

Attunement and Healing Meditation

March 9, 2022

Attunement

Breathe peace into your body. Peace into your mind and thoughts. Peace into your heart and feelings. Send peace to the body of Earth. Peace to Earth's waters. Peace to Earth's atmosphere, to the air. Peace to all the places of war and conflict. Especially to the people of Ukraine and to the Russian people.

Healing Meditation –Prayer for Ukraine

Earth—Nurturance

We pray for nurturance. We turn to the Earth element and to the qualities of stability and nurturing. Mother Earth is solid like a mountain and can connect us with our own stability. She is the great Mother and She never ceases to nurture all life without discrimination. Even now, when she has been so degraded, she continues to sustain life. That life is now endangered in Ukraine and in many other places. We feel those nurturing capacities in ourselves and, as we breathe, we offer them to the people of Ukraine.

Water—Compassion

We pray for compassion. We turn to the water element and the quality of compassion. We know that Mother Earth is suffering. Bombs are falling on Earth—wounding and killing innocent people and other beings. Destroying homes, making huge holes in Earth. We know that Mother Earth is full of compassion for both the innocent people of Ukraine and the Russian people who feel helpless to stop the violence. We feel ourselves as a vessel of Earth's compassion and we send it to all beings who are suffering on both sides of the war.

Fire—Love

We pray for Love. We turn to the fire element and the great love that burns in our hearts. We know that Mother Earth is made of the element of love. The love that can put out the fires of fear and hatred that have provoked this war. The love that can burn away the walls that we have created between ourselves and our neighbors, between the left side and the right side. Love that can dissolve all sides. We feel that capacity for great love in our hearts and we send it to the people who are caught in this new cycle of violence.

Air—Peace

We pray for Peace. We turn to the Air element and to the quality of peace. We know that Mother Earth wants us to live in peace. We pray with all our hearts for peace in all the places in the world where there is lack of human understanding, kindness, mutual respect which leads to aggression. Peace is our natural state. We pray to return to our natural state. We fill our hearts with peace and send it to the Russian people and to the people of Ukraine.

Ether—Sanctity of Life

We pray for the sanctity of life. We turn to the Ether element and to the very source of Life. Mother Earth is the vessel for expression of that precious life. In her eyes, all lives are equally precious and

valued. All lives are connected to Ether and to Source. May we all remember and sanctify each other, hold each other dearer than our own lives, protect each other and pray for each other to be safe. May the people of Ukraine and Russia sanctify each other and find ways to end the horrible violence. We offer gratitude for the sacredness of all life forever connected to the Source of life.

Nayaz

Metta