

Ecospirituality at Prairiewoods

Prairiewoods is funded by the Franciscan Sisters of Perpetual Adoration, but it is not focused on any one religion. Instead, the mission, vision and daily operations of Prairiewoods focus on what we call ecospirituality—the union of ecology and spirituality. That means we concentrate our energy on our relationship with Earth and the Source of All Being who created it. The following are a few thoughts on ecospirituality by one of our foundresses, Betty Daugherty, FSPA.

When we use the term *ecospirituality*, we are trying to describe how we live in relationship with a Creator who is present and acting, not only within us, but within all of creation. “Eco” comes from *oikos*, a Greek word for “home.” Hence, ecospirituality is not about a relationship with a God in a far-away heaven; the Divine can be found in our daily lives, in our human relationships and in our relationship with Earth. In a document describing the philosophy used at Prairiewoods, we find this statement:

“We are founded on an incarnational theology rooted in the Gospel life of Jesus that sees God as present and active in this world. This includes the belief that our God is revealed to us through the beauty and magnificence of the created world as well as through the written word of Scripture. Thus, we commit ourselves to an exploration of a spirituality that connects the human with the sacred healing and revelatory powers of creation.”

Living this out each day means that we are responsible to become a part of what Father Thomas Berry calls “the

great work.” That work is to live in a way that sustains Earth’s natural systems. Berry places this work within the flow of the great 14 billion years of evolutionary history. Within this history we work actively to “carry out the transition from a period of human devastation of the Earth to a period when humans will be present to the planet in a mutually beneficial manner.” He is

referring to our moment in the history of evolution when we are moving out of the Cenozoic Era and into a new period of time he has named the Ecozoic Era. It will be a time when the decisions we humans make will be more beneficial for ourselves and for other Earthly beings.

In other words, ecospirituality, as lived by spiritually alive humans, will lead to sustained action on Earth’s behalf. It will lead us to respond to the environmental crisis from a stance of faith and eventually to create an accepted environmental ethic for our planet.

As theologian Elizabeth Johnson states: “wasting the world is an ethical, religious and theological issue of critical importance ... What is crucial for a viable future is a religious spirit that converts us to the earth.”



Holistic Services at Prairiewoods

Massage

Experience the healing power of touch. Massage reduces muscle tension, decreases pain, increases joint mobility, reduces swelling and increases blood supply. Our practitioners offer both Swedish and Shiatsu massage.



Healing Touch Spiritual Ministry

This is an energy-based approach to healing that includes a variety of ancient natural healing techniques to influence the energy system and promote physical, emotional, mental and spiritual well being.



Head and Shoulder Massage

Head and Shoulder Massage increases joint mobility and flexibility in the neck and shoulders, improves blood circulation and lymphatic flow, frees muscular tension, relaxes connective tissue and aids in the elimination of accumulated toxins and waste products. It is especially good for reducing the effects of stress and tension.

Foot Spa Treatment

Relax away stress in your feet by giving them a real treat! Our massage therapist will give your feet the special attention they deserve with a warm soak, a strong exfoliating scrub and a delightful massage. Your feet will feel pampered and relaxed, ready to tackle the world!

Reflexology



Pressure is applied to areas of the hands and feet that correspond to organs in the body. As these areas are stimulated, the corresponding organs are stimulated, resulting in relaxation and improved organ functioning.

Paraffin Bath for Hands



Dip your hands into melted paraffin for a warm and soothing experience. The paraffin bath leaves your skin soft, smooth and pliable. It also helps relieve pain and stiffness, relaxes muscles and stimulates blood circulation.

Guided Meditation

Lead your imagination on a journey of contemplation and reflection to help you grow and come to healthy realizations. As you let go of your thoughts, your subconscious is able to follow the practitioner's words. Guided Meditation helps you achieve deep relaxation and release negative emotions or beliefs.

Prices and Scheduling

All services are \$55 for one hour.

**To schedule an appointment,
please call 319-395-6700.**