

The world needs our awakened hearts. This meditation was created to help us get in touch with our hearts and our love for the world. The many injustices and crises we're facing are incredibly painful to sit with. Yet being with the heartbreak, the despair, the anger, the grief: that's our medicine. When we're able to open ourselves to the full depths of how much we care about life, we often find in that heart open place, our courage and our ability to act. This meditation reminds us that we're capable of being with intense feelings, and that by being with these feelings, we're better honoring the wisdom of our awakened hearts for the benefit of all beings.

For this meditation, please know that at any point you can exit. If it's too much for this moment. You can pause the meditation. You can stop. Check in with yourself and listen to your own body mind for your needs in this moment.

I invite you to find a position that feels supportive to you in this moment, knowing that you'll be here for a little bit. What feels comfortable right now?

You may choose to be lying down, sitting, standing. You may view this as a prompt and write or draw through it. You may be joining from the bath. Whatever best serves.

Settle into this position and notice anything that feels like it's supporting you right now. This might be the chair or couch or bed beneath you, a blanket on top of you. It might be the ground beneath your feet. Or just knowing that beneath the surface you're sitting on is the earth.

If the breath is a supportive place for you, I'll invite you to take a few deep breaths with me, and as you breathe in, you might notice what feels difficult.

And as you breathe out, you might place your hand or just your attention on that difficulty and let it know that you're there with it.

Slowly breathing in.

And slowly breathing back out.

Breathing in any difficulty.

And breathing out the support that's here for you right now.

As you breathe in, you might remind yourself that the air you're breathing, is the air we're all breathing.

Just as you're breathing in the air, so am I.

And just as you're breathing it out, so am I.

I invite you now to turn your attention to your body, perhaps moving through a quick body scan if that feels accessible to you in this moment.

You might begin with your forehead and your eyes, simply noticing any sensations there.

What do you notice in your face?

Notice your lips, your mouth, your tongue, your teeth, your gums. What's present there right now?

You may notice your throat, any sensations there, and also the way that your throat is housed in your neck. How is your neck feeling right now?

Your neck is connected to your shoulders. So you might now notice what's present in your shoulders.

Flowing down from the shoulders, arms and hands. You may notice now what sensations are alive in your arms and hands.

I invite you now to turn your attention to the area of your chest, noticing any sensations there.

And remembering your heart. What do you feel in your heart?

You might turn your attention now to your belly and your abdomen, and notice any sensations that you feel there.

What do you feel in your pelvis?

Notice your back. You might want to start with your upper back. Noticing the sensations there.

And then your middle back.

And your low back.

Now you might notice your legs, feeling any sensations in your legs and then down to your feet.

As we begin to tune in to emotions that are present and into the love in our hearts, you may at any point choose to ground yourself again in what's supporting you – in your breath, in the sensations in your body, or in anything else that might support you as you sit with feelings that may be difficult.

The world needs your awakened heart.

Wake up to that which you carry that calls out for your attention, to that which you witness in this world that calls out for your attention.

What or who is calling out for you within yourself now?

Can you hear your own despair?

Does fear call out to you?

Does anger?

Does your heart break open for this world, this world where suffering and injustice, and crises are constant?

If you feel safe enough in this moment or like it's accessible to you, as you notice what's here calling for your attention, can you notice what it feels like? Notice any sensations and where they might be in

your body.

As you listen to what calling to you, as you let yourself really feel what's here, you might consider how you can tend towards the rising within you.

Can you feel yourself here, listening?

As you breathe in, do you remember how many of us are breathing in alongside you?

The world needs your awakened heart.

Notice again what feelings are surfacing. Who's calling for your attention?

Within your anger, your grief, your fear, your despair, can you feel behind it your deep love and care for other humans, for animals, for plants, for this beautiful planet, for life?

These feelings are the feelings of your own heart.

If you feel angry about what's happening in the world, I am too. Can you feel our roots touching?

If you're grief stricken, I am too. I'm here in the grief with you.

If you're afraid, know that I'm afraid to, but I'm comforted knowing our roots are touching.

If you're feeling despair, let me share it with you.

One of the translations of the word compassion means to suffer with. Can you let yourself suffer with those suffering in the world?

Can you let your heart break open, knowing that this heartbreak is what the world needs? The world needs our care. The world needs your awakened heart.

Mycelium and root networks in the forest allow the transfer of aid to trees that are suffering. Nutrients can be transferred from one tree to another through this network.

We're part of such a network. Our roots are touching through our care, through our awakened hearts that are brave enough to feel this heartbreak.

Notice the air that all beings are breathing together, that all beings breathe back out together.

You might notice where your body is making contact with the surface that you are sitting, laying or standing on. If visualization is hopeful for you, can you imagine roots extending from your body through the surface, down into space, into the ground? Can you feel our roots woven together?

The world needs our awakened hearts.

I'll invite you before we close the meditation to take a moment and notice if there's anything that you need in this moment.

Perhaps some parts surface during this meditation. Take a moment to listen to them, to remind them that you're here.

Perhaps your bodymind has some intense sensations from where the feelings rose from. Is there a way you can offer your bodymind more support and care in this moment?

As a way of closing, you might consider how you want to move through the rest of your day, listening to the wisdom of your awakened heart, considering what action you may want to take, and remembering that even the smallest actions have ripple effects.

I invite you to return to the space around you, perhaps looking around, taking in your surroundings, particularly noticing anything that feels like comfort or support as a way of grounding yourself back in the present moment.