



One Earth Sangha

Session Seven: Guided Meditation

Transcript of EcoSattva Training 2023-24 Video

Agreement

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Session Profile

Session Seven: Expressing Our Awakening Agency

[Session Resources](#)

Speakers in this video

- Kritee Kanko

Transcript

Kritee Kanko:

Greetings, everyone. Welcome to the guided meditation session. If you need to take a few minutes to create an altar for yourself, maybe lighting incense, Palo Alto sage, if that's appropriate. Something to clear the energy and to make the place feel welcome for our wise and compassionate ancestors. Please do that.

We will start by rooting our bodies into the cushion or chair. Sometimes it's good to imagine ourselves as these trees that sometimes feel shaken by the storms and high winds, but we have to remember that we have roots that go down deep, deep, deep into the core of Earth. Can you let Earth hold you? Can you release your weight fully and let go of tension in your shoulders? As we breathe in, we can make our bodies taller and wider, and as we breathe out, relax your shoulders. You're safe here, safe here for now. Let the



One Earth Sangha

weight of your hands fall on your lap. One more big breath in. You're making your spine taller. You're becoming wider, your shoulders are wide, and as you breathe out, keep your spine relatively tall, but let your shoulders, let your jaw, let your tongue relax. You can give your eyes a little squeeze and then let your eyes relax too.

You're coming almost to the end of the Training. I invite you to take a walk an imaginary hike up a trail. You have a lot of questions, these multiple crises. Keep walking. You have question of what is your role, your unique role. What is your medicine? What is your gift in these times? And you are walking up a mountain, not very steep.

You are walking along a trail. Maybe there are some of your favorite trees there, or plants, or bushes, or flowers. You pick their colors. Maybe a season you can infuse it with sounds of birds you might like. And as you're walking up this trail, this path, you realize that at the end of this trail, there is a human being sitting on a bench, and maybe there is a small fire next to them, a campfire. And you're curious, who is that? And then you lose track of this person and you go back to your thoughts of polycrisis, these planetary boundaries. You do not have enough water to give everyone 500 liters of water every day. We have to be simpler together.

What is mine to do in these times? And then you are walking, walking. This person sitting on the bench feels closer, but you cannot see their face. The birds are calling again, and the questions of polycrisis, questions of planetary boundaries, the question of healing across race and gender and caste and class — these are all alive in your mind. And you're getting closer to this person. You can feel that they are old, maybe like 85 or 90 years old. Their body posture is maybe like of someone who's taking support of a walking stick. A little stooped, a little bent, I meant. And you can see a bit of wrinkles on their skin, but you still can't see their face and you're longing, longing that somehow this person might have some wisdom to offer you. They look compassionate, they look very wise, but their face is still not clear.

And you come closer and closer, and you turn a corner, and you suddenly see their face and you see that is an 85-year-old you. Very kind and wise you. How do you feel? How will you greet this being? Are you looking straight into their eyes? Are you hugging? Are you by their feet sitting next to them on the bench? Let the next few minutes unfold in any way that feels natural to you. Ask them any questions you might like. Have a dialogue. I will ring the bell in about five minutes.



One Earth Sangha

Just a few more minutes. If you feel like you can ask this beautiful, compassionate, wise being to give you an object. Maybe this will be an object that holds clues to what is your role? How will you express your agency in these times of polycrisis? Let it emerge. Don't assume maybe something will come forth or maybe not a few more minutes. Allow the exchange to happen. Or maybe you are just sitting silently by this being in awe of their presence, in awe of their loving, very loving presence. A presence that is not judging you for where you are, a presence that loves you in whatever shape or form, with whatever thoughts and feelings you are bringing to it today, including but not limited to thoughts and emotions around this EcoSattva Training or this last session. Allow yourself to be held by this unconditionally loving gaze, unconditionally loving body posture, 85-year-old, wise and compassionate you.

I find the practice quite moving for myself. Every time I do it, I receive great wisdom and compassion, and I hope that was true for you too. Please feel free to come back to this practice when it feels right for you. Sometimes this being can be 85 years old and sometimes this being can be 10 years older than who you are today. And sometimes this being can be 10, 15 years younger and still have a lot of love and wisdom to offer who you are and what you are today. Please be well. Thank you for your care and thank you for your work in this life.

Dana

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.