bring out the good in my life.

I do and give my best.



LIFE

“For with thee is the fountain of life; in thy light do we see light.” Psalms 36:9

## AFFIRMATION

I am the Light expressing in Life

“The Earth does not belong to us. We belong to the Earth.” – Chief Seattle

## INSPIRATIONAL READING



“In All Thy Ways...” by RH Grenville

In all they ways acknowledge Him; Know he is there; in the woodland's heart, in the supermart, at the county fair, on the open sea, in the factory, in the placed that's marked EMERGENCY.

Oh, it is true He may be found in places high on holy ground, but the loveliest thrill a heart can know is to find Him in the ebb and flow of lives and people everywhere and know that He is always there; a living, loving Presence who is part of all we are and do.

## CHECK-IN



If you were a tree where would your roots grow and what would you branches reach for? How or who would you provide and care for?

## JOY SONG



My roots go down, down to the ground,  
My roots go down, down to the ground,  
My roots go down, down to the ground,  
My roots go down.

I am a willow swaying in the breeze,  
I am a willow swaying in the breeze,  
I am a willow swaying in the breeze,  
My roots go down.  
(refrain)

I am a flower on a mountain side,  
I am a flower on a mountain side,  
I am a flower on a mountainside,  
My roots go down.  
(refrain)

I am a pebble in a riverbed,  
I am a pebble in a riverbed,  
I am a pebble in a riverbed,  
My roots go down.  
(refrain)

I am a willow swaying in the breeze,  
I am a flower on a mountainside,  
I am a pebble in a riverbed,  
My roots go down.  
(refrain)

## LESSON



Life is the ability to energize, to vitalize, to animate and to express.

Life is a precious gift found in the power of the Universal Mind. Where do you see life? How does life express in the world about you? We live this life in our experience on this beautiful planet we call Earth. What if you believed the Earth and all of its life forms from the seedlings to the greatest and tallest trees, from the

amoeba to the human shared the same breath? What breath do you see?

All the twelve powers lead us to find purpose in life and express it. How will you write the book life, how might the story unfold? How will you hug a tree? When will you plant a seed? Where will you sing a long song to the planet we call home? How will you share the heartbeat with all that is living? Even when we cannot see it, faith is the imaginings of what we know to be true in the power of life where good and healing and blessings unfold.

## CENTERING



Let's try something new, an idea called remembering the future? Where we take a moment and close our eyes and think about the wholeness of the world. Where life is flowing as a sea of love through all that exists. Where as we imagine and we begin to share we see it as already have happened. What does it look like, are the fields rolling in green, is there a gentle breeze, are you basking in the sun or resting the shadows of the moon. What does it feel like to run your hand in the river or feel the laps of clean water at your feet. What does it feel like to be a small seed and turn into the tree which reaches to the stars. As you imagine clean water, food for all, a home for the smallest animal you create a new future for this planet we call home.

It is not always easy to imagine all the possibility and wonder in life and when you allow Spirit, a stillness, an inner voice of Life unfolds. And those old ideas, those old thoughts that were in the way being to fall or maybe melt away piece by piece and then new ones take the place creating a space that is larger than life for us to see what we imagine write here and now. The Earth is within our hands.

Take a moment to share if you are in a group, what are the likeness in your imaginings, what do you learn from one another. In your shared don't think, there are no wrong creations in Life. If you are by yourself take a moment and journal without thinking about punctuation or spelling. It is all good.