

COP29

Moment of Mindful Connection to the Earth & Self

Gift yourself a moment of stillness
Sitting or standing,
feel your feet grounding deeply in the Earth.
Take a deep breath,
as if you were breathing through your feet,
like a plant through its roots,
drawing from the soil the nutrients
that nourish its growth.
Feel warm and delicate sunrays stimulating
the photosynthesis of your creativity.
Enjoy refreshing raindrops appeasing your senses
and renewing your strength.

Visualize your favourite fruit.
Delight your eyes with its colours,
your touch with its texture,
your smell with its perfume.
As you take a bite and let it melt in your body,
taste the love of Mother Earth nourishing your body,
healing your heart and enlightening your soul.

