

In ancient times, Celtic monks would cast themselves into boats that were set adrift into the sea. Without oars or any form of guidance, the monks allowed the wind to carry them to wherever God intended them to go. These journeys were complete acts of faith initiated by an inner prompting to leave behind the familiar and to go wherever Spirit was leading them.

Leaving behind all that we know and setting ourselves adrift in the wind is something that we all typically avoid, yet in these times of COVID-19, many of our lives and plans have been cast adrift. The wind is carrying us to a destination that we cannot see or plan for.

During these trying times I have often asked myself if I can allow my sails to fully open and to allow the wind to beckon me to wherever it will. In these moments of uncertainty, instead of fighting against the wind, I have decided to embrace it and meditate with it.

Please join me.

Sit comfortably and close your eyes. Take several deep breaths.

Imagine that you are released as a feather adrift on the breeze.

There's no need to know the destination, nor the return journey. You are safe and at peace flowing along with the wind.

Let this journey unfold in your mind for a few minutes. Take note of what stirs within you. What do you feel? What do you see?

Sit quietly with your experiences before releasing yourself and slowly opening your eyes.

When you are ready, pray the following prayer:

Spirit of Creation,
in the beginning you blew over the waters,
coaxing the earth up from the depths of the sea,
and inviting all creatures to rise up on their own wings.

Spirit of Renewing Life,
you breathed into me my very first moment,
invigorate me with your gift of energy or newness.
continue to breathe expansively in me,
inviting me to a vision for what is possible in my life.

Spirit of Restlessness,
Stir me from my longing for comfort that so often stifles me,
help me to release from the places that keep me stuck,

and guide me in the direction you would have me go.

Spirit of the Great Winds,
help me to hear your voice in the midst of the whirlwind of my life.
grant me the trust to hold on while I am being buffeted by life's storms.

Blessings of the wind be upon me.
May my sails billow wide,
May I breathe deeply the gift of inspiration,
May I be carried to the place of my resurrection,
May I be fully free.

Amen.

Hilary Hirtle is a recent transplant to Pennsylvania, having moved to Harrisburg from Columbus, Ohio earlier this year. Passionate about connecting people to nature, she has a special interest in helping others connect to nature through scripture and spiritual practice.

Meditations and text adapted from Painter, C. V. (2010). *Water, wind, earth, & fire: The Christian practice of praying with the elements*. Sorin Books.