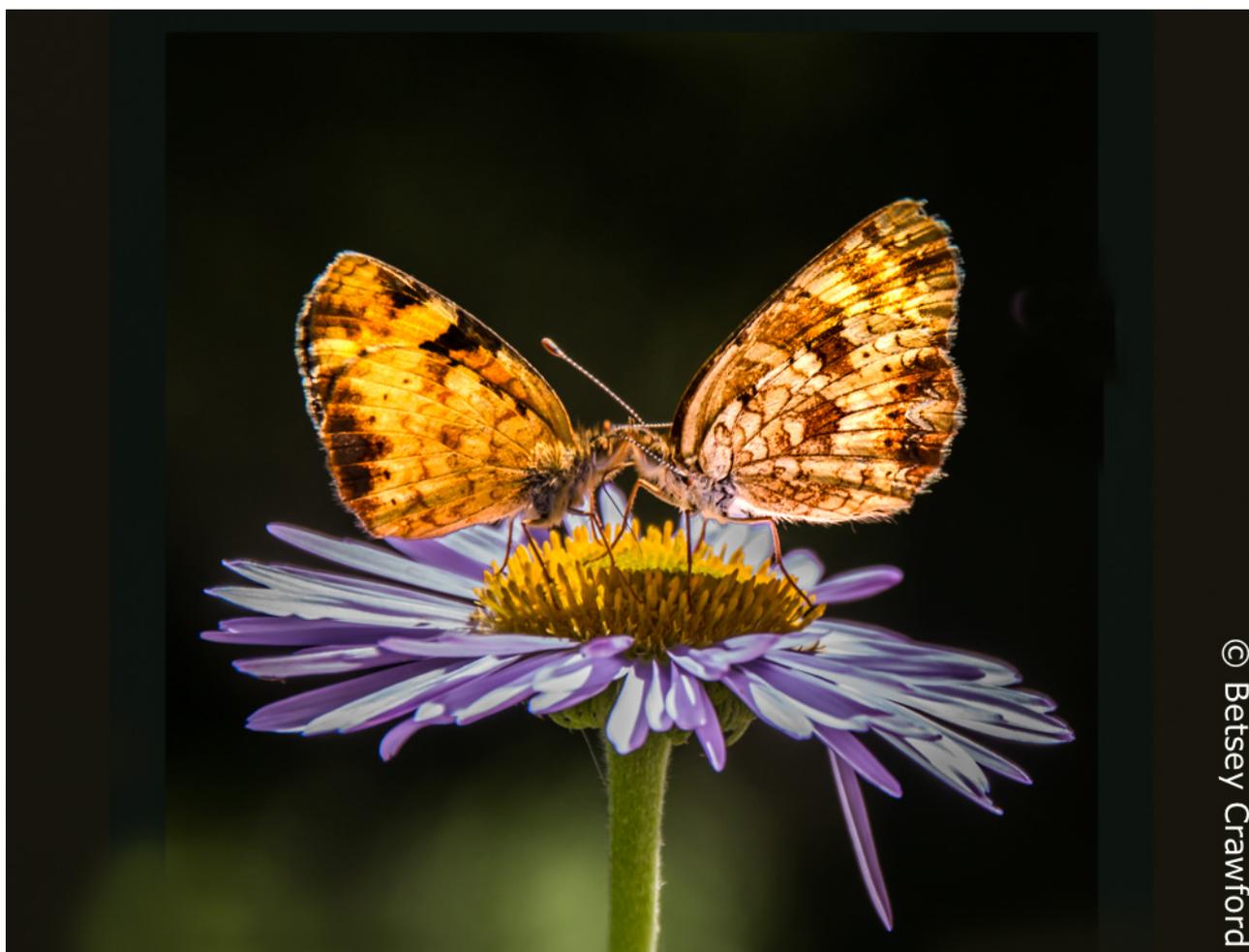


# Opening Meditations

**Deeptime Leadership Class, 2021-2022  
Module Three**

Deeptime Network  
dtnetwork.org

Edited by Judith Keller, certified Deeptime Leader, June 2022.



