

Earth Healing Day Meditation

~ July 22, 2012 ~

Focus: Lake Karachay, Russia



Thank you for responding to the call of Mother Earth once again. As we prepare to give of ourselves let us go within, becoming aware of our breath. As you inhale feel your body and mind softening and expanding. As you exhale feel a release of any tension. As you inhale feel that it is your heart that is expanding, opening wide. As you exhale share this expanded and open heart with the world.



Now let us come together to aid Lake Karachay in the Ural Mountains of Russia. She has suffered greatly, unbelievably, from the ignorance, misguidedness, greed, and folly of human activity. Let us truly open our hearts to this Lake who amazingly is still with us despite decade upon decade of abuse, of transgressions, against Her. Let us feel for this lake and the life that was once in this lake, let us feel for the earth that supports and surrounds the lake. Let us feel for the plants, the animals, the humans who have called the lake and her environs, home.

Think of these waters that were once alive and vital and now are thoroughly contaminated with radioactive waste. Can you imagine how it would feel in your belly or body? How can it be that for decades these waters have been used to hold and contain this potent and lethal waste? Let us open our hearts to those who have done this deed, to their ignorance, hubris, greed, their fear, which did not allow them to stop this wrong once they knew. Let us open our hearts as well to the parts of ourselves that might act in such a way. Let us feel with, and open our hearts to, the people who have lost their health, and the health of their children, their virility, their homes, even their lives.

This grave situation was brought about by the work of humans. It was not a natural act of the Earth. The Earth is amazing in Her resilience and ability to heal but with this She needs us to stop and to work for Her and with Her. She is imploring us to awaken to Her need for us to recognize Her as the alive and sentient being that She is. She is sounding the alarm for us to act as responsible citizens of the Earth.

Ultimately we too are a part of the plight of this lake, Her people and the life that surrounds Her. The radioactive dust from this lake and region has been carried by the winds that circle

the Earth continuously. So we have actually been physically touched by Lake Karachay, sharing in the contamination, however miniscule by comparison.

It is time for us to work the magic of open and loving hearts. As we join together, becoming so much more than the sum of our parts, as we bring our intentions, our visions, our open and expanding hearts, creating a vehicle or matrix for the Source of all Life, for the Great Mystery, to bring the healing through. We are calling to the Universe to please help us to right this wrong!

Let us look to beautiful Lake Karachay, nestled in the mountains. We are aware of how daunting it seems to be able to do anything that will change what is, but we do not let this deter us. As we gaze upon Her, let us feel our soft hearts expand even further, growing to encompass the Lake in Her pain, in Her need. Our hearts encompass the land, the plants, the animals, the people. We become aware of the strength of this growing compassion, we are aware of being with all that is here. Of a sudden there is a bursting forth from our hearts, a flash of White Light blazes forth blanketing the Lake, the Land, the people, the region with its purifying brilliance. There is a sense of this Light burning impurities, much like gas burns. In time there is a feeling of calm, a stillness, a hush.

The people are joyous as they begin to see their friends of the natural world coming to the aid of the Lake and themselves. You begin to see it yourself, what looks like violets start to cover the lake, as if they are growing out of the lake. They are in varying shades of violet and purple, from pale to very deep. It is truly a beautiful sight. The violets keep multiplying growing upon one another. It is as if there is a flower for every toxic particle in the Lake. Then as you watch, in utter amazement, you see each of the blossoms become a little violet flame. It is a truly joyous and humbling sight to see. You know that those little flames are not only purifying but also transforming absolutely any toxicities of the Lake so that they can no longer harm. It is truly a wonder to behold as those little individual flames of Violet Fire, burning so selflessly, join together creating a tremendous bonfire of loving, heavenly, transmuting, Violet Light. You know, for you can feel it, that this Violet Bonfire is transforming and thereby releasing the pain of time, —the sickness, the fear, the misguidedness, the greed, the hopelessness, the hiddenness.

There is a strong and benevolent wind that has been created by this magnificent Violet Fire. It is drawing from the surrounding environs all that is in need of purification, of healing, of transformation —from the plants, the animals, the soils, the air... You can feel that its reach

even includes you. It draws all that hinders the life of and on Earth from being its truest most radiant, fullest and giving self.

This magnificent healing transformation brings with it responsibility. It has been a benevolent and gracious first step. Now the people, all people, must step forward to do their part that this kind of contamination never occurs again. You see it in the community of Lake Karachay as the people come together. They are helping each other in their new homes as the Lake and land surrounding the rivers and lakes of the region begin their rebuilding process. You see it in the new vibrancy of the people as they apply themselves to keeping themselves and their governing bodies on track. The people have a quiet joy about them and a humble wisdom knowing they have been helped and have been asked to do their part. They are so grateful for another chance. Can you feel the gratitude that is abundantly flowing to you from Lake Karachay and Her people and environs?

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Thank you for the gift of your heart and your efforts. May your days be filled with gratitude for the many blessings in your life.

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