

## **Mudra Meditation (approx 15 minutes)**

(Speech in non-italics: guidance in italics)

As I ring the bell we bow to the Earth.

*Invite the Bell x1*

We sit in meditation together in alignment with our practice tradition, in support of all people and all species on the Earth who are facing hardship or threat of extinction in the face of the climate and ecological emergency.

*Start with 3 mins grounding Meditation ... (use your own words) ...*

We raise our right hand in the fearless Abhaya mudra. By doing this we express our fierce determination to protect and defend all beings from the harm that is threatened by systems of oppression, by the pursuit of power and relentless economic growth

We express our determination to protect and defend all people and species. To bear witness and to stand against projects that lead to the contamination of our precious water and air. We pledge to protect and defend those whose land has been degraded, exploited by corporations in pursuit of profit, and to stand with those who do not have the resources to protect themselves.

We stand firm in the face of this threat by opening our hearts to our strong love of the world, the preciousness and beauty of all life.

*Allow 1 minute to practice (hand raised)*

Lowering our arm we feel our groundedness with the Earth, and our connection with our breath which is also the breath of the Earth

*Allow 1 minute to practice (realignment)*

Touching the Earth with our right hand we call upon the Earth as our witness that we, representing all people, are part of the intimately interdependent web of life on this planet. We touch the Earth to acknowledge our mutuality with all life. To acknowledge that which harms others harms us all.

The Buddha-to-be called on the Earth to be his witness on the eve of his Enlightenment. Now we call on the Earth to witness our right to being here in the fullness of ourselves as part of all life, and the right of all people and species to a life free of contamination and colonisation.

*Allow 1 minute to practice (touching the earth)*

Withdrawing our hand we feel our groundedness with the Earth, and our connection with our breath which is the breath of the Earth.

*Allow 1 minute to practice (realignment)*

Opening our eyes in a soft gaze, we awaken to clear seeing. We see the truth of the pain and harm being inflicted across our world by corporations and Governments in the industrial growth society, systems which support projects that make profit for the few and suffering for the many. We awaken to the reality of death, and so we see the preciousness of life. We awaken to the suffering of those who have been seduced by the promise of money and power. And we acknowledge the power of this seduction in our own hearts and the dominance of this in our culture. We acknowledge how we have personally benefitted from these systems and we hold this reality. We do not turn away.

*Allow one minute to practice (opening our eyes)*

Closing our eyes again we remember our groundedness with the Earth, and our connection with our breath which is the breath of the Earth

*Allow 1 minute to practice (realignment)*

We hold our hands together in front of our hearts in the ancient mudra of devotion and salutation. In doing this we hold the potential for collective Awakening. We send our blessings, our care and love to all beings who are suffering as a consequence of our industrialised society's relentless hunger for gain and growth. We send kindness and care to human and non-human species being devastated by fossil fuel exploitation, by the contamination of our seas with plastic, from the catastrophic decline in insect populations across the world, by the accelerating loss of our polar ice and the countless other harms visited upon this precious Earth.

*Allow one minute to practice (anjali)*

Releasing our hands we remember our groundedness with the Earth, and our connection with our breath which is the breath of the Earth

*Allow 1 minute to practice (realignment)*

As I ring the bell we bow once again to the Earth.

*Invite the bell x1*

May all beings on this beautiful precious blue green planet, our home, be free of suffering. May all beings flourish once again, free of the taint of pollution and harm. And so with love and pain in our hearts we meditate together...

*Allow half an hour for silent meditation and ring the bell again.*