

Tending Your Inner Garden®

Loving Your Body and the Earth

Like all the organs of our body, Mother Earth sustains us. Yet we often take for granted the gifts of our own body and the planet on which we live.

To honor both, take a mindfulness walk, noting these things along the way.

- How does it feel to place your feet on the earth? Pay attention as you slow your pace so you can deliberately and gently take each footstep.
- Stand still for a few moments and become aware of the energy flowing up into you from the earth. Feel the strength and steadiness of the energy. Do you feel weakness, pain, or stress in any parts of your body? Direct the earth energy to those places for healing.
- Ask Mother Earth what you can give to her. Bend down and place your hands on the ground, listening to and blessing her. Express your gratitude for the sacred sustenance she provides.
- End your walk by sitting in silence on the ground or with your feet on the ground. Become aware of yourself as a part of the earth, and of Mother Earth as part of you. Express your intention for healing to both.

