

Visioning For Earth's Future

"You don't have to see the whole staircase,
just take the first step."
Martin Luther King, Jr.

Process 1: Reflective Vision

Objectives: Enable participants to visualize the future they want for Earth, and commit to taking a step that will improve Earth's quality of life.

Begin by positioning yourself in a comfortable sitting or reclining position. Close your eyes if someone is reading the instructions. Close them between instructions if you are reading them to yourself. Slowly read the following, giving yourself ample time for complete responses.

Close your eyes; relax; let go of all holding in your body and allow the surface beneath you to fully support you. Focus on your breathing now, and begin taking some slow, deep, releasing breaths, inhaling the life force around you, feeling it spread through your body - relaxing, opening, centering, balancing. And as you release each breath, exhale all thoughts, tensions and distractions. Just breathe, fully and deeply.

Continue breathing deeply as you place yourself five years from now on a beach next to a stream that is flowing out to sea. Look around you, and describe to yourself what you see.

As you look at this scene, visualize the quality of life you want for the sky and air... for the birds... for the trees... and all surrounding vegetation. Visualize the quality of life you want for the sand in the stream and around it... notice the different rocks and shells... and the scurrying insects nearby. Look again at the stream and visualize the fish and plants in the stream, then watch the stream flow into the ocean and the vast beyond. Now, visualize the ocean - hear the roar of the waves, see its beautiful color, vegetation and minerals, fish and water animals. Tell yourself why this quality of life is important to you.

As you continue enjoying the beach, envision people around you the way you love to see people together. What are they doing? What are they saying to each other? Listen to the sound of their voices. Describe the feeling of what you hear. Notice what you are feeling now, as you envision these people talking and enjoying together.

Now smile gleeful joy into your heart, celebrating this beautiful life you see. As you continue to breathe slowly and deeply, experience the feeling of your joy flow through your body. And think of one small, but significant step you can take to help create this beautiful life for our planet.

What have you gained from this? How has it been especially valuable for you? When you're finished, return to the present, open your eyes, and write down the step you can take for our planet, and whatever else you want to remember.

Process 2: Dyad Conversation

Objectives: Enable participants to share their experience and support each other to take their intended step to improve Earth's quality of life. Ask them to:

- Choose someone they don't know, but feel they might like to know. Introduce themselves and get comfortable.
- In 5 minutes or less, one at a time, ask them to share their experience with the visioning and the step they intend to take to support Earth's quality of life.
- Decide how they will support each other to fulfill their intentions.
- Determine a time, in a week or two, to talk about their progress. Exchange email addresses and phone numbers.

Process 3: Group Conversation

Objective: Allow the group to share insights, concerns, conclusions and decisions for further inspiration and motivation.

Questions:

- What did you gain from this?
- How have your ideas, perceptions, or feelings about Earth and your relationship to her changed since you answered these questions? What step for change will you take?

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