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## Earth Healing Day • Activity Suggestions

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*Thank you for donating an hour of your time to pause and focus on cleansing and healing Earth. Below are some examples of activities that others will be doing during Earth Healing Day.*

1. Spend a few moments appreciating all the beauty of Earth. Recall special times you have had when you truly felt connected to Nature and were enjoying seeing, hearing, smelling, feeling, perhaps even tasting Nature.
2. Send your prayers or inner thoughts out to Earth, expressing in your own words your recognition that humanity has not done such a good job of taking care of the planet.
3. If you feel comfortable doing so, ask Earth's forgiveness for the misfortunes she has suffered at the hands of negligent or uncaring resource managers.
4. In your mind's eye, visualize a flow of healing being aimed toward and accepted by the planet. However you imagine this to happen is just fine.
  - Perhaps you see Earth absorbing the energy from the caring prayers millions of people are offering on her behalf.
  - Perhaps you see a beautiful white light shining down upon the planet, a light that has the ability to heal her wounded areas.
  - Perhaps you see a gathering of spiritual beings assembling around the planet who have the power to heal Earth's scarred, spoiled, or wounded regions.
5. When your visualization is stable, add the sound of your own voice:
  - OM is a very powerful sound to make as you hold your visualization. In the East, it is said to carry the power to dissolve what needs to be cleared away in order to make room for something more appropriate to arise.
  - Some people do not feel comfortable chanting a word or sound with which they are unfamiliar. Please know that any word or phrase of power is suitable. Some may want to use AMEN, ALLELUIA, SHALOM, HO or KIWANA.
6. The purpose for using a vocalized sound is twofold:
  - First, it helps anchor your visualization in your mind.
  - Second, it adds sound vibrations to your thought vibrations, thus generating more vibratory patterns that may be absorbed by matter.
7. If you can hold a mental image and vocalize for an hour, that is great. If you prefer to alternate visualizing and vocalizing with returning to a focus of gratitude for the beauty and stability of planet Earth, this is also quite profound. If you want to sit silently for a while thinking about (or meditating on) Earth as a being cleansed of all impurities and existing in her pristine form, this is also great. If you prefer to address your concerns for the planet in words to the Divine, then by all means, please do so.
8. Have a sense that the offerings of your heart both matter and make a difference for all living beings on Earth. If you can, feel connected in some way to all the other people around the globe who are participating in Earth Healing Day.
9. Close your hour by being grateful for the beautiful planet on which you live and for being able to participate in this combined wave of healing prayers for Earth.