*'Tall Purple Fleabane [Erigeron Peregrinus] With Butterflies', Waterton Lakes National Park Alberta, Canada by Betsey Crawford DTN member. Used with permission.*

## **OPENING MEDITATIONS - MODULE 3**

### **CO-CREATIVE PRESENCING**

*'The universe is a communion and a community. We ourselves are that communion become conscious of itself'. [Thomas Berry, Dream Of The Earth].*

1. Breath of Life - Katrina Fabish
2. On a Bridge - Mary Ann Wamhof
3. Awakening Universe - Tara Denuccio
4. Cosmic Travellers - Odile Coirier
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16. We Are Light Beings - Tex Albert

## **1. Breath of Life - Module 3, Session 1 - Katrina Fabish**

I invite you to close your eyes gently.

Breathe in...breathe out...breathe In...breathe out...deeply...slowly...breathe into your heart...feel your inner aliveness...your unique presence...listen to Earth breathing...allow your breath to expand to join the community of beings...

Imagine your arms encircling our sacred planet...breathe in love...breathe our peace...breathe in peace...breathe out love...reach beyond Earth into our expanding Universe...breathe in our Milky Way...gaze at the beauty of our ancestors, the stars...know your Story...our Story...we breathe as One...I am who I am because of who we are together...open your eyes...gaze upon those who share your aliveness...offer thanks for their presence.

I now invite you to stop to listen to a voice from the future, a young Maori child who shares her story of Earth breathing during a COVID lockdown: [ Youtube clip: [Papatuanuku \(our Earth Mother\) is breathing](#)]. May the breath of life be with you.

## **2. On A Bridge - Module 3, Session 2 - Mary Ann Wamhof**

This meditation is a creative visualisation. If you are comfortable in doing so, I invite you to keep your eyes closed, so that you can vividly imagine what I describe. If you have brought a stole, scarf, tie, or shawl with you, please have it in front of you, or on your lap. Please close your eyes...

Please join me on a bridge...walk to the centre of the bridge, and breathe with me. Inhale this threshold moment that perfectly brought us together in this moment, and exhale the past...inhale any new information that may be swirling and settling within you...and exhale what no longer works for you...inhale what's emerging and exhale any fear or confusion...

Be aware that as deep time leaders, in a million ways we may well be bridges for others...that's our calling...that's why we're here...be aware of how you are a bridge...

As a symbol of accepting our roles, let's place our scarves around our shoulders...how does it feel to wear this symbol of being connected to deep time principles and perspectives? Now, finish slowly walking across the bridge...how does it feel to show outwardly that you are a deep time leader? [Pause]. As you are ready, open your eyes. Namaste.

## **3. Awakening Universe - Module 3, Session 1 - Tara Denuccio**

Part of my opening meditation today includes a short video. Before this, though, I invite you to be comfortable, to feel balanced and supported...and taking in the comments and contributions in our session in these opening minutes, let your eyes close as you feel into the awareness of the discernment, aliveness, presence, vulnerability and sense of deep time about which we have been remarking...and feel into this in your own interiority, taking a few deep and spacious breaths as you move inwards...and now invite the activity of your mind to rest into your heart space...let yourself be consciously oriented in deep time, open to Universe within, and let yourself notice, consciously in this moment, Universe expressing in sensations through your body...notice where the sensations are arising from, and their quality...let your attention notice the stream of thought, the activity of your mind even as it is settling more deeply into your heart space...feel the motion and energy of settling, what has touched you in what has been shared...and what is here right now...

In sharing the video now, let there be a continuity between Universe within you, and Universe beyond, whatever is coming into us is already moving as life within us and beyond us...continue to notice the worlds of sensation, image, impulse, perception, as they flow, arise and dissolve... [Youtube video clip: Liquid Mind - Awakening: Cosmic Sea].

And finally, let's take one cleansing in breath, and out breath, as we open our eyes and Universe continues to unfold.

#### **4. Cosmic Travellers - Module 3, Session 2 - Odile Coirier**

As we open I draw our attention to the people of South Africa and the Philippines, suffering the impacts of climate change in their countries...[Pause].

For my meditation today, I would like to offer a poem by Mary Oliver, The Journey.

Let us first take a moment to bring our awareness into the present, letting go of any distractions... just be present to this moment, and close your eyes if you feel comfortable...be aware of your breath, breathing in, breathing out...let your mind rest there, focussing for now on the sensations of breathing...be aware that your breath happens by itself now in your awareness...

