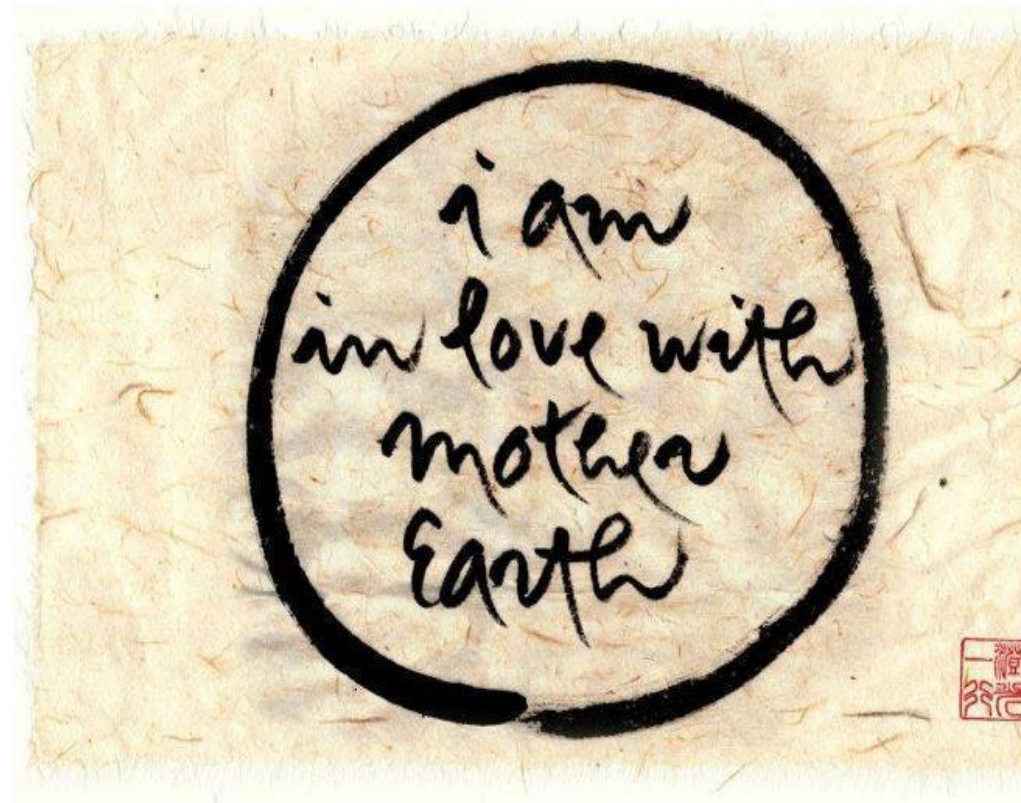


**Judith and Philip Toy, resident pastors
Cloud Cottage Community of Mindful Living**
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**Maggie Schlubach, Cloud Cottage Community
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Blackbird Restaurant**
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EARTH SABBATH: TOUCHING THE EARTH

"From the eyesight proceeds another eyesight and from the hearing proceeds another hearing and from the voice proceeds another voice eternally curious of the harmony of things" - Walt Whitman

ENTERING MUSIC

SONG: Meryl

WELCOME: Jean Larson (title)
Judith Toy, pastor, Cloud Cottage Community of Mindful Living

POEMS: Philip Toy, Cloud Cottage Community of Mindful Living

MEDITATION OF THE BELLS led by Judith Toy

TOUCHING THE EARTH FOR REGENERATION

Touching the Earth, I open myself to this beautiful planet and all of the life that is here.

[BELL]

[ALL TOUCH THE EARTH]

With heart and mind open, I see that there is no separation between my body and the body of the Earth. Every mineral in this flesh and bone has been stone and soil and it will be again. Looking into one calcium molecule in my bone, I can see that it used to be part of the body of a green leaf. Before that, it was part of the living soil in a garden. Long before that, it was a shell in the sea. I see the continuation of this calcium molecule in so many forms and now in my bone. I can see that the earth element in me will return to the soil and manifest as other forms of life in the future.

I know that every drop of my blood has been the rain, rivers and ocean, and it will be again. I can see the life of a water molecule in my blood extending back to before [time] the non-beginning. I can see the water I drank becoming part of my body. Looking back further, I can see that water has been part of every river and every ocean since the beginning of the earth. I can see that the hydrogen and oxygen that make up this water have been in existence long before the earth formed. Although my blood feels so much like a part of "me," I know it will continue in many forms forever.

