

Mindfulness Opening Exercise

This meditation has been designed to facilitate a connection between participants to each other and to the natural environment. It promotes an expansive vision of what each person wants to create and nurture for the world.

1. Ask participants to form a circle and sit in the ground. Ideally, this should be done in a natural space where participants are in direct contact with the earth. If this is not possible, no problem! any artificial flooring is also good. If participants have mobility challenges, you can use a circle of chairs or any other variation.

2. Set the ground rules before the exercise:

- This is a judgment-free zone*
- Please silence your cellphones*
- No taking pictures during the exercise*

3. Ask participants to sit comfortably, hold hands and close their eyes. (*Covid-19 considerations: remind participants that this is optional and that you have hand sanitizer available for after the exercise).*

4. Guide the exercise by reading from the meditation sheet. Do not rush through the text, read slowly and calmly, breathing in and out when necessary.

Let us all hold hands.

Let's gently close our eyes and inhale together, slowing the breath.
Bringing our attention to how our bodies are feeling right now in full acceptance of whatever is present.

Notice where your body is touching the ground and bring your focus there.
Begin to feel the pulsing energy of the Earth beneath us - the heartbeat of Mother Earth.

With an inhale, breathe in gratitude and love for all that she gives us.

Continuing to breathe, feel your heartbeat - your unique beautiful rhythm.

Feel how your rhythms and cycles connect to the earth's cycles.
Open up, feel how the vital energy from within you and the earth are one and the same.

Envision and feel this pulsing energy as a light glowing in your heart.

With your next exhale, think of a particular challenge that our earth is facing.

Imagine her as a majestic mother, standing right in front of you.
Allow yourself to feel empathy for this mother's struggle.
As you breathe, honor her journey.

Inhale as you focus your attention on your heart beat again.

Open to feeling compassion for yourself as you breathe the earth's breath into the places where you have kept fear, grief, anger, stress, and insecurity.

Open to feeling nourished by the earth's energy.

Mindfulness Opening Exercise

Offer yourself acknowledgment and respect for everything you are, how far you have come, and for the incredible beauty and power within you.

Take a deep breath and start to feel the human to your right.

This person has it's own journey, its own struggles, pain, fears, and insecurities. Take a moment to feel empathy and great respect for this powerful human beside you.

Feel the energy flowing from your hands to theirs, feel how you both share the same vital energy, the same energy that comes from the earth.

Now Take a moment to feel the human to your left.

This person has it's own journey, its own struggles, pain, fears, and insecurities. Take a moment to feel empathy and great respect for this powerful human beside you. Feel the energy flowing from your hands to theirs, feel how you both share the same vital energy, the same energy that comes from the earth.

Feel the love and light of every person in the circle being amplified... growing brighter... filling the whole room.

Let's connect with every human that is driven by the same passion to make this world a better place. Imagine the planet with sparks of light glowing where each group of determined change makers are located - a great web uniting millions of small efforts.

Let's focus the power within all of humanity to care for our marvellous planet. Envision every person living their purpose and making their unique contribution to creating a better world for all beings - a gift to future generations.

Feel the power and magic of every one of us harnessing our unique creative energy in service to the whole, nurturing solutions, as we tune into a greater mission, recognizing we are on the same team and we are here to give back to this planet together.

Envision yourself and each person in your community feeling open, compassionate, and devoted as we step into being leaders of a new world and shaping it together in a way that feels most natural to our unique gifts and paths.

With a deep breath, bring your hands to the ground and imagine sending that energy into the earth below you, like a seed being planted. Feel it resonate, amplify, connect and thrive.

Take a deep breath and gently open your eyes. Thank you.