

# Connecting Ecology and Spirituality STC616

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Notes ~ Sharon Dunn

- Dirt ~ the Placenta of the Earth
- Ants work for the Common Good
- Who painted that duck?
- A flower expresses the perfect idea of what is, a unique species
- Sometimes it's about being beautiful in the some of the toughest conditions
- Be unconflicted, be curious...
- Simple attention takes paying attention
- Give thanks for what you are eating as that life will be in you...thank you Fish!
- In the Fall, the leaves are finished and they are going back to the earth to make new leaves, they are in the exchange  
Nothing is lost in nature...everything has a reason for its existence
- All species are invasive, all of us...and none of us
- Creativity is the employment of energy to raise matter to a higher level
- Creativity is the intention to move from greater to lesser randomness
- It's all about relationship and how we fit together
- Opportunity for harmony
- There is so much intelligence in a leaf
- When we find the right match we feel robust, more complete
- Every atom remembers every meeting they have ever had—it has a signature
- Evolution is the practice of creative fitting and finding all environments to adapt
- Fitting happens when we're healthy
- Health is evident when there is an ability to recover from insult
- Find meaning in the smallest thing
- Removing our thinking is not our natural activity
- Observing and responding is our unique expression If you look at something biophysical, it will tell you what's going on, what its needs are and how you can connect and be involved
- Everything correlates with everything else
- First there is matter, then there is energy, then there is information...God is in the information, the Source The Universe was a big question before it became actual information
- Information is a sea of possibility waiting to be asked questions
- The information is in the information not in the substance...it's in the energy, not the particle
- Helium is the only manufactured Earth product
- Disease is a bad dream that we have
- Survival of the fittest ~ those that fit the best
- It's not that I'm wrong, it's my lesson or the collective lesson
- Nature shares 100% of space and resources
- We get the blessing because we can recognize it
- Thank the bug that walks across the room for the opportunity it brings to shift consciousness, for the opportunity for it to live inside my heart
- Set judgment aside
- Go back to where you started, to your innocence when you were fully conscious
- Be with that which attracts you
- When we define Nature, we put it in a box ~ Nature doesn't have boundaries
- Compromise is in our confusion, when we limit ourselves
- Changing old habits is how people accept information
- Change up alters consciousness
- A field ~ the Quantum vacuum
- Being conscious isn't thinking In the present, everything that happens comes and goes...only the present remains
- We Rush to the place of rest
- We are a living community

- We are porous beings, things come through us
- Community creates diversity, refinement, creativity, compassion and opportunity
- To understand is to stand under and look up to
- Wonder is the sacredness of the hunt
- Ministers are the nurturers of the spiritual community
- Meander
- The giving you get to keep
- What is the exchange?
- First step in observation is admiration
- Every life form is making a statement by its very presence and about its fitting in the place it occupies and its partners with everything around it
- Nature knows how to speak to each other
- Everything is recyclable in Nature
- There's no competition in Nature You must have the seeds of care where compassion is otherwise it doesn't matter
- Health is expressed as building in redundancy, adding to diversity and becoming robust with enough energy to withstand stress and disease
- Poor health is pathology in the ecosystem that temporarily or permanently creates the inability to find within the environment the best fit of adaptation for itself
- Watershed is whatever falls out of the sky ~ snow, seeds, etc.
- Keeping Gaia clothed heals Mother Earth
- Earth is the hands that hold the water
- When you begin to count, you lose the relationship between the things you are counting ~ count and then enjoy it without counting

#### CONNECTION

*Branches entwined in the sky  
Blades of grass  
All the same connection*

#### ONE

*Freeway noise harmonizing  
With the rustling of leaves  
In the wind*

#### OLD WOMAN

*Tree trunk  
You have the skin  
Of an old woman*

#### SPARKLE

*Paying enough attention  
The sparkling spider web  
Comes into view*

#### HARMONY

*Freeway noise harmonizing  
With the rustling of leaves  
In the wind*

#### CROW

*Crow shouting its warning  
We have a visitor  
Laying under our tree*

#### FRAGRANCE

*The earth smells of perfume  
Yet to be sold  
At Macy's*

#### NEW BUDS

*At the end of each branch  
A bud coming into being  
As a bloom*

~ Sharon Dunn