

Ecoconscious Action Plan

“Ecoconsciousness on” guided meditation



Summary:

Do this meditation once a month (or more) to focus your full attention on developing higher ecoconsciousness, and to program your subconscious mind to activate higher ecoconsciousness whenever you say to yourself (in your head or out loud) “ecoconsciousness on.”

There is the possibility that during this meditation you may get some great ideas or have experiences you want to remember. It might be nice have a little time and space planned afterward along with pen and paper (and maybe art supplies) available to get some of it down on paper if you feel so inclined.

Depending on how long you wish to do this meditation, it can range from 10 minutes to 20 minutes (or more if that is what you wish to do). You can do this meditation sitting or lying down.

Meditation:

Start with full deep relaxation procedure. If you do not have one you standardly use, here is one brief way. Close your eyes. Take a deep breath in through your nose and hold it. Notice any tension or stress in you. Slowly release the breath through your nose, consciously letting go of any tension or stress. Repeat this stress relief breath a couple of times. Let go of any thoughts or concerns. Allow yourself to fully relax.

This meditation will program your subconscious mind to activate and increase higher levels of your ecoconsciousness whenever you use the phrase “ecoconsciousness on.”

We will start with a guided journey to connect with the earth and all life on it.

Really vividly imagine and feel all the details. Really see the colors and images vividly in your mind’s eye. Focus on the visual details and encourage your mind to make them ever more vibrant and alive. Allow yourself to fully immerse yourself in the depth of feeling and emotion that are provoked. Breathe right into any feelings that you have and consciously magnify them, exaggerate them, feel them to their fullest. Let yourself completely go and immerse in this short, precious experience. There is no right or wrong way to feel, see or experience this meditation. Give yourself full permission to let go without any expectation, allow whatever happens to be without any need to judge yourself or the experience.

Vividly imagine that you are in spaceship many millions of miles away from both the Earth and the Sun.

You look towards the Earth, and it is just a tiny speck of light surrounded by vast empty, cold space. This precious little speck of life floating in space is your beloved home. All life that you have ever known, was

nourished by the Earth, that precious little speck of glorious life circling around our fiery Sun which gives the constantly supply of warmth and energy that is necessary sustain life on earth.

Imagine in your heart all the people and beings (pets, plants, or any other beings) that have meant the most to you in your life. Really see them in your mind's eye. Take a moment to vividly remember holding them, loving them, being loved by them. Feel deeply in your heart all the love, and wonderful feelings these wonderful friends and family have brought to you. Really feel your love for them pour out of your heart.

Now acknowledge that the Earth is the source of life of all these friends and family that have meant so much to your. Focus the river of love flowing out of heart towards the Earth itself. Continue to love the Earth with all your might as you see it growing larger and large as your spaceship nears the Earth. You vividly start to see the blue of the oceans and the brown and green of the land masses. The beauty of the Earth seen from space overwhelms you, and you feel your love for the Earth growing greater and greater with each breath. Bathe the entire earth in this unending love and appreciation you are feeling.

For a couple of moments allow yourself to marvel at the Earths incredible beauty as you feel more and more love and appreciation flow from your heart.

Allow this love to continue flowing as we move on to explore the interconnectedness of all life.

Allow yourself to imagine a simple meal that nourishes you. Let's use broccoli as the example of one element of the meal. Let's examine some of the factors that bring broccoli to your dinner table. The broccoli seeds are planted, nourished, maintained, and then harvested by a farmer, who herself needs to eat, be clothed, have a place to live, electricity, heat and running water to live a simple, but good life. Imagine just for a moment all the factors that went into building their house, generating their electricity, heating their house in the winter, fueling their pickup truck, creating the clothes they wear bring fresh water to their house and to water the plants. Now multiply this time many factors for all the people involved in all the ingredients in your simple meal, including the people who work at the store where you bought the ingredients, all the people, equipment, and fuel used to transport the food from the farm to the store, all the people involved in creating and maintaining the vehicle and fuel you used to go to the store to buy the food. Really allow you self to see and feel all the beings and factors involved branching out. Be certain not to forget the cows whose manure fertilized the broccoli, the birds who ate so many bugs that would have eaten the broccoli, the worms who aerate and fertilize the soil allowing greater yields.

Allow yourself to really feel how completely dependent and interconnected you are with other life and the Earth itself.

We are now going to turn our attention to a vision of a world and a humanity that is much more sustainable, equitable, peaceful, holistic, and just. We will discuss some possible details of such a wonderful world, but let your imagination run wild. Dream your wildest dreams of the most wonderful future you can imagine for humanity, the Earth, and all life on the Earth.

