The Earth Meditation

Latest version:

EMM 5.0

EARTH MEDITATION 5.0

Close your eyes please.

Take a deep breath in **3s**… and then slowly let it out. **3 seconds = 3s**

Now place your hands, palms facing each other, at the level of your heart and visualize Mother Earth between your hands. **3s**

Pour out Love and gratitude from your heart and let it cover the Earth itself.  **5s**

Now imagine your country, and the city or town in which you live, and offer this Love. **3s**

Share this Love with your family **3s**, your beloved ones, people who are dear to you who care for you, your friends **3s**. Let this Love flow to them. **5s**

Offer Love to those who are ill or suffering **3s.** Offer it to all the people who are working for the welfare of humanity and planet Earth. **3s**

Let all vibrate in that Love. **5s**

Share this Love with everyone **3s**: with the whole world **3s**, with nature, with the animals, the plants, the oceans, and the birds in the sky. **5s**

See this Love shining everywhere. **5s**

Finally see yourself in that flow of Love too **5s**

Now, place your hands over your heart. **3s**

See yourself shining with this Love, radiating it everywhere. **5s**

Remember this gift inside of you throughout the day and share it with others. **3s**

Thank you for joining the Earth Meditation Movement.