

A17 | Awaken to God's Presence | Autumn Harvest Project Zion Podcast

Joelle Wight 00:00

A gift of peace in the midst of troubling times. Project Zion Podcast offers this series of guided practices to help you connect with the divine. No matter where you are, or what's going on around you. Take a deep breath and allow your spirit to find calm in the storm of life.

Tyler Marz 00:29

Hi, this is Tyler Marz, Community of Christ minister and spiritual companion. Part of my journey is finding the divine in everyday life. Today, I invite you to join me in a guided meditation for the coming autumn months. Guided meditations are a time to take our mind elsewhere to take imagery and give it greater meaning and symbolism. So I invite you to relax, take a few deep breaths and join me in today's practice. Let's take a few deep breaths in and out.

Tyler Marz 01:30

You're walking along a path in a peaceful forest. Trees are all around you. It's fall and the leaves are changing colors. Yellows, oranges, scarlet and dusty amber. The evergreens that remain stand as constant verdent giants that bring continuity to the entire year. You smell the crisp fall air, the unique scent of this particular time of year. Breathe deep. You hear the crunch of leaves underfoot. The breaking down that will eventually lead to life in the spring months. You see squirrels scurrying to gather things for the coming winter. Birds are grabbing bits of straw to fortify their nests. The harvest season is a time where the toils of the spring and summer months come to an end. We gather in, store and preserve, bottle, pickle, and ferment what is needed for the coming months. We prepare our home for the coming cooler season. Store away, prepare, make ready. We might feel a longing for the warm summer days, the abundance of life. But fall has its charms too. As you walk along this path you see those memories playing like a clip from a movie. Take a moment to pause and look at them, treasure them.

Tyler Marz 04:58

Suddenly a squirrel scurries to your foot, to gather a nut on the ground. You continue your walk. Just as the squirrels and birds, you too need to gather things—whether physical or mental—for the coming months. What are you gathering and doing to prepare? What are you relishing? What are you savoring the last drops of?.

Tyler Marz 06:37

As you continue to walk along the leaf strewn path these things appear on your right and left. A basket appears. Pick it up and as you walk collect those things you need most. There is no limit to what your basket can hold.

Tyler Marz 08:02

As you continue down your path, and you've picked up so many things, ahead you see a cottage. Smoke billows from the chimney. Head in that direction and continue collecting items. As you near the steps of the cottage, you smell the fresh scent of something baking full of spice. A sign says, "Come on

in. All are welcome." Equipped with what you need, you enter. You rest. You have given thanks for the season of harvest and prepare for what lies ahead. Remember there is a community of people all around you to support and uphold you. If you haven't added that to your basket. I hope you do. While your community might look a bit different at the moment, they're still there to help, support, and encourage. Don't forget to reach out.