

A large, leafy tree stands on a rocky, grassy hillside under a clear blue sky. The tree is the central focus on the left side of the image, with its branches spreading out. The ground is covered in dry, yellowish-brown grass and several large, reddish-brown rock formations. The sky is a pale, clear blue.

APRIL 2023

SEEDS OF SPRING
—
WATERING OUR SOULS
FOR
VERDANCY

PRESENTED BY STOP BREATHE BELIEVE^(R) & DIANNE MORRIS JONES

A Verdant Emergence

By Roger C. Jones

Sometimes, we'll scan sheer mountain rock faces
To find a lone green pine or sole piñon
Emerging from the precipitous and lifeless granite.

And when we spot that bold and verdant spectacle,
Marooned like a runner left on 2 nd base after the last out,
We wonder why Life made this extraordinary green display
In such a stark venue.

One has to admire, if not question,
The audacity of a single plant living
In a sea of rock—
No friends, little water, less hope...

A verdant emergence that cries
Either as a shout of desperation
Or a whisper of inspiration.

We choose.



So, let's consider the images of nature, and the beauty of green to inspire us to grow and to plant seedlings – in the ground and in our hearts. May we be inspired to carefully and tenderly pay attention. Paying attention to the look in one another's eye, to the pain in one another's furrowed brow, to the touch of one another's loving hand, to the tear developing in one another's eyes, or to the crack in one another's voice as we listen deeply, can offer us moments of verdancy within our souls that radiate light.

For the month of April, we will be sharing images of nature in all of her hues of green. Each day I will post on Instagram and Facebook an invitation to verdancy, a daily seedling of growth for our hearts and our souls to reflect upon. In addition, you can download the PDF below for the daily reflections if you are not on social media or read the blog in full at: diannemorrisjones.com.



Day 1

“A tree is known by its fruit; a person by their deeds. A good deed is never lost; whoever sows courtesy reaps friendship, and whoever plants kindness gathers love.” – Saint Basil

How might we invite a seedling of greening and growth today, to give life to the verdancy within our soul?

Photo taken in North Hollywood, California.



Photo taken at Red Rock Lake, Iowa.

Day 2

“Still bearing fruit in old age, still remaining fresh and green.”

– Psalm 92:14

How might we invite a seedling of greening and growth today, to give life to the verdancy within our soul?



Photo taken at Loring Park, Minneapolis, Minnesota.

Day 3

"Though I do not believe that a plant will spring up where no seed has been, I have great faith in a seed. Convince me that you have a seed there, and I am prepared to expect wonders." – Henry D. Thoreau

How might we invite a seedling of greening and growth today, to give life to the verdancy within our soul?



Day 4

“Green is the prime color of the world, and that from which its loveliness arises.” – Pedro Calderon de la Barca

How might we invite a seedling of greening and growth today, to give life to the verdancy within our soul?

Photos taken at Monet's Garden, Giverny, France.



Photo taken at Mt. Whitney
Portal, California.

Day 5

“A lack of respect for green growing things soon leads to a lack of respect for people too.”

– Luther Standing Bear

How might we invite a seedling of greening and growth today, to give life to the verdancy within our soul?



Photo taken in Big Sur, California.

Day 6

“When you’re green, you’re growing. When you’re ripe, you rot.” – Ray Kroc

How might we invite a seedling of greening and growth today, to give life to the verdancy within our soul?



Photo taken at Dallas Arboretum,
Dallas, Texas.

Day 7

“Working too hard or stretching ourselves too thin, depletes us of this greening life energy and so draws us away from our true nature as moist and fecund.” – Christine Valters

Paintner

How might we invite a seedling of greening and growth today, to give life to the verdancy within our soul?



Day 8

“Christian tradition tells us that we have received two books of divine revelation: the book of scripture and the book of Nature. Creation itself is a sacred text through which the presence of God is revealed.”

– Christine Valters Paintner

How might we invite a seedling of greening and growth today, to give life to the verdancy within our soul?

Photo taken in Costa Rica.



Photo taken at Atlanta State Park,
Texas.

Day 9

“The future will either be green or not at all.” – Bob Brown

How might we invite a seedling of greening and growth today, to give life to the verdancy within our soul?

Day 10

“Glance at the sun. See the moon and the stars. Gaze at the beauty of earth’s greenings. Now, think. What delight gives to human kind with all these things. All nature is at the disposal of humankind. We are to work with it. For without we cannot survive.” – Hildegard of Bingen

How might we invite a seedling of greening and growth today, to give life to the verdancy within our soul?



