

## **The Two-Heart Meditation - *Our Mother Needs Our Loving Attention***

as given in ***Being and Vibration: Entering the New World***

**by Joseph Rael (p.136-138)**

This is a meditation of visualizing Mother Earth in an attitude of blessing and can be done at any time.

In a space before you, or in the center of the room, see in your mind 's eye our Mother, the earth, hanging in space, 'evolving and revolving' (changing and turning). Be with her a while, becoming aware of all of her beauty and loving her. Notice the different colors of the land masses; the blue of the oceans and rivers; the puffy white Cloud People; the North and South Polar ice caps. You are saying a prayer for all the creatures living on and in her, in the oceans, forests, trees, and rivers. Remember that our Mother loves and cares for and provides for us all without judging us, no matter who we are.

From your highest power point on the top of your head send out a powerful beam of gold light, toward Mother Earth. Then, from your heart center and physical heart, send her a beautiful beam of vivid blue light. Where the two beams come together and touch, see a clear emerald or grass-green beam of light. The green means the principle idea of TRUST, what the planet needs most.

Now see our Mother bathed in this beautiful, clear light of green. Watch her, turning in the blackness of space, being washed and purified by your loving and the green light. See first one continent, then another, and another, and all the cloud masses in between, being soaked in the light, absorbing the light and turning green. See the oceans amid the ice caps turning green. See the whole earth absorbing this sacred green light. Feel your love for your Mother while you are doing this. You are caring for all the beings on the planet with this light, including yourself, your family, and neighborhood.

If there are places in the world which are currently experiencing painful disharmony, about which you are particularly concerned, think of them specifically when the green light falls on that part of the planet. This also includes countries and cities which have had natural disasters as well as political ones.

**This meditation may be done daily if you wish, and for as long as you like.**

**The important thing is to do it! Our Mother needs our loving attention.**

