

# 'The Seasons of the Soul' A Guided Fantasy

*Sit comfortably, back and neck straight, feet firmly on the ground, hands on the lap. Close your eyes and count sets of ten breaths for a time. Notice the noises around you near and far. Let them fade from your mind. Try to listen to the sound of the air entering and leaving the body.*

*Imagine that you are out walking on a cold, winter's day. You walk out the door and feel a cold breeze on your face. You wrap your coat and scarf more tightly around you. Feel the coldness in your fingers and toes. Watch the mist of your breaths rise up and disappear. Hear the grass crunching underfoot. See a line of dark trees in the distance. Watch them shake in the breeze and the powder of snow and frost slide off them. Feel the loneliness and emptiness of the place.*

*You come to a stream. You kneel down and touch the ice on the water. The ice breaks beneath your touch and the water flows out. At the same time the sun breaks through the grey sky and its light dances on the water. You enjoy the gentle warmth of the sun on your face. Feel the hope and the promise of new life.*

*Follow the stream as it twists through the trees. Watch the sunlight glisten upon it. In the great silence of the wood you hear a tiny rumble from the ground. You kneel and put your ear to the*

*soil. Listen to a tiny flower struggle through the soil; listen to a new shoot of grass pushing up to the light. You stand up again and all around you is a mat of new grass and many-coloured flowers. What colours can you see? Notice what they smell like.*

*Look up to the trees and be dazzled by the leaves and blossoms. Watch the birds dart from branch to branch building their nests. You hear them singing. Between the branches the sun hits your eyes and you have to shield them from the brightness. You sit down by the stream and enjoy its gentle gurgle. Notice the damselflies as they hover on the water. Watch them stop and move, stop and move. Feel the joy of life.*

*You get up and walk on. Notice how leaves begin to fall on the path ahead. How the bright greens are turning to golden yellows and browns. Catch a leaf and trace the dry veins with your finger. Watch the sycamore seeds spiral down. You come out of the woods to a huge field of wheat that goes far out to the horizon. Notice the ripe grain swaying in the breeze. In the distance the wheat is being harvested as food for many peoples. Feel thankful for the beauty and plenty of nature.*

*Fix your gaze on the scene before you for a few seconds. Now count ten breaths, and then open your eyes.*

- What did you see and hear during this fantasy?
- How did you feel during the winter? The spring? etc. ...
- How do you feel now?
- What picture stays in your mind?
- What sound ...?

## **To do** (individually or in pairs)

### 1 **Imagine the seasons 'inside yourself' as 'seasons of the soul'.**

- Copy the design at the side. Write in the four seasons. Think of the four types of prayer: petition, sorrow, thanksgiving and adoration.

Write in each quarter a type of prayer which seems to match that season.

- Now choose a colour for each quarter. Choose from the colours the Church uses in the year.

colour	symbol
purple	repentance, patience, waiting
Red	Holy Spirit, fire
white, gold	joy, celebration
green	new life, new growth

