



(credit: CBS)

## Meditation for the Earth ~ June 27, 2012

### The Wild Fires in Colorado & the Western States

Thank you for answering the pleas of Mother Earth and giving of yourself with this meditation. Let us quiet ourselves with 3 deep breaths. On the inhalations, breathe in being held by the love of the Earth. On the exhalations breathe out a soft spring rain blanketing the Earth with its renewing moisture.

Now let us bring our attention to the wild fires that are raging in Colorado and other western states. Let us take a moment to sense, feel the searing and relentless heat of this region. Let us feel the utter aridity. Where is the moisture? Where is the balance? Let us feel the pain of this situation, can you remember a time when you had a fever that wouldn't quit? Sense the panic of not only the people but of the animal life in the region. Feel for the trees that cannot move. Let us really allow ourselves to be touched by what is happening in this region.

Now let us go to our hearts, our beautiful and potent hearts. Let us feel them opening wide in the compassion we feel for the Earth, the people, the animals, the vegetation, the land... Let us feel our hearts expanding and growing unbelievably until they are large enough to hold the region of the wild fires, including the entire arid and drought stricken West. As you hold this region in your expanded heart, notice that your heart has become a beautiful pool of clear, pristine and cold water. Feel how the Earth and this entire region breathes a sigh of relief as it realizes it is in this cool water. It soaks it in, drawing it into its being, bringing a sense of much needed respite.

See that the winds that have been whipping the fires into a frenzy are now bringing not only clouds but clouds laden with rain. The sky is growing darker not from the smoke but from clouds ever so dark with rain. The clouds build and build but have not released their load. You become aware of the heaviness of the air, the pressure from this building load. You long for it to burst but its time is not yet. At long last, there is a huge and magnificent clap of thunder, with deep and lasting rumblings. And then, can you smell it? Can you feel it? Moisture! The heavens have opened and the rain, a drenching rain, descends.

As the rain falls you notice this is more than an ordinary rain. Yes it is deliciously wet, big and heavy wet. But you see there are also brilliant colors mixed in with the rain —violet, white, red, gold, blue, really all the colors of the rainbow in infinitude. For beyond the response to the fires there is a deep need for much healing to this region. There is a need for balance and for living in ways that respect the land and Her needs, that respect Nature and the needs of Nature. There is a need for the human life to realize that they too are a part of Nature and need to be just that, a part, working and living in relationship with Nature and Her ways. The colors as they land on the Earth are sparks of creative possibility. And we see the people rejoicing at this offering. We see them receiving these sparks and embracing them. They are ecstatic to have these germs of possibility with which they can step up to the task of changing themselves, creating new ways that bring a balance and health to their lives and to the natural world. They are newly aware of the inter-connectedness, the inter-relatedness of all life. They wish to truly honor this with their actions, living in community with all life.

The Earth welcomes with her whole heart this change for she knows that it doesn't have to be so hard if the people only wake up and offer their contribution to the health and balance of the Earth. That they give generously of their efforts, their respect, their gratitude, their love to the One who has sustained us so selflessly for so long.

So this precious piece of Earth is still held in the pool of our hearts and is now also being bathed by the rains from the heavens. The Earth gives Her thanks and Her blessings for responding to Her great need. Let us take in this gift of gratitude She is giving to us as we let our attention return to our ordinariness. Aware of our breathing, we open our eyes to return to our daily lives, glad to have been able to be of service.

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Thank you for giving of yourself in this way. May you be blessed a thousand fold for your offerings.

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