

Growth - Leaders Guide (Standard)

A service/guided session to take time to plant intention, hope and gratitude into the coming season.

This service was originally created to mark Rogation for St James's Piccadilly, London UK, monthly 'Creative Spirit' service, in May 2018 by artist Amy Diana Poole.

There are three versions of this pack:

- This document is the 'Standard' version looking at the same themes without religious affiliation.
- The original service around 'Rogation',
- Or a 'Christian' version generalised around growth, prayer and intention, but not rogation specifically.

All resources needed to conduct this service are in this guide (or the other two versions dependent on your preference).

There is a list of poems/passages at the end of this document, which should be printed and presented separately.

Image sources can be found here:

<https://www.pinterest.co.uk/adpoole93/creative-spirit/>

Please be aware that almost all images used in my services are sourced from Pinterest and therefore do not have copyright permissions for distribution outside of spiritual/religious spaces and sessions. And definitely should not be used for sessions with any monetary exchange, such as paid entry.

Introduction to be read by leader: 5 mins

Today we are taking this time to plant intention, hope and gratitude into the coming season.

Take your time to read the passages around the space and reflect on the images. Meditate on what you need, what you want to grow in your life, or of the lives of those around you.

When you are ready, join me in making seed bombs, we will plant our intentions into this soil. You can then take them home or release them into an open space of your choice, to grow, bloom and multiply.

1. Reflection

Give the attendees time to reflect on the images and read the passages before making the seed bombs together.

When doing this service I created a corner of images and passages on one side of the space and then a circle on the floor at the other end of the space for making the seed bombs. This way attendees could come and go from the session, taking time away for reflection, or sitting together in a circle for making.

2. Instructions to make seed bombs.

Mix 10 parts soil to 1 part flour. (I recommend teaspoon measures)

Slowly add water and mix slowly until the mixture becomes sticky like dough.

Roll into a golf-ball size ball.

Fill a tray with wildflower seeds.

Roll your mud balls around until covered in seeds.

Leave to dry, when they're ready to throw in your garden or public space.

(They will be better for throwing if you let them dry overnight)

3. Planting Intention.

The list below gives the meaning or intentions behind each plant. You may have different seeds, but I have included this in case it is useful. Some people may wish to use the meaning associated with the plants as a sign of their intention rather than creating their own.

Forget Me Not Flower

- True and undying love
- Remembrance
- Fidelity and loyalty

Cornflower

- Being happy with what you have (Contentment)
- Love and attraction

Poppy Flower

- Restful sleep and recovery
- A lively imagination
- Peace in death, Resurrection and eternal life
- Beauty, success, extravagance and luxury

Foxglove

- Healing
- Fertility
- Resurrection

Chamomile

- Abundance (Attracting wealth)
- Patience

Daisy

- Innocence and purity
- New beginnings
- True love
- Secrecy

Candytuft Snowflake

- Joy
- Indifference
- Adaption

I am a seed.
In darkness I have lain,
Where it is cold and wet.
Hearing the patter of life above me, life moving past me.
Waiting.

I have been the seed on dry ground.
Blinded by light,
Consumed in heat.
Burning too fast with nowhere to root,
Being swept away on a slight breeze or under foot.
Shrinking, cracking.

Please guide me to soft soil,
To a womb from where I can grow.

Lead me towards silken sunlight,
Smooth enough to drink its gold.

Cleanse me with pure water,
A well of eternal life through you.

I wish to thrive.
For my roots to break concrete,
And my branches to bear fruit.
My bloom to inspire poetry,
And my breath to give life.

I am a seed.
I thank you, and hold my trust in you,
For now my journey begins.
Now I will grow.

- Amy Diana Poole

Milk and Honey by Rupi Kaur

Stay strong through your pain
Grow flowers from it
You have helped me grow flowers out of mine so
Bloom beautifully
Dangerously
Loudly
Bloom softly
However you need
Just bloom

- To the reader

Milk and Honey Rupi Kaur

The universe took it's time on you
Crafted you precisely
So you could offer the world
Something distinct from anyone else
So when you doubt
How you were created
You doubt an energy greater than us both

When I Am Among the Trees, Mary Oliver

When I am among the trees,
especially the willows and the honey locust,
equally the beech, the oaks and the pines,
they give off such hints of gladness.
I would almost say that they save me, and daily.

I am so distant from the hope of myself,
in which I have goodness, and discernment,
and never hurry through the world
but walk slowly, and bow often.

Around me the trees stir in their leaves
and call out, "Stay awhile."
The light flows from their branches.

And they call again, "It's simple," they say,
"and you too have come
into the world to do this, to go easy, to be filled
with light, and to shine."

Praying, Mary Oliver

It doesn't have to be
the blue iris, it could be
weeds in a vacant lot, or a few
small stones; just
pay attention, then patch

a few words together and don't try
to make them elaborate, this isn't
a contest but the doorway

into thanks, and a silence in which
another voice may speak.