Focus on your heartbeat, the energy of life, the blood running through your veins...the energy of life with us...[Pause].

And feel deeply the energy of life around us...open your awareness now to the world close by, its smells, its atmosphere, any sensations of warmth, or cold...feeling deeply the world around us... for we are the travellers on this cosmic journey listening to the whispering voices within...this is our precious moment...

The Journey by Mary Oliver <https://poetryace.com/the-journey>

One day you finally knew  
what you had to do, and began,  
though the voices around you  
kept shouting  
their bad advice—  
though the whole house  
began to tremble  
and you felt the old tug  
at your ankles.  
“Mend my life!”  
each voice cried.  
But you didn't stop.  
You knew what you had to do,  
though the wind pried  
with its stiff fingers  
at the very foundations,  
though their melancholy  
was terrible.  
It was already late  
enough, and a wild night,  
and the road full of fallen  
branches and stones.  
But little by little,  
as you left their voices behind,  
the stars began to burn  
through the sheets of clouds,  
and there was a new voice  
which you slowly  
recognized as your own,

that kept you company  
as you strode deeper and deeper  
into the world,  
determined to do  
the only thing you could do—  
determined to save  
the only life you could save.

## 5. Dance of Peril and Promise - Module 3, Session 3 - Carol Kilby

<https://www.carolkilby.com>

[Participants were invited to bring an egg with them for the opening meditation].

In honour of Earth Day and The Earth Charter, we are going to be using an ancient form of meditation, the chant. So, after each brief reflection, we will pause, take an in breath, and on the out breath chant, 'Peril and Promise Are One'.

I invite you, in what follows, to focus on the images; the words are also included [10 slides follow with images and text]. In holding an egg in your hands, you are holding an ancient reminder that there was a very early myth about the Cosmic egg, and we're mindful also that the Earth Charter's message is that we stand at a critical moment in Earth's history - humanity must choose its future. As the world becomes increasingly interdependent and fragile, the future, at once, holds great promise and peril.

13.8 billion years ago, in the beginning from turmoil and tumult were billions of particles at once created and annihilated...and yet from one in a billion sulphuric particles, Universe flared forth.  
[Chant].

13.5 billion years ago, stars born from nuclear chaos became supernovas dying wild explosive deaths...and yet, from stardust, calcium, carbon, iron, gold - came stars, planets, and a solar system.  
[Chant].

4.9 billion years ago, from the death of stars rose our Sun, at its core, protons smashing protons, sacrificing 4 million tons of energy per second...and yet, earth lives with more heat, light and power in an hour than Sun consumes in a year.  
[Chant].

4.3 billion years ago, struck by a planetoid, maiden mother Gaia, torn in two, tilted on her axis... and yet, the last vaporised fragment gathered in the compassionate curve of gravitational attraction is Moon, mother of seasons, mistress of tides.  
[Chant].

3.9 billion years ago, battered by cosmic storms, Earth cooled, rains pooled, chemicals stewed. Lightning pierced her watery being. Disorder reigned...and yet, life, the first cell building block of all order sparked into being.  
[Chant].

3.5 Billion years ago, bacteria's overconsumption led to overpopulation, hunger for hydrogen and the edge of extinction...and yet, cells self organised to photosynthesise. Hail the Garden Planet.  
[Chant].

2.5 Billion years ago, over oxygen threatens life's elimination...and yet, single cells choose holy communion, nucleated, gain responsibility, respiration lets all Earth breathe.  
[Chant].

65 Million years ago, cosmic collision, a fifth mass extinction...and yet, dinosaurs demise invite differentiation's dance, new species appear.  
[Chant].

2022, ice caps calving, carbon caps failing, humanity must choose its future...and yet cosmic creativity, infinite potential, evolutionary dancer is in all that is and as much in us as in the primal stars.  
[Chant].

As we go on from here, we stand at a critical moment holding our allurements, our projects, and all that is fragile. We go chanting on Earth Day, breaking our eggs on a tree in the garden to return in hope our life's work to Earth....may it be so...

## **6. Gaia Prayer - Module 3, Session 4 - Penny Andrews**

Source: Fred LaMotte, 'Our Mother Who Art in Gaia'.

