



## Earth Healing Day April 22, 2012

### Meditation Focus: Lake Victoria, Africa

Thank you for joining in this meditation to bring healing energies to Lake Victoria in Africa who is in much need of help. As you prepare to give of yourself to this beautiful lake feel yourself filling with compassion as you think of this lake and all who depend upon it, aware of the deep need of them all. Take a deep breath, breathing in compassion. As you exhale, exhale compassion for the lake and all who depend on it. Inhale compassion. Exhale compassion. Inhale compassion. Exhale compassion.

Now using your intention and attention turn your mind's eye to aid Lake Victoria in returning her to her healthy and balanced state of vitality and abundant life, of beauty, the sparkling jewel that is her true self.

Visualize this beautiful and vast lake in the heart of Africa. Feel, in compassion, the pain and suffering of the Lake as she is so burdened by the garbage, the toxins, the disease that is overloading her waters. Feel, with the lake, the pain of the suffocation from this unnatural state. Feel, in compassion, the pain, the despair, the suffering of the people who are suffering from the imbalances from overpopulation, from lack of clean water, food, and sanitary living conditions... Feel, in compassion, the hardship for the compromised wildlife whether on the land, in the water, or in the air, due to the fouled water and ecosystem. Feel compassion for this region so groaning with the imbalances and the toxins.

Now see in the center of this beautiful but ailing lake a point of pure White Light. It is almost so small that you can hardly notice it. But as you look at it you notice that it is growing both in size and intensity; it is so brilliant and bright. It starts to move, in a spiral. It is becoming like a brilliant white tornado inside of the lake. You are amazed as you see this tornado, this vortex of energy, continue to grow even more, expanding to fill the whole lake! But not only the lake it is also growing into the shore and nearby land as well. This is a tornado of Light so it will not create harm but only help to heal wherever or whatever it touches. You rejoice as you see that it is pulling into it all that is burdening the lake and surrounding lands. You see this great and brilliant spiral drawing into it all of the garbage, the toxins, the diseases. You see the imbalances, the despair, the hopelessness and greed being drawn into it. It is pulling into it all that harms, that chokes, that kills, the health of

this precious water, this precious lake, its people, fish, animals and plants, its entire ecosystem. You begin to sense that the Lake itself is beginning to brighten.

Now see this huge tornado of Brilliant White Light begin to rise. You are in awe as it lifts off the lake and rises into the air, into the atmosphere, up, up, and up into the universe. You can no longer see it but you know that it is returning its cargo to the Source of all Life, there it will be transmuted, changed back to pure creative energy, pure Light.

As you look back to the lake you notice that it and its surrounds are looking so clean and vibrant. There is a sense of freshness and an ability to breathe. We see that it has begun to rain. But this is no ordinary rain. It is a soft rain of golden Light. Golden droplets of Light are falling upon the Lake, the land, the people, the fish & animals, the vegetation. These droplets are sparks of creativity bringing healing and new life to the lake and the entire region. See the golden light from this rain also entering the hearts of the people. It is healing the despair and hopelessness. It brings to them new possibilities. See them reaching out to each other in ways they hadn't considered before. They are looking for and finding ways to change that will help them return the lake, the land, and themselves back into healthy, vital, thriving and joyous communities

See the lake with its waters once again clear and pure, restored to its pristine origins. Where there was grave imbalance there is now balance. The invasive species have lost their ability to dominate; the indigenous fish in their marvelous rainbow of hues begin to flourish and abound. An important sustenance for the people is back. Hope is rising.

There is joy and laughter in the air as the people are finding creative ways to interact, to relate, with each other and nature in harmonious and wholesome ways throughout every aspect of their lives. It is as if the whole region has shaken off a bad dream. Their eyes, their minds, their hearts are clearer than they have ever known. Beautiful Lake Victoria and the region it nourishes and sustains have become an incredible example of life joyous, peaceful, equitable and teeming with vitality. The heavens ring.



Thank you and blessings to you for your offering to the Earth and Lake Victoria.

~Diane Trolin for Earth Healing Day [www.earthhealingday.com](http://www.earthhealingday.com)