

THE SEASONS OF OUR LIVES



Final Month 1.5 – 3 hour Nature Quest Guide May – June 2026

Listen ... what is nature teaching you?

The changing seasons of the natural world mirror the changing seasons within our lives — times of growth, surrender, darkness, renewal, abundance, and rest.

Over the past eight months, we have journeyed together through the *Seasons of Our Lives*, spending time with one another and in nature to reflect, listen, observe, and heal.

Along the way, we have engaged with teachings, music, meditations, readings, articles, psalms, and poems that deepened our experience of being in nature. We have responded through reflection, sacred questions, insights, art, and poetry.

During our May webinar, you undertook a one-hour Nature Quest. This month you will continue that work by spending a little longer in nature, again using the four seasons framework as our guide. This is the final nature quest of this program.

Gather what you need, find your place, settle in (20 mins), reflect (1 – 2.5 hours) – and close (10 mins).

Try not to force meaning or insight.

Begin by just noticing.

You may experience moments of clarity, gratitude, sadness, peace, or uncertainty. Simply allow yourself to be present to whatever arises and express it in whatever way feels natural to you.

BEFORE YOU BEGIN

Gather:

- These notes and worksheets
- Your journal or notebook
- Pen, pencils, or crayons
- Drinking water
- Weather appropriate clothing
- Something comfortable to sit on

Choose a place nearby where you can sit quietly alone and undisturbed e.g.:

- your garden or backyard
 - a local park
 - a quiet green space
 - beside a window or near a plant
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SETTLING IN (*Approx. 20 minutes*)

Begin by becoming fully present to where you are.

Take some slow, deep breaths.

Notice and name:

- What you see
- What you hear
- What you smell
- What you taste
- What your skin or body touches
- Any other perception, thought or feeling

Allow yourself to arrive fully in this moment. Breathe deeply.

Sit quietly for a time — with eyes open or closed, whatever feels natural to you.

When you are ready, slowly read the opening prayer at least twice, underlining any word or phrase that calls to you:

THE FOUR SEASONS PRAYER

Sacred Seasons of Earth,
as you sweep over our lands and through our hearts,
you wear the face of the Divine.

How deeply we feel the effect of your many moods.
You whisper death chants to us,
then lovingly sing out blossoms.

You call us into nesting places
that we might ponder all that needs to be reborn in our lives.

You tell us stories of life and death,
transformation and rebirth,
waiting and patience,
rest and hope.

You enfold us in fruitfulness,
then strip us bare.

You grow within us
and season us with your changing personalities.

O Seasons of the Earth,
bless us with your gracious ability
to surrender at the slightest invitation of the Divine Spirit.

As we contemplate the seasons in our own lives,
open our eyes, our minds, our hearts,
and our whole being
to the lessons you have been teaching us throughout these months together.

WORKSHEETS

REFLECTION - THE LANDSCAPE OF MY LIFE (*1 – 2.5 hours*)

Looking back at the landscape of your life and what have you been experiencing through the Seasons of Our Lives track:

- What are some lessons you have learned?
- What new insights about yourself, others, the divine, life in general?
- What are some challenges you have encountered?
- What has been affirmed for you, about yourself, others, the divine?
- Did you discover something about yourself that you appreciate?
- What are you most grateful in each season?
- What are you taking away from this journey?

If helpful, go season by seasons with these questions. Feel free to be use another creative expression.

WORKSHEET 1

SEASON OF AUTUMN

Direction: West (the direction of the setting sun)
Element: Earth
Themes: Gratefulness, Harvest, Surrendering, Letting Go

Lessons / Insights	
Challenges	
Affirmations	
Gratitude	

WORKSHEET 2

SEASON OF WINTER

Direction: North (the direction of the low sun in the sky).

Element: Water

Themes: Darkness and Solitude, Forgiveness

Lessons / Insights	
Challenges	
Affirmations	
Gratitude	

WORKSHEET 3

SEASON OF SPRING

Direction; East (the place of the rising sun)
Element: Air
Themes: New Life, Emergence, New Beginnings

Lessons / Insights	
Challenges	
Affirmations	
Gratitude	

WORKSHEET 4

SEASON OF SUMMER

Direction: South (the place of the sun high in the sky)
Element: Fire
Themes Savouring, Beauty, Abundance

Lessons / Insights	
Challenges	
Affirmations	
Gratitude	

SUMMARY SHEET

Most important things for you.

Key insights or learning	
Significant Challenges	
Affirmations / Gratitude	

CLOSE (*Approx. 10 minutes*)

- Express gratitude for this time in nature in whatever way feels right for you.
- Gather your things, return home and take time to replenish yourself.