How to send loving thoughts to the Earth and all its inhabitants

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Global Retreat Centre, Oxfordshire
Brahma Kumaris

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How to use this little book

Slowly read the text and linger on each page. Give yourself time to **absorb** the feeling behind the words before moving onto the next page.

The trick is to repeat the words to yourself and allow the experience to unfold in its own time...and to **feel** the words rather than just **think** about them

give yourself time

allow the experience to emerge

Gaze at a tree,

a cloud,

a blade of grass,

or any other natural thing in your sight

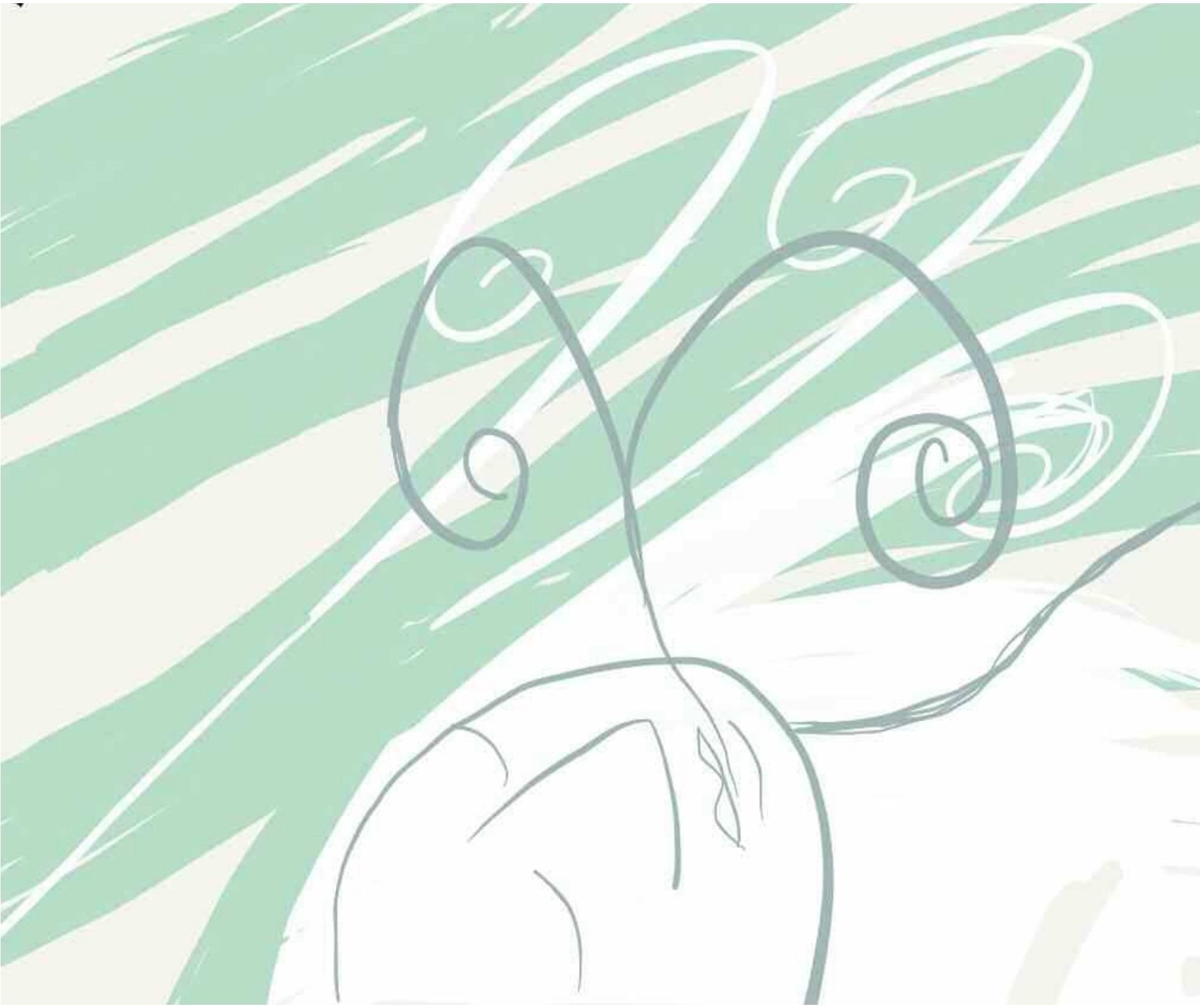
or conjured up from your imagination.

Dwell for a moment on just one thing from the natural world.

What do you love about it the most?

What does it say to you?

Gently tune in to the vibrancy of the Earth's energy
and all living creatures existing around you ….
in the skies,
on the Earth,
in the seas.
Everything so full of life.



Now imagine the Earth as a globe resting in space.
Feel its beauty, its vibrancy,
its energy supporting so many forms of life.

Allow your heart to open and pour appreciation onto
this beautiful earth.

Appreciate all it supports, all it tolerates...
And how, if left to do its work,
it can restore natural balance.

Allow your heart to OPEN

Let your appreciation become an expansive feeling of love.
Love for all life.

Let those feeling naturally flow to all humanity.

Send your love

to everyone and everything on our beautiful planet.

Allow yourself to fully enjoy this feeling

of love and appreciation

being radiated to all.

Finally, notice the shift inside you

that this experience has brought with it.

Being in tune with the heart of nature

allows your own heart to be at peace.

Let that peace settle inside you.

Whatever you do next,

take this love and appreciation with you

And enjoy being connected to the energy of life itself