

This guided mindfulness exercise 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's come together by holding hands or simply sitting in shared intention.

Close your eyes gently and take a deep, slow inhale, allowing your breath to calm and center you. 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 your next inhale, breathe in gratitude for all that the Earth provides, filling yourself with love and appreciation.

Feel your own heartbeat and recognize its beautiful, unique rhythm. Notice how your rhythms and cycles mirror those of the Earth, how the vital energy from within you and the earth are one and the same.

With your next exhale, 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 deeply, focusing on your heartbeat and the compassion it holds.

Let this breath move into the spaces where you've held fear, grief, stress, and anger. Open yourself to her energy, letting it clear take away those feelings.

Offer yourself acknowledgment and respect for everything you are, how far you have come, and for the incredible work you do to support Mother Earth.

Take a deep breath and start to feel the person to your right. This human, with their own struggles, fears, and triumphs, is deeply connected to you through shared energy.

Take a moment to respect and honor their journey.

Feel the energy flowing between your hands, linking you both, the same energy that links you to Mother Earth and all living beings.

Now, feel the presence of the person on your left. Acknowledge their path and their humanity. Let empathy and gratitude flow from your heart to theirs, recognizing the shared vitality that connects us all.

As this energy grows, imagine it spreading through the entire circle, amplifying the love and light we all share.

Visualize a web of connection stretching across the planet, each point of light representing groups of people working passionately to make a difference.

Envision this collective energy focused on caring for our beautiful planet. See humanity living with purpose, contributing to a better world for all beings—a gift for generations to come.

Feel the power of this shared mission, knowing we are all united in our desire to nurture solutions and give back to the Earth. Picture yourself and your community stepping into this shared leadership, shaping the future through our unique gifts.

With a final deep breath, place your hands on the ground, imagining this energy flowing back into the Earth like a seed being planted—ready to grow, connect, and thrive.

When you're ready, gently open your eyes.

Thank you for being here, for your energy, and for your commitment to this shared journey.