

COP 28 - MOMENT OF MINDFUL CONNECTION TO EARTH & SELF

Dear Mother Earth,

Wherever there is soil, water, rock or air, you are there, nourishing me and giving me life. You are present in every cell of my body. My physical body is your physical body, and just as the sun and stars are present in you, they are also present in me. You are not outside of me and I am not outside of you. You are more than just my environment. You are nothing less than myself. I promise to keep the awareness alive that you are always in me, and I am always in you. I know that my true presence is the best gift I can offer to you, the one I love.

Thich Nhat Hanh



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