

Earth Healing Day August 26, 2012

Meditation Focus: The Great Lakes US & Canada



The Great Lakes of North America are calling in their need. Thank you for responding to the call of these magnificent bodies of water — Lake Huron, Lake Michigan, Lake Superior, Lake Ontario, and Lake Erie.

Let us prepare to give of ourselves by taking 3 full and deep breaths. Breathing in feel your

breath filling your whole body, expanding your belly and reaching to the tips of your fingers and your toes. Breathing out release any staleness and holds. Breathe in, full belly. Breathe out, release. Breathe in, full belly. Breathe out, release.

As you finish your exhalation you find yourself sitting along the shore of one of these grand and beautiful lakes. You are relaxed and taking in the scene before you. You hear the water lapping against the shore. You feel the wind as it ruffles your hair, and feel its coolness on your face. You see some shore birds flying in the distance. It is a beautiful sight and you are aware of the greatness of this body of water and all that it provides. You feel thankful for its beauty and the gift of life it offers to so many diverse life forms.

You become aware of feeling a sadness too as you witness the beauty before you. You notice the smoke spewing from a factory smoke stack. You know there is waste from the factory being poured into the lake. You know that hidden in the beauty are many toxins that are held in the water and in the sediments of the lake, collected from decades of industrial waste. The water is not as clear or pure as it should be, as it is meant to be. You know that all that use this lake or actually live in the lake, whether microbe, plant, animal, or human, are not free of the toxins. The toxins are also in their bodies and have compromised them in many ways. You know that nothing in or around the Great Lakes are as vibrantly alive, healthy, and whole as they are meant to be.

Out of this sadness and your love for the lakes, the water, for Earth, their beauty and their gifts, you find yourself making a heartfelt call to the Source of all life. You are calling out to these Lakes in their original pristine state. You are calling to the ancestors who lived in harmony with these waters, the land, the animals, all life. You are calling for

the purity, the health, the abundant life to return to these lakes. Every fiber of your being is making this plea.

In the stillness after your plea you realize you are hearing a sound you hadn't noticed before. It is slowly growing in volume. You are hearing what sounds like a chant, a Native American chant, a chant of the First Nations. The ancestors have answered your call for they too wish these precious lakes, their waters and the life to return to their natural state, teeming with life. Their chant continues to grow as do their numbers. You start seeing them gathering along the shore, more and more of them join in. A magnificent chain of people is lining the shores of each lake. You stand up and go to the waters edge to join these people and to better bear witness to what is unfolding.

The wind has picked up and is making the lakes rough. The sky is growing ever darker and ominous. There is a sense of the building electricity within the clouds. Then the heavens open and the bolts of lightning begin their dance with the lakes. Strike after strike pierce the lakes while a chorus of thunderous crescendos reverberate through the clouds. You are filled with awe as you see the water of the lake light up throughout with each strike of lightning. This electrical current is purifying the water, the sediments, even the plant, and animal life. It is almost as if there is now in the Lakes a subtle yet ongoing charge of electricity that is purifying, stimulating and vitalizing the lake and its ecosystems.

The clouds are releasing their load of rain. The rain pours down upon the lakes and the land. It is joyously drenching all with its purifying and replenishing moisture. Each droplet of rain has within it a seed of perfection. The pouring rain is seeding the waters, the land, and all that it touches —each human, animal, blade of grass, and more...

The lightning and thunder lessens and subsides. The rain has stopped. You are aware of the clarity of the air, its freshness. There is vibrant a sense of possibility in the air. You notice that your breathing has deepened and has a rhythm of balance. As you look out at the lake you see that its entire edge has a beautiful ring of people, a ring of people around each of the lakes, joined hand to hand. They are of every size and color, every age and talent. They have come to not only witness this transformation that is occurring to the Great Lakes but to be a part of it. They are adding their voices, their hearts and minds, their efforts. They know it is time for change, real change. The human race needs to reach out to the Earth, to each other, and to all life. No longer can they care about themselves alone. They need to see that like the threads in a fabric, in some

way, not always easily discernible, we are all connected and affect the whole. They are dedicated to working together with an openness that they hadn't experienced before. They are dedicated to helping those seeds of perfection to sprout and grow. They look forward with lively anticipation of the joyous times ahead where many people of diverse races, beliefs, and expressions are all coming together, exploring together, working together, living together, playing together. They are free from the fear and mistrust that so diminished their lives. It is a time of new life, new ways, harmonious with all people and the nature kingdoms as well. The chanting has become a chant of praise and gratitude. Oh such joy!

The gathered throng lets out a collective gasp as one last magnificent bolt of lightning flashes out of the now blue sky. Where it has struck the lake, deep within the waters bubbles up a fountain, a gentle geyser of what looks like a very clear and brilliant liquid, it has a milky pearlescent quality to it. It is pouring into the lake Its blessing, this milk of plenty. You know it is only a matter of time before vibrantly healthy plentitude returns to these magnificent Great Lakes and all that they sustain with their amazing beauty and generous gifts.

Thank you for your generous hearts, your gifts of focused intent, for the Great Lakes. Can you feel the waves of gratitude they are sending to you? Bless you.

~Diane Trolin, President, Earth Healing Day (www.earthhealingday.com)