Photo taken at Raccoon River Park, West
Des Moines, Iowa.



Photo taken at The Huntington, San Marino,
California.

Day 11

“Green is a process, not a status. We need to think of ‘green’ as a verb, not an adjective.” – Daniel Goleman

How might we invite a seedling of greening and growth today, to give life to the verdancy within our soul?



Photo taken at Chicago Botanical Garden, Chicago,
Illinois.

Day 12

“If there is a future, it will be Green.”

– Petra Kelly

How might we invite a seedling of
greening and growth today, to give
life to the verdancy within our soul?



Photo taken at Joshua Tree National Park, California.

Day 13

“Everything has yet to be invented. I never say ‘green’ – I say ‘greener.’ It’s greener simply because this is a continuum of change, improvement and discovery. – Yves Behar

How might we invite a seedling of greening and growth today, to give life to the verdancy within our soul?



Photo taken at Taggert Lake, Grand Teton National Park, Wyoming.

Day 14

“For in the true nature of things, if we rightly consider, every green tree is far more glorious than if it were made of gold and silver.” – Martin Luther

How might we invite a seedling of greening and growth today, to give life to the verdancy within our soul?



Photo taken in Yellow River Forest, Iowa.

Day 15

“It is not so much for its beauty that the forest makes a claim upon men’s hearts, as for that subtle something, that quality of air, that emanation from old trees, that so wonderfully changes and renews a weary spirit.” – Robert Louis Stevenson

How might we invite a seedling of greening and growth today, to give life to the verdancy within our soul?



Day 16

“Nature’s first green is gold.” – Robert Frost

How might we invite a seedling of greening and growth today, to give life to the verdancy within our soul?

Photo taken in Glacier National Park, Montana.



Photo taken in Grand Teton National Park, Wyoming.

Day 17

“For still there are so many things that I have never seen: in every wood in every spring there is a different green.” – J.R.R. Tolkien

How might we invite a seedling of greening and growth today, to give life to the verdancy within our soul?

Day 18



Photo taken at Possum Kingdom
Lake, Texas.

“I long for the countryside. That’s where I get my calm and tranquility – from being able to come and find a spot of green.” – Emilia Clark

How might we invite a seedling of greening and growth today, to give life to the verdancy within our soul?



Day 19

“Nature in her green, tranquil woods heals and soothes all afflictions.” – John Muir

How might we invite a seedling of greening and growth today, to give life to the verdancy within our soul?

Photo taken at Grand Teton National Park,
Wyoming.

Day 20

“When the green woods laugh with the voice
of joy, And the dimpling stream runs laughing
by; When the air does laugh with our merry
wit, And the green hill laughs with the noise of
it.” – William Blake

How might we invite a seedling of greening
and growth today, to give life to the verdancy
within our soul?



Photo taken at Harper's Ferry, West Virginia.



Day 21

“It seems very safe to me to be surrounded by green growing things and water.” – Barbara Kingsolver

How might we invite a seedling of greening and growth today, to give life to the verdancy within our soul?

Photo taken at Monet's Garden, Giverny, France.



Photo taken at Mt. Baldy, California.

Day 22

“Green fingers are the extension of a verdant heart.” – Russell Page

How might we invite a seedling of greening and growth today, to give life to the verdancy within our soul?

