



One Earth Sangha

# Session One: Guided Meditation

Transcript of EcoSattva Training 2023-24 Video

## Agreement

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First, a little business. By accepting this document, you agree not to share with anyone who is not registered for the EcoSattva Training. No one is turned away from the training due to lack of funds, so if you would like to share it with someone who cannot afford the registration, please let them know they can [request discounted or free registration](#).

## Session Profile

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Session One: Arriving and Setting a Course

[Session Resources](#)

## Speakers in this video

- Susie Harrington

## Transcript

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### **Susie Harrington:**

Good morning, good afternoon, wherever you are. This is an offering of a guided meditation for you to settle into yourself and where you are as you move into the EcoSattva Training program.

So the first thing I suggest is that you find a place that's comfortable to sit. It doesn't need to be on the ground, it could be on a chair, or if you have a place you traditionally sit or you might choose to sit outside and to just listen as you sit. You don't need to have a view of the screen as you sit. So find a place that's comfortable, and find a place that's comfortable for your body.



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And when you've done that, begin by just feeling where you're sitting and just taking in your surroundings. Feel where you are and the space around you. Just kind of check it out. And as you just come into familiarity with where you are, if you have ease with that, you can feel your body and you might let your eyes gently shut. If you're more comfortable with your eyes open, that's okay as well. But letting the eyes shut will allow your attention to come more fully into your interior as we settle into this practice together.

And as you sit here, you might feel your body. Feel your body, especially in contact with this earth, our earth that we care so deeply about, that we rest and walk on, that supports us in so many and all ways.

So feel your contact with the ground through the chair if you're sitting on it, through your feet, in contact with the ground, whether you're in direct contact with the earth or through layers, buildings and floors. In either case, the earth is below you. Feel that contact with the ground. Feel the earth spreading out below you. Vast and abundant, this earth from which we grow to which we return. Feel the direct contact, the pressure of your buttocks on whatever you're sitting, the contactfulness of your feet or legs, whatever's contacting. Let yourself feel this pull of gravity, like a hug of the earth pulling you towards.

And as you feel this, let yourself begin to come into contact with your body, a felt sense of your body. You might begin this contactfulness with the body by taking a few deep breaths. And on the exhale, allowing yourself to soften and relax some. Relaxing in the shoulders. Relaxing around the eyes. And we can do just a brief scan coming into contact with the body, just feeling around the eyes and the face and feeling how your head is balanced, the neck.

Feeling your shoulders and your shoulder girdle. Perhaps another layer of softening, opening becomes available as you bring your attention there. Letting your attention flow down your arms, feeling how your hands are positioned. Are they supported in your lap or on your legs in a way that is comfortable? Letting your attention flow down through the torso, coming into contact with the heart center and down through your belly, down to the base of your body. And again, the contactfulness with the earth.

Letting your attention flow down through your legs, feeling your feet. So taking in now this whole felt sense of the body sitting here. And let yourself feel the space, the room or outside, wherever you are. Let yourself feel the body sitting here in this place, of the



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space around you to the front and the sides. Let yourself take in any sounds that are in your environment. Just let yourself receive them, just to have an inclusive attitude. Perhaps there's sounds of nature, perhaps there's sounds of cars and active life around you. Perhaps there's nearby voices. It's all okay. Let yourself include all of it.

You don't need to shut it out in your practice of meditation, simply letting it flow in and be included as part of your practice. You might just sort of go, ah, right, this is here too. I'm sitting in the midst of this life, this moment, right here. I don't need to fix it or change it. I'm just sitting in the midst of it. Taking a moment to recognize everything that is here, this body, all the space and other bodies and things that might be around you, all beings that are nearby or far away. Just sensing it all.

And then inviting yourself into another level of sensitivity to what's here, feeling your internal life in this moment. Sense what's here. Some familiarity, newness to sitting here, feeling perhaps your interest, your care that you're stepping into this EcoSattva Training. Feel as you do, the complexity, the fullness of your life that is present with you right now. It's all here. And also sense your care. Your care for the earth and the beings of the earth. And how that care brings you here. Letting yourself not tell a lot of story about it.

You don't need to have a lot of specific thoughts, but just sensing your own intention around this training, your own sense of yearning or care or love. Perhaps also might come up your own fear or trepidation or sensing of the challenges of our times. You don't need to push any of it away, but don't, don't invest in thoughts around it. Just feel it in your being. Feel how all this is here for you. You don't need to delve into it. It's already here. The care and the concern. Allow it to be here with a great appreciation that this good heart of yours shows up in this way. And as you sense into your motivations, the presence you bring, there's also your own complexity of your own life, your care for the beings around you, your care for yourself, and the challenges of all of them.

So again, just sensing that all of this is here as we sit together, the space, the sound, your body, everything you bring into this moment. We're just making space for all of it to be here.

And while allowing all of this to be here, let your attention turn gently to your breath. Or you might let the attention turn to sound or to the felt sense of your body, just letting the attention simplify. We got oriented and now we just want to simplify and allow our attention to rest. If the breath is comfortable for you, let yourself feel the flow of the



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breath wherever you feel it easiest, wherever it's most prominent for you. Perhaps in the belly, in the chest, perhaps in the nostrils. Just let the breath have a soothing in and outflow and letting your attention ride it.

If the breath is uncomfortable for you, you can just let your attention rest on the sounds as they come and go. Or you can feel your body, feel the sense of your body sitting here. If there's one of these or some other that is your standard practice that you're familiar with, let yourself settle into that. Let it be in this soft, inclusive, everything included way of being.

And notice when you start to wander off into thoughts or thinking, getting involved in some story, and see if you can just let it go and come back to the simplicity of your breath or just simply sitting here.

Letting yourself follow as you would tending to a child, a good friend, making friends with your breath or one of the alternatives. Letting yourself sense the flow in and out. You can check again if your shoulders might relax a little more, if the body could soften a little more. Most importantly, having this friendly attitude to all that is arising. The sounds, the breath, your body sitting here, many felt sense or emotion that's with you. Letting yourself have this open and gentle willingness to be with what's here, but not telling stories about it, not getting involved in a whole lot of thinking. However the thoughts arise to the best of your ability. Just letting that drop and simplifying this moment, this breath.

And when you've wandered, no judgment, no blame, simply coming back, feeling yourself, sitting here with this breath, these sounds, this body.

Now, as we come towards the end of this meditation, once again, check in, feel your heart center, feel what's happening inside and see if you can once again connect with your own goodness, with the good intentions you're bringing to the EcoSattva Training, good intentions you're bringing into your day. Feel your sense of care wherever it shows up. It doesn't need to be grand and expansive. Just the fact you sat here for this time is an expression of your goodness, your expression of caring. Let yourself feel that.

And when you feel ready, you can open your eyes. And if you're not ready, you can continue to sit. Perhaps you have a little more time, or perhaps this is the right time for you to close this meditation. And as you open your eyes, stay in contact with your own



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heart, with your goodness, with the care you bring to this earth, to all her beings. May this practice and all our practice and efforts and training together, may it be for the benefit of all beings. Thank you. Thank you for spending time in this way.

## Dana

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We hope you have found this transcript helpful. We invite you to help offset the cost to produce this transcript and the rest of the training by [making a donation to One Earth Sangha](#). Whatever you offer will be used wisely and is deeply appreciated.