

Meditation for the Earth and the Cosmos

This meditation is a prayer for the earth and our connections within the web of life. Practicing the meditation leads us into healing our own hearts and the heart of the cosmos.

Performing this meditation at sacred sites opens doorways to deep knowledge. Doing this meditation outside, connected to the earth, helps you learn to feel the various energy fields of the earth. Doing short repetitions of the meditation during the day helps you shift your focus from the mundane to the sacred.

To begin, sit or lie quietly with your eyes closed. Take long, slow breaths, making inhalation and exhalation equal, slowing down until you feel each part of each breath. Slowing your breathing helps you focus your attention.

Be aware of the energy entering your crown, passing through your body, and going out the base of your spine into the earth. This energy is moving through you all the time, and it is wonderfully connecting to notice it.

When you are breathing deeply and calmly, repeat each part of the following three-part sequence at least four times:

#1 Celestial

As you inhale, bring celestial energies — stars, heavens, planets, galaxies — down through your crown chakra to your heart. As you exhale, add your own heart consciousness to the celestial energies and send them into the earth through your root chakra. [4 times]

#2 Terrestrial

As you inhale, bring terrestrial energies up from the earth through your root chakra to your heart. As you exhale, add your own heart consciousness to the terrestrial energies and send them out through crown chakra into the cosmos. [4 times]

#3 Cosmos

As you inhale, bring both celestial and terrestrial energies into your heart.

As you exhale, add your own heart consciousness to the terrestrial and celestial energies, and send these energies out from your heart in every direction, in constantly expanding three-dimensional spheres. [4 times]

Suggestions:

Begin by sending spheres into your physical body, then your etheric or energy body. Expand the spheres into your home, your land, your sacred mountains, rivers and lakes, your bioregion. Send spheres of energy to a person, group, or place that needs healing, just as people still do in the Andes. Visualize spheres of energy expanding into the earth and into the cosmos.

When you begin to practice this meditation regularly, you'll probably need to visualize the cosmic and terrestrial energies passing through your body. With consistent practice you will physically feel the energies, and will notice that they are in fact always flowing through your body, always available for connection and healing. *Because the stars and supernovas are composed of the same elements as in our bodies, we have a natural resonance to both earth and cosmos.*

Doing the meditation lets you experience your interconnectedness with all life. The more you practice it, the more you strengthen your ability to focus your intent on embodying, loving, and caring for the whole of creation.

Forms of this meditation exist in many cultures. I have learned pieces of it from the Q'ero people in the Andes, from Américo Yabar, and from the writings of Martin Gray; my spirit helpers have helped me synthesize and embrace its deep meanings, and daily practice has helped me embody deep connection with all of life.