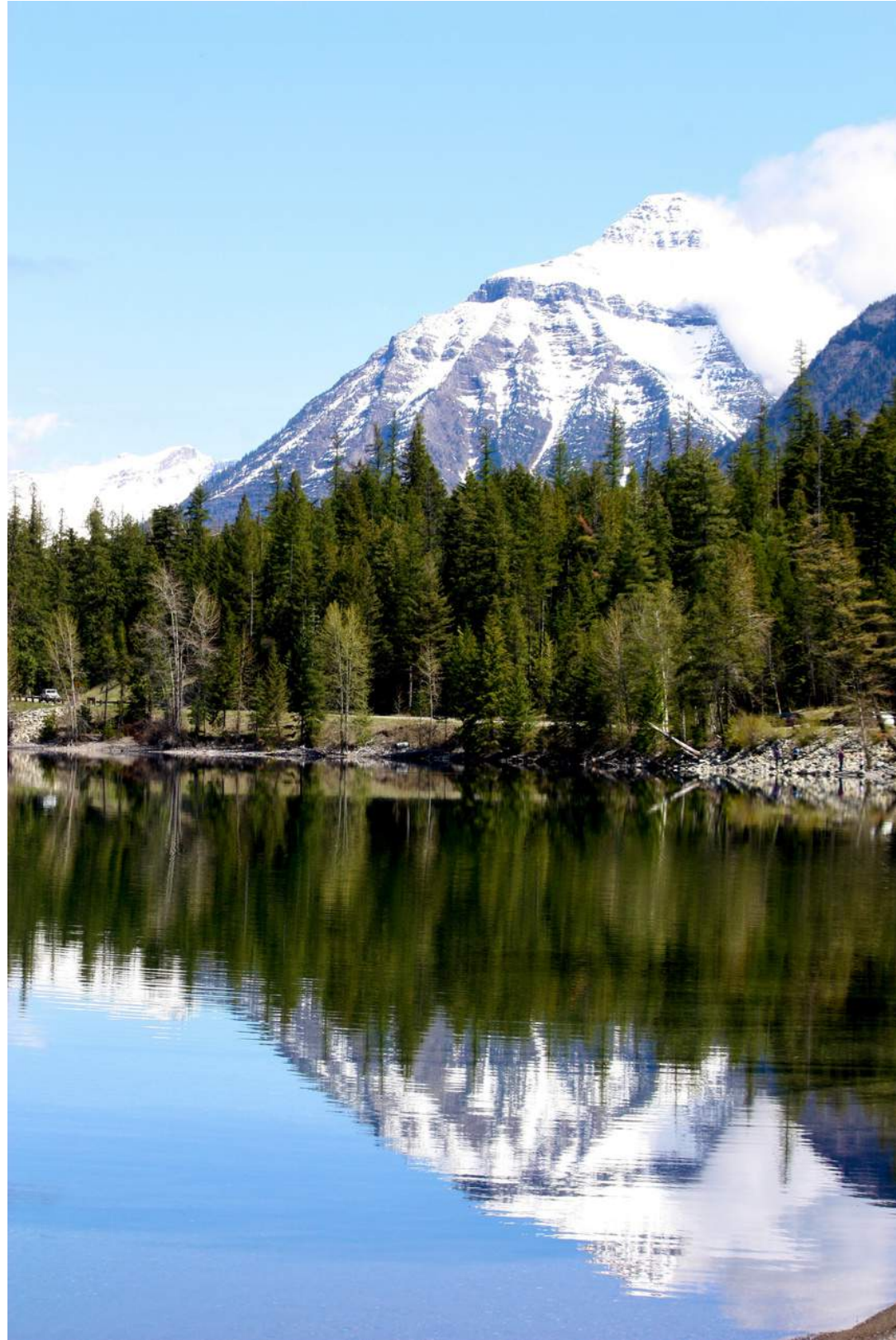


Photo taken in Glacier National Park,
Montana.

Day 23

“The garden of love is green without limit
and yields many fruits other than sorrow or
joy. Love is beyond either condition: without
spring, without autumn, it is always fresh.”

– Rumi

How might we invite a seedling of greening
and growth today, to give life to the
verdancy within our soul?



Photo taken at Middle Fork of
Flathead River, Montana.

Day 24

“The work an unknown good man has done is like a vein of water flowing hidden underground, secretly making the ground green.” – Thomas Carlyle

How might we invite a seedling of greening and growth today, to give life to the verdancy within our soul?

Day 25

On the day when
the weight deadens
on your shoulders
and you stumble,
may the clay dance
to balance you.

And when your eyes
freeze behind
the grey window
and the ghost of loss
gets into you,
may a flock of colours,
indigo, red, green
and azure blue,
come to awaken in you
a meadow of delight.

When the canvas frays
in the currach of thought
and a stain of ocean
blackens beneath you,
may there come across the waters
a path of yellow moonlight
to bring you safely home.

May the nourishment of the earth be yours,
may the clarity of light be yours,
may the fluency of the ocean be yours,
may the protection of the ancestors be yours.

And so may a slow
wind work these words
of love around you,
an invisible cloak
to mind your life.

