



Painting by Michael Pierce

Our task must be to  
free ourselves... by  
widening our circle of  
compassion to embrace  
all living creatures  
and the whole of  
nature and its beauty.

Albert Einstein



# COP Meeting Opener

We invite you to give a moment of silence at the beginning of your meetings to connect with the Earth and invite her wisdom and support in the discussions at hand.

Sitting or standing, PAUSE where you are.

Take a deep breath in and on the exhale press your toes into the ground, then press down into your heels and both sides of your feet.

Now from your feet, feel the SUPPORT that is already here for you. Feel the ground pressing back towards you. On your next inhale, imagine this support, travelling up your legs, your torso, through your arms, into your head and voice. As you exhale imagine sending this support back through your body and into the Earth. Inhaling support from the earth and exhaling support for the Earth.

*May the nourishment of the Earth be yours  
May you be a nourishment for the Earth*



A campaign hosted by Listening Inspires

[www.listeningtotheearth.world](http://www.listeningtotheearth.world)

[#listeningtotheearth](https://www.instagram.com/listeningtotheearth)   