

Seed Meditations

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Seed Meditations



MATERIALS

Felt* in a variety of colors, seeds, beans, grains, storage container, your fingers or a tweezer

*Use the soft felt, the stiffer felt is slippery for the seeds.

A Seed Meditation is an in-the-moment practice. As a daily practice it brings calmness to our being, enhances our ability to focus and enriches our creative spirit.

Begin by setting an intention of love and gratitude. There is no need to have a plan, begin with one seed and let your intuitive guidance take over. When having a block in getting started, a walk in nature provides inspiration for patterns.

Seed Meditations are also a practice in non-attachment, change, and flow. As you take the Seed Meditation off the felt, imagine your intentions of love and gratitude being dispersed outward, like a ripple in a pond.

A Seeds Meditations is simply an in-the-moment practice.