– John O’Donohue, *Blessing*

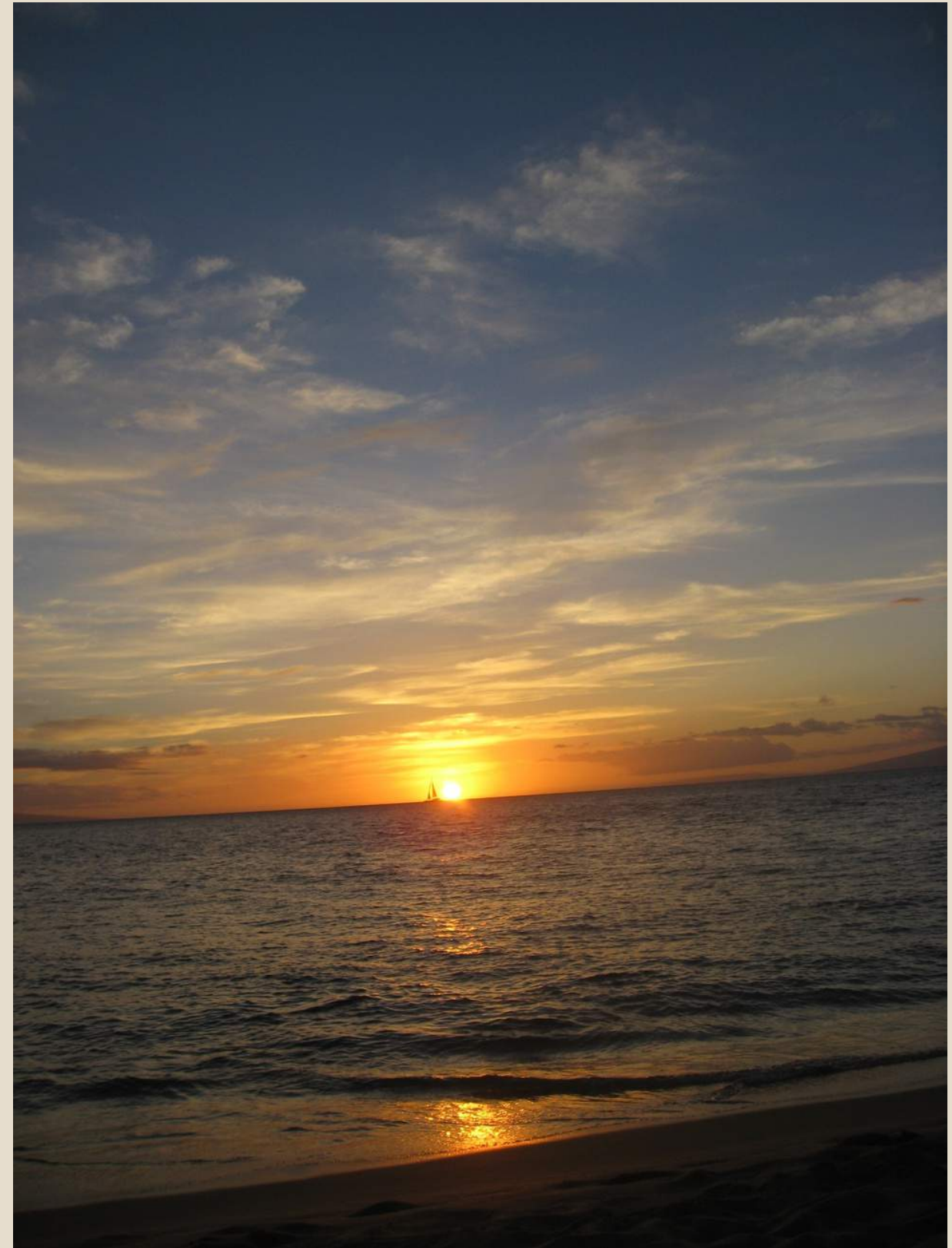
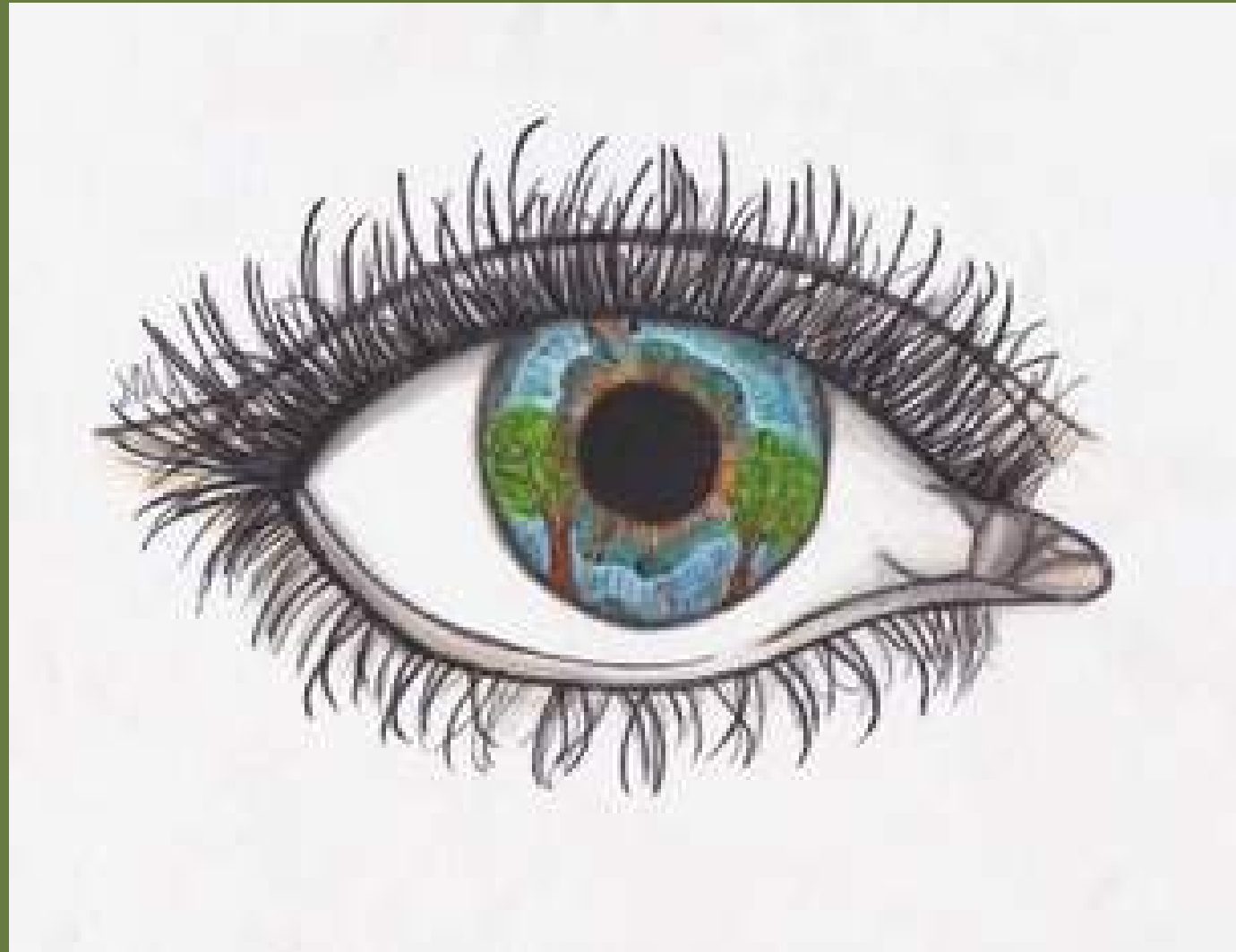