Imagine a world where war and weapons of mass destruction exist only in the history books.

Imagine a world where all beings are living in love, peace, and harmony.

Imagine a world where no more fossil fuels are burned. All vehicles are powered either by electricity or by hydrogen, both of which are completely generated from the sun, wind, and water.

Imagine a world where the humans allow other species large tracts of undisturbed land to flourish, where healthy, vibrant ecosystems abound.

Imagine a world where all the remaining rainforests and old growth forests are protected sanctuaries till the end of time, thriving with amazing, colorful, and vibrant animal and plant species.

Imagine a world where humans live happy, fulfilling, meaningful lives, living their passions and their dreams freed from worries, no longer focusing on consumerism or economic growth.

Envision all of societies systems becoming thriving, peaceful, holistic, and life sustaining. Let yourself dwell on some of the details that matter most to you, whatever they may be.

Allow yourself some moments to vividly visualize and feel the emotions flow through you as you dream your wildest dreams of a better world for all. What does it look like? Where do you live? Who lives with you? What does it smell like? Imagine even the delectable tastes of the amazing freshly grown local organic food that you eat every day. Imagine how you get around (bike, solar car, hydrogen car, electric train, whatever clean transport that most tickles your fancy.) Imagine the gorgeous ecohome you share with your loved ones – see the beauty, run your fingers along the textures, feel deep inside how safe, secure, and comfortable you are here.

Take a couple minutes to really let your creativity go wild. Imagine the most wonderful things you possibly can for this new world we are creating together. Envision specific large or small scale details that matter most to you, whatever they may be, anything from the specific land areas of the world that are completely protected, to the exact look of your ideal garden.

Now take a couple of minutes to visualize yourself taking small steps to move your (and our) lives towards this wonderful new world. Visualize yourself actually taking some steps, some possible examples being drawing a plan out for your ideal garden, meeting with a political representative to propose protected lands, working with a local shop owner to offer more ecologically friendly products, or researching the latest sustainable transportation possibilities.

From this time on, every time you hear, read, or imagine the phrase “ecoconsciousness on” you will vividly remember and feel in your being all the ideas, emotions, and visions you have had during this meditation, allowing them to inspire you, motivate you, guide you, and energize you in your personal quest to live a more ecological life on both personal and collective levels.

From this time on, every time you hear, read, or imagine the phrase “ecoconsciousness on” you will activate in your entire being, from your subconscious mind, to your rational mind, to your creative mind, to the strength in your muscle, to the courage in your gut, to the emotions you feel, all of the following qualities, so that you may live to your fullest potential and succeed in your quest to live a more ecological life on both personal and collective levels.

Like a child, I cultivate a sense of wonder and awe at the miracle of life itself, and the unbelievable number and variety of species of life on the Earth.

Like the indigenous people of the world, I strive to live in harmony with my ecological surroundings, honoring and respecting nature and all life.

Like Rosa Parks, I summon the courage to stand up for what is just and fair, and to bravely speak out against injustices towards humans and all life.

Like Mahatma Gandhi, I strive to give up some unnecessary personal comforts for the sake of the larger good, reducing my ecological footprint so that all future humans and the other life we share the Earth with will have plenty of resources available now and in the future to live fulfilling, healthy, and happy lives.

Like Albert Einstein, I use my brilliant rational mind, and think out of the box, in order to come with sound science based solutions for living a more sustainable life.

Like Mother Teresa, I open my heart completely to the suffering of the world, for it is only with a heart broken wide open is it possible deeply love and to truly empathize with other beings.

Like St. Francis of Assisi, I widen by circle of brotherhood to all of life, feeling compassion and kinship for all of the animal kingdom.

Like a tall tree, I sink my roots deep down in the earth and stretch my arms to the sky, I feel the wind, the rain, the soil, the sun and acknowledge that without them I could not live.

From this time on, every time you hear, read, or imagine the phrase “ecoconsciousness on” you will activate in your entire being all of the qualities just listed, so that you may live to your fullest potential and succeed in your quest to live a more ecological life, and help society to do so as well.

Finally always remember what Margaret Mead said, “Never doubt that a small group of committed people can change the world. Indeed, it is the only thing that ever has.”

Now it is time to come back to the present moment, carrying with you all of the insights, lessons, inspirations, peacefulness, and energy that you experienced during this meditation.

We will come back to the present time and space now. Become aware of your body. Feel your back resting upon the floor or chair. Wiggle your toes and fingers. Gently move or wiggle your arms and legs. Gently open your eyes. Slowly stretch and move your body in what every way feels best.