



# COP Meeting Opener

Give a moment of mindful connection to the Earth at the beginning of your meetings to connect with Nature's wisdom.  
You can also take a moment for yourself when you need to recharge.

Sitting or standing, feel the presence of the **Earth** under your feet.

Breathe in,  
draw the power and stability of **mountains** into your feet and legs.

Breathe in,  
feel the spaciousness of air in the **forests** of your lungs.

Breathe in,  
sense the liveliness of the **soil** of your organs and tissues

Breathe in,  
let yourself be tickled by the vibrant **biodiversity** of your microbiome.

Breathe in,  
feel the flow of life in the **rivers** of your arteries, veins and lymph.

Breathe in,  
connect to the **sunshine** of wisdom in your mind's eye.

Breathe in,  
open your heart to the **ocean** of love that heals and regenerates.

