

Our Planet Meditation

Our Planet

We invite you to find a quiet room or space and to take a seat.

Find somewhere comfortable it could be lying down or sat on a chair.

Take several deeper breaths and slow down your breathing to a controlled manner.

Close your eyes.

Now let us begin.

(CHIME NOISE)

Focus on the breath and allow any other thoughts to pass by like gentle waves.

It's ok those thoughts are allowed here.

Focus on your breathing, breathing in..... and breathing out

5 second pause.

Visualise planet earth, our rich blue planet. Let time stand still and appreciate the vision of earth.

5 second pause.

Imagine you are gradually flying away from earth, slowly.

You see our planet becoming smaller and stars begin to appear.

Stop to focus on earth and the beauty of the stars around our planet.

5 second pause.

Think deeply about how important our planet is, and how significant you are to be on planet earth.

YOU MATTER.

It is amazing that you are here and you being here really does matter.

5 second pause.

The potential inside you is grand, beautiful and inspiring.

5 second pause.

Please think about the good things you believe about our planet.

What beautiful parts of nature resonate with you?

What animals bring you joy?

What people bring you strong connections?

10 second pause.

Think of how significant you are to be here.

10 second pause.

When you are ready you may open your eyes and begin to assess your findings.

(CHIME NOISE).

Please now write down on a piece of paper how you felt about the experience and in particular what did you feel for planet earth?

What meaning did you find if any?

What images of nature, animals and people came to you?

Write them down.

There are no right or wrong answers.

Now brainstorm a list of things that have value for you in life.

Find ways to integrate appreciation for those things every week.

Thank you for listening.