

## **Meditation on a Leaf adapted from “Finding God in a Leaf” by Brian Grogan S.J.**

Begin by taking a comfortable posture. Take 3 deep breaths. Bring your awareness into the present moment.

Take a leaf in your hand, look at it carefully and take note of its size, colour and its outline.

Take a few minutes to connect to your leaf.

Leaves are very ordinary to look at, very plentiful but each one is unique. No two leaves are the same, no two human beings are the same.

Brian Grogan in his book “Finding God in a Leaf” talks about the mysticism of Pope Frances’s Letter Laudato Si, underpinning all its hard facts and analysis is a profound view of the mystery of nature itself as revealing the Divine. God is present in Nature.

As you focus on your leaf and begin to connect with it and become familiar with its shape and size, its detail I now invite you to take a deep breath and become aware that this leaf is providing the oxygen necessary for your survival.

Take a few moments to reflect on your leaf which comes from the same source as each one of us. Nature is pulsating with the same Divine Energy that is in each one of us – *“Then God formed ‘Adam’ from the dust of the ground and breathed into his nostrils the breath of life and he became a living being”* Genesis 2:7

Take a few moments to reflect on this great miracle truth

Leaves are complex little factories, a hive of activity going on hidden from the eye. Notice the tiny veins which provide a network of canals to carry life giving water to the plant. There are tiny little pores which take in CO<sub>2</sub> (carbon dioxide) and release O<sub>2</sub> (Oxygen) into the atmosphere. They absorb sunlight, promote photosynthesis that manufactures food for the plant. They have elaborate strategies for dealing with pest and adverse weather conditions. They have a short lifespan. Without leaves there would be no vegetation and consequently no O<sub>2</sub> (oxygen) which is vital for all life, without leaves all life would disappear.

When they fall to the ground in autumn they provide essential nutrients for the soil below increasing its fertility for next year’s growth.

Complete self-giving – *“Unless a grain of wheat falls to the ground and dies it remains only a single grain but if it dies, it produces many seeds”* John 12:24

Finally the next time you see a dead or withered leaf, instead of seeing it as something to be swept up and cleared away – Salute it with gratitude for all it has achieved in its short life.

Thank your leaf and place it back on the Earth to complete its life giving cycle