Slow reading of the prayer:

Our Mother  
who art in Gaia,  
brown as loam, nameless as rain,  
may your presence be a golden void,  
the absence of the search.  
Let your family dwell here in a circle,  
not a kingdom,  
where spirit and body, heaven and earth  
mingle in small sacraments  
of compost and compassion.  
Be the breath we take,  
the bread we make each day  
with our own wrinkled hands.  
Let our prayer word be, 'Enough'.  
For you are the weaver of galaxies  
into nests for young planets,  
and you sing the whole sky in a robin's egg.  
In you we are always home.  
Dispel our illusion of impurity,  
so that we may immerse one another  
in your bodily fluids  
of abounding goodness.  
For thine is the roundness,  
and the brokenness  
and the healing.  
Amen.

## **7. Breathing Gratitude - Module 3, Session 4 - Seema Shalini**

Let's start with the potential we carry within ourselves, imprints that we carry in our bodies, minds and souls, the potential that we are yet to discover, the adventures yet to emerge, yet to unfold.

Let's take a deep breath together...being grateful for the journey that we have undertaken thus far...there are journeys awaiting us...we are breathing deeply...

Let's think of friends and families, our extended families, our colleagues, our project partners, our business partners...all our partners in every way and include them in our meditation...we share

their companionship...we share the same breath...we share the same planet...we are blessed to have them in our lives....

Let us include too the strangers we meet every day...at the bus stop...in the restaurant...on street corners...on trains...at conferences...sharing a smile...a gesture that might change our lives...we remember all strangers who have left their imprint on our lives...through gestures of kindness...

Breathing deeply...we think of ancestors and their imprints in our lives...expressed in our talents, their love for us carried in the fibres of our being...grandparents, aunts, uncles...any of our ancestors who have influenced our lives...

Breathing deeply...we think of wildflowers too, flowers blooming, birds and birdsong, the beauty of trees...the naughty squirrel...its innocence and simplicity...all creatures who accompany us...

And now as we close, I invite you to join your hands and to rub them together, and then to place your warm palms over your eyes...

And when you are ready, gently open your eyes, returning to the Zoom space we share.

## **8. Water Meditation - Module 3, Session 5 - Jenny Bowler**

Please raise your glass of water...

What an amazing element is water...how big is its story...where has the water in your water bottle come from...what tap?...what filter?...what pipe?...what reservoir?...what processes has that water gone through?...

The water each of us holds is sacred water. Some people say we should call Earth a water planet because water makes up 80% of the surface of Earth.

How is it that the water we are holding in our hands is continually renewing itself, refreshing itself?

So, I want to honour the story of water today.

I invite you to close your eyes and begin to connect with your feet on the ground where you are sitting and start to tune in to the water story, this great planetary story, that's been around for possibly 3 billion years, this same water in your glass...

And as you start to slow your breathing, be aware that with each breath you are taking water in through the air into your body whose composition is mostly water, similar to Earth.

Become aware of the water moving through your body, through your breath, through your blood cells...water around us and inside us...

And now, let your local region speak to you. Where is the water, in your home?...in your country?...in your local area?...stay with a place of water that is inviting you to be mindful and present to it at this moment...and music will meet you there.

[Play music video for 2 minutes: 2 Minutes Relaxing Piano Music/Music for Stress Relief/  
Instrumental Music: [youtu.com/watch?v=Rm-2gKAvnZY](https://youtu.com/watch?v=Rm-2gKAvnZY)]

And in your own way, as we close, honour and give gratitude for water in your life, and its gifts to us.

As you are ready, open your eyes and let us raise our glasses of water, honouring each other in the water within our own bodies and on the surface of planet Earth.