Photo taken in Hawaii.

Day 26



Artwork by Alanna Wise
McNeill

"When I meet someone, I look at their eyes and their smile and seek out the good first – it's easy to find when you're looking for it. You let a person shine with their own light and try to connect it to yours. As soon as I say hello, I go right to that light and I don't care who you are! I know we're all pieces of the same thing – I go for that common light because I know it's in all of us." – Dolly Parton

How might we invite a seedling of greening and growth today, to give life to the verdancy within our soul?



Photo taken in Joshua Tree National Park, California.

Day 27

“Ask yourself what makes you come alive and do that. Because what the world needs is people who have come alive.” – Howard Thurman

How might we invite a seedling of greening and growth today, to give life to the verdancy within our soul?



Day 28

“The voyage of discovery is not in seeking new landscapes, but in having new eyes.” – Marcel Proust

How might we invite a seedling of greening and growth today, to give life to the verdancy within our soul?

Photo taken in Glacier National Park,
Montana.



Day 29

“Awareness mines every relationship, unmasking every event, every moment, for the meaning that is under the meaning of it.” –
Joan Chittister

How might we invite a seedling of greening and growth today, to give life to the verdancy within our soul?

Photo taken in Olympic National Park,
Washington.



Day 30

“The soul becomes dyed with the color of its thoughts.” – Marcus Aurelius

How might we invite a seedling of greening and growth today, to give life to the verdancy within our soul?

Photo taken in Costa Rica.