



Ceremony of Love and Compassion 2020

Read this to begin:

Together let us form a great tidal wave of love and compassion enveloping our entire planet; blanketing, embracing and cherishing Mother Earth and all Beings, humanity, all creatures and plants great and small, whales to microbes, Redwoods to algae; winds and waters; rocks, minerals, mountains, plains, and deserts. Let us surround our beloved mother Earth in Love!

Meditation for The Ceremony of Love and Compassion:

Close your eyes.

Take several deep, deep breaths of precious air as you relax into the flow of your natural breathing.

Breath and relax.

Let your mind go to a favorite place or event that you will always treasure, a vacation spot, a mountain, a beach, a relatives house, a city, being held by a friend, sweetheart, a great night's sleep. Treasure a favorite time.

Let yourself deepen into cherishing, treasuring and how this feels.

Relax and enjoy cherishing itself.

Relax into treasuring.



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Now let yourself embrace and cherish the air as you breathe.

Breathing in and out treasuring the air coming in and out of your body and lungs.

Cherished air. Beloved air. Air filled with Love. You are breathing in and out Love.

Your breath of Love is going in and out, in and out.

Breathing LOVE!

Each breath fills and expands more and more.

Your breath of love surrounds you in love!

You are surrounded in Love.

Your breath of Love is going out and becoming larger and larger with each breath you take.

You are a *breathing fountain of love!*

Your breath of love is becoming one with the Great Breath of Love WE ARE ALL TAKING TOGETHER TODAY!

Our breath of Love expands and expands.

Let our breath of love surround the entire earth, singly and together:



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Great Mother Earth we surround YOU with our LOVE!

Great Mother Earth we embrace you in our Love!

Great Mother Earth we thank you in our Love!

Great Mother Earth please receive our Love!

Let yourself hold Mother Earth in your Love!

Dearest Mother Earth, do you have a message, something you want to share, guidance, a gift, you would like to share with me?

Together, THIS DAY! We enter and create a sacred space together! Thousands, likely millions all over our beloved Earth! We have discovered that we can come together and literally envelop our sacred planet in love.

Gradually allow your breathing to come back to the room or place where you are.

Slowly allow your breathing to come back to your body.

Slowly allow your breathing to come back to your lungs.

And when you are ready, you may open your eyes in love.



Post Mediation Options:

Share experience during meditation / what came up, what else might need to be presented or supported.

Celebrate

Music

Dance

Create Art

Self Expression, inspirations, gratitude

Discussion / Questions

When complete: Closing prayer or ringing bell (closes the container and the ceremony)

Sharing a Meal, Break Bread (eating generally outside the container, unless specific purpose for the sacred meal)

Plan: may want further interaction, follow up