

Earth Healing Day Meditation: December 2011

A Time for Reflection; a Time for Resolve

We are nearing the end of another year. It has been a year filled with many earth changes –weather, climate... but also people crying out, for change.

This is a time to reflect on the past year, on what we have done, on what we would like to change in and for ourselves. What can we do to help bring about change, positive change, to Earth and humanity? Let us ask how can we give of ourselves in this coming new year? How would we like to see change in ourselves that will help there be more peace on Earth, a more balanced Earth? Can we open to hearing the cries, the calling of the Earth in her need as well as the people in their need? Can we open our hearts, to feel with and for others in need? Can we dig deep within ourselves to give of our attention, our intention, our efforts—to aid this needed change in some way? Even when we ourselves are hurting, when we see ourselves as having so little; let us look and see, to acknowledge what we do have. Let us be grateful for what we have and see it as something that can be built upon, that can draw more to us; to share.

Let us also turn around and reach out to another whose need is perhaps greater than ours. Let us give them the penny, the quarter, the dollar, the smile,... whatever we can give. For we will only truly flourish when all around us are flourishing too. Let us finish this year with whole-hearted resolve to give and to do what we can to bring more balance, peace, kindness, and beauty to this magnificent World.