

# Spirit Spot



.....give the gift of time and nature

North American indigenous peoples recognized the special powers that could come to a person by placing oneself in the right frame of mind and the right location. The Spirit Spot tries to reintroduce children to this experience, as well as providing a time for quiet introspection and intimate nature observation. Native traditions saw youth spending long periods alone in search of spiritual guardians, offering opportunity to see the same place under different conditions - sunny, shady, windy, calm, wet and foggy - and the many animals that might approach them if they are quiet: birds, chipmunks, squirrels...

In finding a Spirit Spot, a few rules must be observed:

#1 This is a solitary activity.

#2 Silence must be maintained.

#3 The youngster can return to that same spot on future occasions.

You may want to set an appropriate time frame for this activity and of course it may be necessary for you to monitor your child at the Spirit Spot depending on age, but do try to encourage independence. While in their Spirit Spot, they can do as they please - sit in silence, sketch what they see, journal their feelings (pictograms are great for younger children). When they return, have them share with you the wonderful things that they saw. Find a Spirit Spot for yourself and share with them too!