

Templates for Change

Harmonising with Nature Series – 10 Minute Contemplations



Christine Thompson
Presenter

The Vibrancy of Dawn

Nature's qualities

The world of nature is full of colour and vibrancy...encompassing many of the qualities, that people want and need in their own lives for example enlivenment, tranquillity, cleansing, healing, cheerfulness ..and so much more.

This contemplation is about the dawn and how to connect to the vibrancy which each day awakens life on earth...



Somewhere on the planet, the sun is always rising....

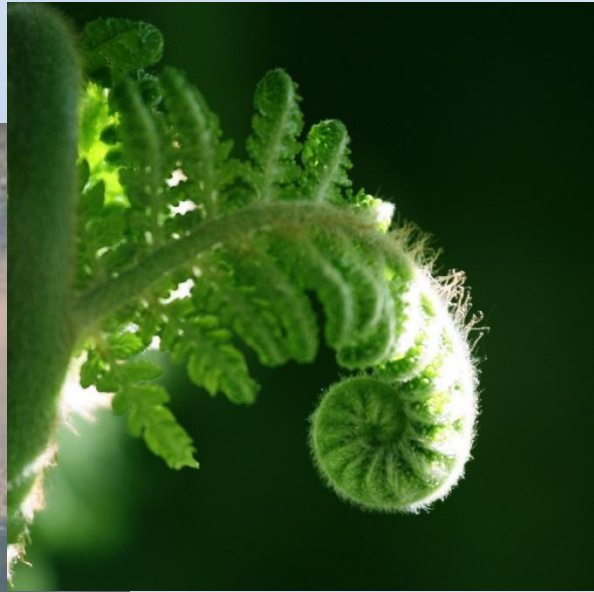


As the planet rotates around the sun, dawn is appearing around the planet

A never diminishing vibrancy which awakens life



Birds, animals, plantsand of course people



...all respond to that silvery enlivening call

But often, we are fast asleepand wake more to the alarm call !



Why not , now and again ,
give ourselves a treat - re-
vitalise ourselves ... arise
an hour **before** the sun
comes up , go outside and
sit quietly.... allow the wash
of dawn to work it's magic
in us

Feel again, how much we really are a part of that lovely bigger picture



Knowing you are not apart , and never alone

Hope you enjoyed the contemplation !



To find out more about TFC and our programmes, drop in to our website www.templatesforchange.org