

# Eucalyptus rubida

Newsletter of The Centre for Ecology & Spirituality  
Newsletter No.60 Autumn 2015



## Spirituality grows out of the things you really love

Spirituality grows out of the things you really love. You cannot have a spirituality around things to which you are indifferent. If family is something you really love, then you will surround it with rituals: rituals of greeting and parting, flowers and gifts, poems and songs of affection, celebrations of events, and other creative ways of showing affection.

This also applies if you are a religious person who really loves God - or it should. Traditional forms of worship are meant to support and nurture this. Similarly for a person who really loves the Earth, then there is rich ground here for developing a spirituality which reflect this attachment, right from the cultivation of home gardens, to habits of eating and cooking mindfully, community seasonal celebrations, to taking individual action to protect the Earth we love.

A spirituality cannot be imposed on a person. You cannot tell a person who or what they must love. That is like telling someone what they must believe, which is a contradiction in terms. As for an earth-oriented spirituality we are seeing a resurgence of this right across the globe. The more we awake to the knowledge that we are earthlings, then every other love we have, is now seen through this lens of earth-belonging.

This new consciousness of belonging is nurtured to the extent that we are present to the object of our love in a mode of mutual and creative presence. Both the lover and the beloved engage in a process of co-creation.

They say that we do not work out of our true potential. Perhaps in our waking state we only are aware of a few percent of our deeper consciousness. A substantial amount of how we are in the world comes from our cultural, religious, and other varieties of our 'education'. We speak out of these and act out of these automatically, and without much thought. They are like computer programs that once set in motion run themselves through to completion.

The reality is, of course, that at each moment of our waking state we have choices that determine how each moment of our lives grows into the future. There is then a tension (or should be) between acting out our programming blindly and making choices that

reflect our deeper desires, knowing and loves. If we are able to do the necessary 'inner work' then we just might be able to move out of a reactive mode of being, to one that is routinely soulful. I think this is the work of spirituality. In computer terms this would be a re-programming. So having done this, are we back to square one, just following a new program?

No. It is just that we are now acting out of a program (spirituality) that we have chosen, one that reflects better our deeper sensibilities. At a recent gathering of like minded 'green' people in the Toolangi State forest, I found myself giving one of the several workshops that day in a small tent. I handed around a photo album of wildflower photos I



had taken, like the one in this article (Running Postman). The intention was to inform the group about what grows in the area.

One young adult asked me out of the blue "Do you really love these flowers?" I was nonplussed for a moment at the directness of the question and hesitated in giving an answer, but another person in the group interrupted with an answer. "You only have to look at all these beautiful photos to know he really loves them".

Sometimes we need others to tell us more about ourselves. In this instance I was telling this group of younger people that their love

and concern for the forest was in turn a spiritual endeavour. To have someone say this to them I felt they really appreciated.

Spirituality then is about love and not about any pre-programming that we stick to doggedly, as though fidelity was the be all and end all.

Now spirituality is not primarily about the head, but about the heart. This more intimate manner of speaking about the body has become the norm. Spirituality is about creativity, which has reached a climax in the human.

So, once again we see that spirituality and creativity come from our wild side, and not our domesticated persona. This is another way of looking into the reality of our lives. To be real is to be 'wild' rather than to be caught in the web of domestication acting out worn ways of seeing things.

Henry David Thoreau made the statement "In wildness is the preservation of the human" We can see this reflected in the above thinking about spirituality.

I have never really been comfortable about the word 'spirituality'. Words can reduce deep life experiences to mere concepts. My thinking is leading me to think that if our spirituality loses its spontaneity and creativity then the danger is that it will become just another program sequence we act out. Rather spirituality must be an emerging way of being in the world, always being ready to act out each moment as spirit calls us to make choices.

This discernment is one of the major challenges of being alive - being alive means acting out of a consciousness, that we carry within us an entire universe of creative spontaneities, mysterious allurements, dazzling radiance, and comprehensive synergy and interrelatedness.

Whether we describe this in theological or non-theological terms is not that important (words again). Any ideology or religion is open to the kind of brain-washing alluded to in the above paragraphs, but both are also able to draw away for us the curtain that reveals things as they really are.

Trevor Parton