

7 DAYS OF REST AND REFLECTION

JANUARY 1-7, 2019

The 2nd annual event for the healing and replenishment of the planet and all its inhabitants.



The power of mass intention may ultimately be the force that shifts the tide toward repair and renewal of the planet.

~ Lynne McTaggart

THE INVITATION

7 Days of Rest and Reflection is an annual global event inviting individuals and groups around the world to co-create a global field of rest, reflection and intention for the healing and replenishment of the Planet and all its Inhabitants.

Together we will seed the New Year with a shared commitment to restore our sacred relationship with the Foundations of Life and with all of Creation.

Each of us brings unique gifts to the collective healing process that is being called for at this critical time in our evolution. This event offers an open co-creative opportunity for renewing our sacred bond with the Foundations of Life - Earth, Water, Fire, Air, Climate, Biodiversity and the entire Web of Life.

Restoring the sacred relationship of the Feminine and Masculine, within us and beyond us, is vital for our ability to evolve in a way that protects and honours all Life. This meta-intention provides a potent healing membrane for the whole event.

During the 7 days, people across the world will nurture spaces where we can meet these elements in new ways, shed any limiting ideas and habits we may have in relation to them, and discover anew their profound life-giving qualities.

By cultivating reflective and loving communion with these primary forces of Life, we transform and heal ourselves, our lifestyles, our kinship and our culture.

While we will hold the different elements and the relationships between them in our hearts and minds during the course of the week, we also offer a framework for dedicating each day to the following Foundations of Life.

Day One: Earth
Day Two: Water
Day Three: Fire
Day Four: Air
Day Five: Climate
Day Six: Biodiversity
Day Seven: The Web of Life

There are many ways to co-create this event. We invite you to consider if and how you would like to contribute to this sacred field of healing, rest and reflection.

We can honour these foundations of Creation through diverse frameworks and modalities including (but not limited to) ancient and modern traditions and disciplines, meditation, prayer, nature walks, sacred ceremony, mind-body practices, art, sound, journalling, communing with other species, webinars, workshops and sacred activism.

As in last year's event, the 7 Days of Rest web-platform and social media threads will provide suggestions and resources for each day, as well as create a virtual space for participant-led initiatives to self-organise and share their offerings locally and globally.

On our website we will share links and a world map to different activities taking place around the world, as well as a library of wisdom resources for inspiration for these days, with links to the events and the websites of partnering communities.

Email: 7days@togetherincreation.org

Website: <https://www.7days-of-rest.org/>



BACKGROUND ABOUT THE EVENT

"The vision of the 7 Days of Rest Global Event for the Healing and Recalibration of the Planet was received in meditation in Jerusalem on the 31.5.2017.

In the vision I saw people across the world of all cultures and all faiths joining together to create a collective window of time away from our usual way of being, a quiet space to listen deeply and reflect on our ways, acknowledge the implications of our current path for ourselves and for all of Life and collectively commit to a new and healing path forward.

I saw a time when humanity united for 7 days to rest and to offer rest to Mother Earth and all her children - a time to rest from the noise, the busyness, the domination, the exploitation, the toxins and from our everyday habits that take Life and the home we share with other species for granted. A time to reflect, take stock, and reconnect with our hearts, our deeper wisdom, our intuition and realign with the intrinsic order and harmonies of nature.

There was an extraordinary clarity about the vision. It seemed obvious and palpable in its simplicity, encapsulating the essence of basic and even intuitive healing wisdom. The first step in any natural healing process is rest – a time when the body's immune system can be free from stress to be able to focus on the healing process itself. A time of Rest enables us an opportunity to reconnect with the infinite intelligence of LIFE. It allows us to let go of the noise of external stimuli and re-member ourselves and how to function as a coherent life-affirming whole.

The basic need to rest transcends all our more superficial differences. It is an essential part of the unifying language of LIFE – the language of our own body and of our shared planetary body. When we reconnect to the wisdom of Life we can recognize Rest as essential not only to our own wellbeing but to the wellness of the environment on which we depend, and of which we are an inextricable part. It is in this place of rest, when we release our habitual ways and recalibrate with the harmonies of nature that we can create a space for something new and replenishing to emerge." Shelley Ostroff

The first event in January 2018 brought together individuals and groups from over 60 countries in meditation, prayer, sacred ceremony and a range of creative initiatives dedicated to the healing and replenishment of the planet and all its inhabitants. Many individuals and organizations from across the world came on board as partners, stewards and co-creators of the event. There was a strong call for this event to become an annual event at least for seven years to support the global healing process led by so many extraordinary individuals and organizations dedicated to Peace on Earth.

On the website www.7days-of-rest.org one can find through the menu information about the first event, the partners, stewards, vision, gateways, daily schedules, gallery of videos and posters and more.

Shelley Ostroff (PhD) Visionary and co-host of the event. Shelley is an author, activist, leadership consultant, and social entrepreneur focused on initiating and supporting whole-system planetary healing processes. She is the founder of www.togetherincreation.org and www.7days-of-rest.org, and numerous other platforms and initiatives dedicated to the healing and replenishment of the planet and all its inhabitants. Deeply concerned by the suffering and devastation humans cause each other, other species and the planet, she has dedicated herself to exploring healing wisdom through different disciplines and traditions. She developed a holistic approach to human and whole system healing and evolution which she has shared in workshops across the continents. She brings to her work a deep interest in unconscious, symbolic and energetic processes and an eclectic training in a wide range of practices including art therapy, group psychoanalytic therapy, group relations and institutional transformation work, gestalt, mediation, meditation, movement and shamanic and other spiritual and healing traditions. She is currently engaged in different forms of planetary activism including working to articulate an innovative governance system - [Eco-Governance](#) and a citizen-led platform [Citizens for a Healthy Earth](#) that can support a new form of human self-organization on the planet aligned with the fundamental principles of Life. She is the author of "IS" and "A Testament of Now"

Yan Golding For over 20 years Yan has been exploring and experimenting with conscious evolution and alternative, nature-based & passion-driven living. He has practiced and taught yoga, meditation and permaculture & ecovillage design. He loves to dance, play in Nature, garden, rescue food, sculpt organic homes, build & celebrate community, and perfect the art of having fun with his daughters. In 2003 he co-founded Khula Dhamma ecovillage in South Africa and in 2015 he co-founded Transition Lagos Em Transição in Portugal. In 2010 he began to explore whole-system processes as a foundational blueprint for catalysing and stewarding our cultural metamorphosis. Since that time he has dedicated his work, energy and creativity to serving, stimulating and pioneering the realisation of our collective potential to co-create a new global culture on the basis of unity, cooperation, education and systemic redesign. Since 2015 he has co-initiated and stewarded United Earth, Synergy Hub, Global Solutions Day and A Solutions Revolution. He is currently serving as a co-creator with [Together in Creation](#), and is leading the implementation of many of the initiatives and frameworks through direct partnerships with other networks and innovative platforms.