

‘Meditation and Creation’

During *Season of Creation* and in the weeks leading to COP 26
Meditation sessions, online in Zoom
ANSD Australian Network for Spiritual Direction
Facilitated by Judith Keller
Friday September 3 - Friday October 22, 2021
4.00p.m.-4.45p.m AEST



Photo by Judith Keller, lotus pond and paperbark trees, Varsity Lakes, Qld Australia - on the lands of the Yugambeh speaking peoples of the Gold Coast region of SE Qld

‘Once as I travelled through a quiet evening,
I saw a pool, jet black and mirror still...
I watched in silence, till my heart was full
Of clear dark water, and white trees unmoving...’
From Judith Wright, *Egrets*, Collected Poems, 1994, p. 156.

We sit in silence together for 20 minutes and are online for around 45 minutes.
Each week we will interweave voices of First Nations peoples of the land of Australia, with a poem
of the Australian poet Judith Wright.

Judith Wright’s poetry expresses a deep love of the Australian landscape; she was one of the first
Australian environmentalists. Some of her poetry has a profound meditative beauty.

The sessions open and close with music.

These sessions are an invitation to join with others in silence as we sit in solidarity with one
another and Earth.

We celebrate; we lament; we commit ourselves to act so that all may flourish.
Anyone with an established sitting meditation practice is welcome to join in the sessions. There is
no cost involved. Attend one session or all eight sessions.

Contact Judith directly for zoom link, or go to the *upcoming events* section of the ANSD website:
<https://ansd.org.au/>

Judith Keller has a background in religion and the arts. She is passionate about ecology and spirituality and
draws on poetry, meditation, music and the visual arts in her advocacy for Earth. Judith is a member of
ANSD, AELA Australian Earth Laws Alliance, Treesisters, and the Deeptime Network. She is a guide in her
Regional Botanic Gardens.

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