

EARTH HEALING MEDITATION

999 Hz healing activation

<https://www.youtube.com/watch?v=wCONE0053JY>

1) Take a seat

Find a place to sit that feels calm and quiet to you.

2) Notice your body

You can sit in a chair with your feet on the floor, you can sit loosely cross-legged, you can kneel—all are fine. Just make sure you are stable and in a position you can stay in for a while. Make sure you loosen your muscles and feel relaxed..

3) Focus on the music and begin to feel your breath

Follow the sensation of your breath as it goes in and as it goes out.

4) Notice when your mind has wandered

Inevitably, your attention will leave the breath and wander to other places. When you get around to noticing that your mind has wandered—in a few seconds, a minute, five minutes—simply return your attention to the breath.

5) Be kind to your wandering mind

Don't judge yourself or obsess over the content of the thoughts you find yourself lost in. Just come back.

As I count the breaths down, listen to the intent and form it in your mind

Breath one: Take a deep breath in....Be the world before you set out to make a difference in it.....let the breath out slowly.

Breath two: Take a deep breath in....The whole of the world depends on how you perceive it.....let the breath out slowly.

Breath Three: Take a deep breath in....If you look at the world and see only problems, life will be hard, but if you look at the world and see only joy and beauty, life will be wondrous.....let the breath out slowly.

Breath four: Take a deep breath in....We are in the world, we are of the world, we are what happens to this world.... let the breath out slowly.

Breath five: Take a deep breath in....The things I practice now, the difference I make today, are my healing for the Earth.... let the breath out slowly.

Take a deep breath in..... count....1,2,3,4,5, let the breath out and repeat after me: May all I say and all I think, be in harmony with the Earth.

Take a deep breath in..... count....1,2,3,4,5, let the breath out and repeat after me: Earth beneath me; sky above me; Water within me; Air around me; I am one with the Earth

Take a deep breath in..... count....1,2,3,4,5, let the breath out and repeat after me: I am the clouds above me; the morning mists below; the gathering of waters; the mountains touching the sky; the trees providing the breath; and the nature of all life.

Take a deep breath in..... count....1,2,3,4,5, let the breath out and repeat after me: I am a co-creator within the world, so grant me wisdom and integrity, knowledge and strength to do what is needed for this planet and I acknowledge and receive this great gift of all life.

Take a deep breath in..... count....1,2,3,4,5, let the breath out and repeat after me: May I be peaceful, happy, and Light in body and spirit as the Earth is

Take a deep breath in..... count....1,2,3,4,5, let the breath out and repeat after me: Let my Light shine so brightly, that darkness across the Earth will evade me and disappear.

6) Close with kindness

When you're ready, gently lift your gaze (if your eyes are closed, open them). Take a moment and notice any sounds in the environment. Notice how your body feels right now. Notice your thoughts and emotions.