## 9. Emergence - Module 3, Session 6 - Lisa Verni

For this opening meditation, Lisa clicked on a video of herself dancing. The video was taken unawares by her partner. In opening comments Lisa expressed that the video was a gift of reciprocity for the DTN community and Earth Community, especially trees. The video is an expression and celebration emergence evoked within the DTN. The link to Lisa's website where you will find the video is: <https://dancingwiththepain.org>

'This Right Here' - the lyrics to the music of Lisa's dance:

Anything that I could say right now  
Would only be a pale reflection of what I feel  
Won't you let me just look at you?  
Our eyes are the windows to our souls, and  
They will show one another all there is to know  
About the things that I'd like you to understand  
Hold my hand and listen with your skin  
Let your inner senses take me in  
And we will go beyond words  
Like a wish that's remained concealed  
Like a wound that has never healed  
And the secret language of the heart  
I summoned you to me  
As the missing part of my life's design  
Your destiny's linked with mine  
Look at the stars, it's written there  
That you and I were meant to share  
A sense of belonging  
That we will not find elsewhere  
I'll say a prayer  
As I light these candles for you  
An offering to your unspoken wish coming true  
But the present is the gift  
Yeah, this right here  
This right here  
This right here  
You can have whatever you can dream of...

## 10. Co-creative Presencing - Module 3, Session 6 - Tex Albert

It is a privilege to be with one another.

Presencing with each other, let's look around the screen in Gallery view, and send some waves of welcome, in gratitude, for our presencing with each other today. [Pause].

With eyes closed, we become aware of our breathing. We are breathing.

We are alive. We breathe...We're alive. [Pause].

Become aware of our hearts. Focus on our heart space. [Pause].

Imagine regulating our heart space from our chest area—photons of light, photons of love radiating out to everyone, to all of creation animate, and inanimate, threads of healing and empowering love...[Pause].

We are conscious, in co-creative presencing, that we are deep timers...[Pause].

When you are ready, return your awareness to the room you are in, and we proceed with the session.

## 11. The Space of No Time - Module 3, Session 7 - Ambie Abano

This meditation was inspired and adapted from Lisa Broderick's meditation accessed from Sounds True podcast on October 26, 2021. It is a meditation that seeks to experience the space of "no time."

Sit comfortably on your chair with a relaxed pelvic region. Your back straight but relaxed, your spine in proper alignment with your neck and your head, and your feet firmly on the floor, and your hands on your lap. Feel your energy straight up in your body. Lift up your shoulders up into the back and just drop them. Breathe out.

Now gently close your eyes with a lowered gaze, with the intention that we are entering a beautiful journey into the space of no time. The first thing we will do is to focus on your breath. Breathing in through your nose, and letting out a regular exhalation. Now, start breathing out through your mouth a slow long exhalation about twice as long as your inhale. [Pause].

Again, a regular inhalation through your nose, a long slow exhalation out of your mouth, seeing the breath coming out of our mouth as smoke, in a delightful color orange for creativity. And one more time, in through your nose, and out through our mouth, a long slow exhalation.

Now in the next in-breath through your nose, see the number 3 in your mind's eye. As you're seeing the number 3, we breath in through our nose, and again, out through our mouth, the number 3 dissolves to number 2. In through your nose, and out through your mouth, the number 2 dissolves to number 1. And in through your nose, and out through your mouth, the number 1 dissolves to 0.

Now we have arrived in the space of no time... of suspended time...now we can focus. What shall we focus on? Something wonderful, something delightful...Let us focus on your project...focus on how the idea for your project was conceived, how you planned its course, how you started working on it.

Now, let us expand it... think about the way that it benefits everyone who is involved... all those who benefit from the fruits of your creativity...imagine all others connected to it... our comrades in Deeptime community, your community that it serves - people, animals, the mountains, the forest, the trees, the air, the ocean, the river, the butterfly, the birds, the insects, the earth, the stars, the sun, the moon, the cosmos. Hold these images in your mind.

Imagine your project manifesting right here right now. In this moment, you are witnessing it manifesting.

Revel in the moment. You are experiencing your project unfolding in this moment before your eyes, along with all your senses. You see the smiles in the people, the animals, the stars, the earth, as if expressing gratitude to you and blessing you. You are aware of this moment and the feelings you experience from this. Focus now on your emotion. You are joyous, grateful, happy. Live the experience in this wonderful state.

Let's take it now another notch further. Imagine yourself expanding that feeling out of the top of your head and you are growing infinitely larger larger, larger... than Earth, the galaxy, into space and up and up and up and then, just release it... exhale.

Now to come back, let us focus on our breathing. In through our nose, and out through our mouth, the number 0 dissolves to number 1...In through our nose, and out through our mouth, the

number 1 dissolves to number 2. In through our nose, and out through our mouth, the number 2 dissolves to number 3...Slowly now, open your eyes.

