



One Earth Sangha

Kissing the Earth

This is a transcript of a practice given on March 20, 2022 to participants in The Support of the Five Elements, an EcoDharma Exploration led by Dr. Valerie (Vimalasara) Mason-John. Watch the [video practice here](#), or the [full program recording here](#).

There's something about experiencing, and I want you to have an experience. I have a practice I've developed called 'Kissing the Earth.' It's an invitation, if you are able to, to lie down on the floor, with your belly on the floor. If you're not able to lie down on the floor, then just have your hand on your belly. Even if you're not able to lie down on the floor, this is something that you can do after. This is something that I do, out on the Earth. So, an invitation to lie down with your belly on the floor, and again, it's okay, you can still get as much benefit by just having your hand on your belly, on the hara. Allow yourself to set up and if you want to turn your camera off, you can turn your camera off.

The mind is going to wander. The mind is like the wind, it will wander, and that's okay. That's what the mind loves to do. This time, when you find your mind wandering, when you find that you've got seduced into narrative, I want you to bring it back to the belly. If your hand is on the belly, bring it back to the hand, bring it back to the belly.

Those of you who are lying face down, you might – and this is up to you – you might even want to have the sense of your navel being completely exposed. And those of you who have your hand on your belly, you might actually want to raise your clothes and put your hand on the belly. And just notice, those of you who perhaps think, I can't do this, just notice what's going on for you. So, you don't have to do it, but just notice what's going on for you. Having that sense. Again, if your hand is on your belly, an invitation to raise your clothes up so that you can feel the warmth of your hand on the belly, and if you're lying on the floor, you could raise the clothes up or keep the clothes there, but just have the sense of the belly connected to the Earth. Your hand is Earth. And as you breathe in, breathe in through the belly button, this part, this cord, this was the thing that brought us into the world. All of us come into the world on an umbilical cord. All of us do. So let's connect to that life source. And as you breathe in, say, 'I know I am breathing in.' And as you breathe out, say, 'I know I am breathing out.'

As you breathe in through the belly button, 'I know I'm breathing in.' And as you breathe out, 'I know I'm breathing out.' And as you breathe in, have the sense of drinking the energy of the Earth through your navel, with each inhale and exhale, letting go of any distress that the body held onto at birth. So as you breathe in through the navel, you are drinking in the energy of the Earth to call in on the Earth. You can do this now, as an



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adult you can consciously call in and drink in the energy of the Earth, connecting you to the Earth. And again, as you breathe in, 'I know I'm breathing in.' As you breathe out, 'I know I'm breathing out.' In, out, in, out.

And again, have the feeling of drinking the energy of the Earth through the navel as you breathe in. So take in the warmth of your hand, if your hand is on your belly, as you breathe in, just know the hand is Earth. Just breathe in and drink the energy from the Earth. And if you are on the floor, the floor is Earth. Whether you are in the basement, whether you are on the 20th floor, the floor is Earth. The wood is Earth. The concrete is Earth. The linoleum, all of this comes from the Earth. And as you breathe in, have the sense of drinking in the energy of the Earth, through the navel. And as you breathe out, letting go of any distress that the body held onto at birth, just let it go. Let it go. And one more time, as you breathe in through the navel, say, 'I know I'm breathing in,' and as you breathe out, 'I know I'm breathing out.' In, out.

In breath, out breath, calm breath, joyful breath, present moment. In breath, out breath, calm breath, agitated breath, present moment. In breath, out breath, calm breath, joyful breath, present moment.

Have the sense of drinking the energy of the Earth through your navel, as you breathe in. And as you exhale, letting go of any distress that the body held onto at birth.

Now surrender to the Earth. If you're on the floor, roll over and just allow your gaze to go upwards towards the sky or the ceiling. If you're sitting in your room, allow the gaze to go towards a window or towards the ceiling and just surrender. Surrender the body to the Earth. And breathe.