The air that gives life to every cell in my body has lived in trees and

other animals and in the vast sky, and it will again. I see air element in me – the air that I can feel going in and out of my lungs and the air that is carried throughout my body keeping me alive. I know that this air is part of the vast ocean of the atmosphere moving in and out of all people, animals and plants and microorganisms. I see we are all breathing together.

The warmth of my body is the warmth of the Sun. I see the Sun's warmth radiating through space to the Earth and connecting with a green leaf. That leaf miraculously transforms the energy into sugar. As I take that leaf into my body, I transform the sugar back into warmth. I can see the Sun is alive in me.

I can see clearly that the Earth is not my environment. It is my body and there is no separation.

[THREE BREATHS]

[BELL]

[ALL STAND UP]

II

Touching the Earth, I open myself to all of the suffering present in the Earth.

[BELL]

[ALL TOUCH THE EARTH]

With heart and mind open, I see clearly that the Earth and I are one body. With tenderness and love I bring my awareness to the suffering that is present in this collective body. I see the mineral element that is stone becoming soil becoming vegetation becoming flesh and bone becoming soil again. I also see the suffering that is present in the mineral element. I see the toxins we have made creating sickness and cancer in living beings, and the pesticides and fertilizers poisoning the soil. I know that the suffering of the mineral element is my suffering. I embrace this suffering with tenderness and love.

I see the water element. I see the ocean becoming cloud becoming rain becoming drinking water becoming blood and returning. I also see the suffering in the water element. I see thousands of children without clean water to drink, and the toxins that we have allowed to be released in streams, aquifers and oceans, and all of the suffering they cause. I know the suffering of the water element is my suffering. I embrace this suffering with tenderness and love.

I see the air element. I see the one ocean of air circulating through all life and through the vast sky. I also see the suffering in the air element. I see pollution in the air and the sickness it causes. I know the suffering of the air element is my suffering. I embrace this suffering with tenderness and love.

I see the fire element. I see the energy of the sun warming the Earth, turning into sugars when it touches green leaves, and those leaves becoming my body. I see the heat in my body is the heat of the sun. I also see the suffering in the fire element. I see the ocean levels rising, the polar caps melting and all of the destruction caused by global climate change. I know the suffering of the air element is my suffering. I embrace this suffering with tenderness and love.

[THREE BREATHS]

[BELL]

[ALL STAND UP]

III

Touching the Earth, I open myself to the enormous capacity for healing that is present in the ancestors and in the Earth.

[BELL]

[ALL TOUCH THE EARTH]

With heart and mind open, I see the Earth herself as a living body. I see her capacity to adapt and heal herself. I know that she is strong and that she has a miraculous capacity to transform a toxin into a resource in the same way I can transform suffering into compassion.

I can see the Earth billions of years ago when she was covered with single celled organisms that only could breathe carbon dioxide. These single celled organisms produced oxygen as a waste and the increasing amount of oxygen in the atmosphere threatened to end life on Earth. I see that in that moment, the Earth began to manifest new single celled organisms that breathe oxygen and restored the balance in the atmosphere.

I see that this creativity is still alive in the Earth and in human beings. I know that all of the solutions to our environmental problems already exist. I know that my ancestors have discovered ways of harnessing the power of the wind and sun and water to provide for all of our needs. I see intentional community, Permaculture food forests, electric

trains, and compassionate conflict resolution. I also see my own capacity to embrace suffering with mindfulness and love, transforming it into compassion.

Looking deeply, I see that all that is needed for global healing is present within me and all around me. I feel immense gratitude for this miraculous power of transformation.

[THREE BREATHS]

[TWO BELLS]

[ALL STAND UP]

PRAYERS FOR THE EARTH

SONGS: I Can See Clearly Now by Bob Marley

I can see clearly now, the rain is gone, I can see all obstacles in my way
Gone are the dark clouds that had me blind, It's gonna be a bright
(bright), bright (bright) Sun-Shiny day, It's gonna be a bright (bright),
bright (bright) Sun-Shiny day

Oh yes I can make it now, the pain is gone
All of the bad feelings have disappeared
Here is the rainbow I've been prayin' for

Breathing In, Breathing Out, by Thich Nhat Hanh: Breathing in,
breathing out, breathing in, breathing out, I am blooming as a flower, I
am fresh as the dew, I am solid as a mountain, I am firm as the earth, I
am free. Breathing in, breathing out, breathing in, breathing out, I am
water reflecting what is real, what is true. And I feel there is space deep
inside of me. I am free, I am free, I am free.