## 12. Breathe In Pain/Breathe Out Compassion - Module 3, Session 7 - MJ

I attended a retreat this week on the topic of how we find beauty in a broken world. And there was a beautiful poem read that I want to read. Following this, I will lead us in a contemplative practice.

Firstly, however, I want to mention that all of us have difficult things in our lives. In my Bioregion, it's forest fires right now, including one this week within a mile and a quarter of my house. The fire has been contained but it has burnt precious land along the river. In the U.S right now we are dealing with another very painful school shooting incident. You too will have events that are painful, challenging and destructive. Letting that suffering in, and what can emerge from it, in a Deeptime perspective, is to allow creativity to emerge from catastrophe. So, close your eyes and take a few breaths, in, and out...and listen to this poem called: 'The Way It Is' by Rosemary Wahtola Trimmer:

Over and over we break  
open, we break  
and we break and we open.  
For a while, we try to fix  
the vessel—as if  
to be broken is bad.  
As if with glue and tape  
and a steady hand we  
might bring things to perfect  
again. As if to be broken is not  
Also perfect. As if to open  
is not the path toward joy.  
The vase that's been shattered  
and cracked will never  
hold water. Eventually  
it will leak. And at some  
point, perhaps, we decide  
that we're done with picking  
our flowers anyway, and no  
longer need a place to contain them  
we watch them grow just  
as wildflowers do—unfenced,  
unmanaged, blossoming only  
when they're ready —and my god,  
how beautiful they are amidst  
the mounting pile of shards.

So, just breathe...just take a breath in...breathe out...and as you breathe in again, let yourself feel whatever pain or brokenness is in your heart or mind right now. It might be personal; it might be communal; it might be in your region in the world...and let your heart open and really feel it...feel the pain as you breathe in...and then as you breathe out...feel your compassion for the situation or event, even if the compassion is for yourself, or for others you know, far away...breathing in the pain...and breathing out the compassion...and now, as you breathe in the pain, let yourself breathe out hope, along with the compassion you feel...because we know that out of catastrophe, great creativity will merge eventually, beyond our imagining...see if you can hold at the same time, the brokenness in the hope, the hope in the brokenness...the pain...and the hope...And I am going to close with a Navajo Dine Prayer that I say every morning: *The world before me is restored in beauty. The world behind me is restored in beauty. The world below me is restored in beauty. The world above me is restored in beauty. All things around me are restored in beauty. It is finished in beauty.* Thank you.

### 13. Honoring Our Time Together - Module 3, Session 8 - Lisa Verni

<https://dancingwiththepain.org>

During the time of close down due to COVID, I took solace from early morning walks. Each day, I'd set out to find another bench by the sea. Like a child, I discovered daily gifts of the natural world around me. This was before I started Deeptime classes in the Fall of 2020. Despite my family being under the one roof, I felt lonely, and longed for my friends and loved ones and my collaborators. I missed seeing my long term patients in person.

I'm going to read a poem I wrote during early COVID when the world felt so brokenhearted and disconnected. When I re-read my poem, I realised I was dreaming of this cosmic community, so we all must have been dreaming of it or we would not have arrived here together. I want to say I am truly grateful for all of you, who are my teachers and guides, my collaborators and dance partners. I've learned so much from our time together.

We are now getting ready to complete this very special program. Eventhough we will continue to evolve and emerge together, it's hard to say goodbye.. It's especially hard when there is deep love and attachment. I've come to believe that the most essential quality of a deep time leader is the willingness to love deeply and fiercely. So, I offer my poem to you as a gift to honour our time together and the time to come. I do believe we will continue to meet in each other's hearts and dreams.

#### I'll Meet You In My Dreams

I'll meet you in my dreams tonight

On that bench out by the sea

We can talk or just be quiet

I'll be sure to bring your tea

I'll hold your hand

Against my heart

We'll both exhale

You'll wrap me tight

You'll fill me in

On what you've seen

On what you've learned

On who you've been

Oh Friend,

I sure will miss you

On that bench out by the sea

I'll go there in the mornings

To see what we have dreamed.

