



## **Interconnection meditation**

Sit upright comfortably, however that works for you. I invite you to close your eyes. Bring your attention to your breath, Engage with its rhythm. Breathe in, gently counting to ten as you breathe, Breathe out, gently counting backwards from ten as you breathe. Bring all your attention to just this. Follow the breath in and out until you feel yourself drop into a slow and steady rhythm. Now bring your attention to your heart beat, Notice the sensation of your heart beating in your body, notice the rhythm of your breath moving in and out, notice the steady rhythm of your heart beating. Bring your attention to the soles of your feet, notice the sensation of your feet. Bring your attention to your hands, notice the energy experience of your hands, feel how there is a sense of a hand within your hand. Now bring your attention to the sense of your body as a whole, the sense of your own presence of being. Breathing in and out, heart beating, hands within hands, just enjoy for a moment this alive sense of your own living presence. Make this connection with your own wholeness, the living ecology of your being.

Picture your breath as it exits your lungs as carbon dioxide and travels to the nearest plant life. Imagine the process of gas exchanging into oxygen through the leaves of the plant, (including the assistance of the sun), take this nourishing oxygen into your body and make your carbon dioxide gas into a gift for the plant life. Picture this process of giving and receiving gases to make your breath for a moment, feel the natural gratitude that arises for this connection with plants. Now picture the globe of the Earth. Notice the clouds moving across the planet, blown by the winds. Picture the clouds raining water onto a forest, engage with the process of the forest absorbing the nourishing water into its tree and plant bodies and soil, see the water pooling in the lakes and furrows and tiny water droplets on leaves, see the little animals and insects lapping at the water. Picture for a moment all the forest joined in collective nourishment. Now notice the sun appear through the clouds, steam evaporates up from the trees and plants and water sources of the forest and forms clouds above. Notice these clouds blown by winds across the earth to your home country. See the rain nourishing your home land, picture yourself drinking the rain water, feel the water nourishing the ecology of your body. Tune in to the natural gratitude that arises from noticing receiving the gift of this water cycle. Now bring your attention



to the sensation of the clothes on your body. Picture the process of garment manufacture, however that arises for you, notice the many humans involved in the process of bringing these clothes to you and your body right now. Feel the natural gratitude that arises for the humans who facilitated these clothes for your body.

Now bring your attention back to the experience of your body. Be curious about the sense of your natural presence. As you breath out picture your presence expanding to fill the room. Rest in this fullness for a moment. Expand your presence to take in your whole house, enjoy your sense of the presence of your whole house. Expand your awareness into the idea of your whole neighbourhood, expand outward into your country, and keep expanding your sense of presence to include the entire Earth. Rest here for a moment and imagine all the processes that connect all the living beings on the Earth. Notice this sense of the presence of the Earth in you. Expand your awareness to the solar system. See how the Earth rotates around the sun, included in a greater support system. Expand your awareness to take in the power of your Sun, the source of all life on Earth. Feel the natural gratitude that arises from receiving the power of your Sun. Rest a moment in the expanded presence of the experience of the Sun and the Earth in communion. Gently allow your awareness to shrink slowly back into your sense of your own body, refreshed and renewed in the sense of connection with all life, nourished by the interconnected ecology of Heaven and Earth. Breathing deeply, gradually allow your attention to return to your normal waking state, when you feel ready open your eyes and rest with this gentle experience of seeing for a moment. Go into your day knowing you can take a moment to connect in to Presence any time beginning with the ever available experience of noticing that you are breathing.