

For the Earth

We invite all members of the extended Archer Mountain Earth Community to spend quiet time each day in solidarity with the whole earth community. The earth speaks if we become quiet enough in our hearts to listen attentively.

As Ilia Delio says:

The only way into a sustainable future is to regain soul, both individual and world soul, by disciplining the mind, setting the mind on oneness or unity, and acting out of this oneness as part of a larger whole. Our thoughts are not neutral or private and what they do is create the world.



The Practice

Take some quiet time.

Choose a word for the earth community.

Silently breathe the word in and out.

Let go of the word as you come to stillness.

Return to the word when thoughts come; then let go again.

End by remaining in silence with a sense of timelessness, gratitude and connection with the whole earth community.

This practice can be done walking, standing or sitting.

The Archer Mountain Earth Community

<http://www.thearcher.org>

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