

## Meditation 2 – Blue Pearl

Relax. Imagine you're an astronaut, floating in outer space. All around you is cool, black space, dotted with thousands of tiny stars, sparkling like diamonds. You are so high up you are beyond the pull of gravity ... enjoy feeling light, suspended in outer space. You are light, and floating amongst the pretty little lights. It's so quiet and peaceful.

Far in the distance you can see a tiny blue pearl, set amongst the diamond stars. That blue pearl is Planet Earth, your home. A feeling of belonging draws you towards the Earth. Come closer, till the blue pearl is the size of a ball, floating in space. You could hold the Earth in your hands.

It's beautiful. Intricate and amazing. Full of life. The bright blue glow surrounding the planet is the sky, kingdom of the birds. Look at the oceans, home to the creatures of the sea. And the land masses, teeming with plant-life, habitat for all animal species. One balanced whole system. Everything in harmony, everything connected.

Mother Earth is home for 7 billion human beings. She is calling for your help. What does she need to keep everything working perfectly? Ask yourself: How can I help her and help the environment? What small actions can I take to contribute to the future of Planet Earth?

It's time to return to your day. Gently, the pull of gravity draws you down, gently down; you sense the heaviness of your arms and legs. Become aware of your surroundings. Take in a deep breath, and let it out.

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