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MEDITATION ON EARTH AS A GLOBAL VILLAGE

Quiet yourself and sit comfortably
Take a few minutes and relax into your breath
Exhale, let go, feel your body just let go
Taking your time, allow your mind to fill with breath, letting go
Softly breathing—letting go some more.

See the earth as the astronauts saw it on
Their return to earth: this lovely blue
Planet suspended in space, veiled in
Swirling clouds
A totality, just one planet, one people
No boundaries, no us and them,
Just **We, brothers and sisters all, nurtured**
By Gaia the Earth Mother
All created from the Creative Love of
Divine Being.
Feel yourself open your heart to your self, let go
Self-critical judgments. Just appreciate,
And out of this appreciation of yourself and the
Core of you that is Love,
Open your Heart to all your brothers and sisters on the
Planet and love and let yourself be loved.
Go into the world as a radiant being of LOVE,
Feeling it in your body,
Inhaling and living in loving-kindness.