

The Seed Meditation

Find a quiet place to sit, somewhere in nature is best. Place a seed from a plant in the palm of your hand. First, focus on the physical appearance of the seed, all that can be perceived by your physical sense of sight: the color, the shape, and so on. Then inwardly consider the thought that if planted, this seed would grow into the kind of plant the seed comes from. Imagine that plant, or fruit, or vegetable, in full maturity. Then inwardly consider that what you are imagining now will later be brought to reality by the forces of nature. Open your intuition to what the seed may reveal about itself. Throughout the exercise, keep in mind that if this seed were an artificial copy, it would not hold the same forces as this seed does. In this way we attune our higher senses to the unseen forces of the earth.

The Seed Meditation offers the observer an opportunity to follow a path of observation which begins with the physical senses and progresses into an imagination of the object's potential—how it may move and change through time. These steps develop “new organs of perception” (Goethe, 1988) to attune the observer's higher senses and come to more deeply understand, without the burden of words, an object or person.

When the seed is given focused attention and imagined to one day develop into a flowering bush, the image connects us to the greater life cycles of the natural world and the processes of time that move all things on. In addition to developing inner organs of spiritual perception, the seed meditation brings to mind the impermanence of each moment. Wherever we are, and wherever our students are developmentally in this moment is fleeting. Change inevitably comes. We are all on a path of development, moving ever onward.