#### **14. Our Cosmic Identities - Module 3, Session 8 - Liz Rees**

As we are talking about Deeptime leadership, I will lead us in a meditation about assuming our larger identities.

So, be comfortable, and close your eyes gently....give yourself permission to relax...drop your shoulders a little...unclench your jaw...feel into your connection with everyone here, this community...as we journey from head to heart, entering a deeper place within our inferiorities, let's listen to Thich Nhat Hanh:

'You have a cosmic body, and you have to recognise your cosmic body...

When you look into your physical body you see your cosmic body - the air, the water, the heat, the soil...and you are made of stars.

You know very well that without the sunshine, there would be no life on Earth...so you are made of sunshine...

And the Sun is a star  
So you are a son of the Sun,  
You are a daughter of the Sun...

You have a cosmic body and you have to recognise your cosmic body...'

So, let's keep this connection to our larger identity, and our connection with each other as we arise from our meditation.

#### **15. Gyan Mudra Meditation - Module 3, Session 10 - Orla Hazra**

Good Evening, Good morning, Good afternoon !!!!!Sun going down, Moon coming up, Sun coming up, Moon going down....life continues across Earth. Thank you Steve and welcome all, for our last "class" evening of our 9 month course, a deep time embryonic gestation. We celebrate our communal arrival in next week's festivities!

Before I begin the meditation properly I would like to introduce something to you to include in tonight's meditation. Those of you who do yoga meditation will already be familiar with it. It is called the Gyan Mudra, from the Yoga Tradition. Gyan means "knowledge" and mudra is the "symbolic gesture" or "seal".

To do this, everyone please lift your hands towards the screen, palms forward, thumb down. Keeping your fingers and thumb straight, allow your index finger to tip to touch the thumb. Seemingly, the thumb is the representation of Universal Consciousness, while the index finger represents individual consciousness. So, by bending the index finger towards the thumb, individual consciousness is surrendered to Universal consciousness. The micro interconnected

within the macro...So, let's start: The meditation is in three parts- a scanning,(differentiation) a breathing movement,(interiority) and a re-member-ing reading(action) which I will do at the end.

### I. SCANNING (differentiation)

Come into a comfortable seated position, feet touching the floor, and hands in your lap, palms up in the Gyan Mudra form. Ensure your spine is straight, shoulders relaxed and eyes gently closed or lowered. Scan your body noticing any tensions, and kinks, releasing them. Following your breath down to your feet and their touching Earth, notice the subtle sense of connection, feet with Earth, feet within Earth...imagine your long cord of breath coming out of the base of your spine and continuing, as a root down, to Earth's core and then across Earth, your body with roots, just like our tree cousins. Feel the nutrients and energy of Earth coming up through that root, and moving through your body with each breath, flowing through, Gyan Mudra, deep time energy, cosmogenesis. Now...

### II. BREATHING (interiority)

Take in a deep breath and as you gently exhale...tip slightly forward at the hips, towards your screen/our class, keeping your spine straight. Pause...And gently Inhale...and...again, lean forward, exhaling...Pause...Inhale...And slowly return, exhaling...

Do this movement 5 more times, paying attention to your breath, its movements, and its flow... from, to and towards, your moving body and beyond. When you have finished this second part, sit in silence, eyes still lowered pausing...awaiting...melting evermore into your space in place... melting evermore into your place in space...

### III. RE-MEMBER-ING (action)

Adapted from Seven Sacred Pauses by Macrina Wiederkehr

Oh...Deep Time...Keeper of the hours...

Sacred is the pause that draws us into stillness.

Nourishing are the moments when we step away from busyness.

Teach us the wisdom of pausing.

Reveal to us the goodness of stopping to breathe.

Bring to our memory the truth that we are the temple out of which you pour your gifts into the world.

We are the temple from which you sing your songs.

We are the temple out of which you bless.

Enable us to listen to the renewal you are trying to bring about in us and through us.

May we be reverent with each temple we meet and greet this day.

May we rejoice today as we witness our practices aligned with your Deep Time communal renewal into the Ecozoic.

May all the good that we long for, come to pass.

And now, when you are ready, I invite you to open your eyes for class.

## **16. We Are Light Beings - Module 3, Session 9 - Tex Albert**

It's a privilege for us to be presencing here today. Let's have a sense of joyful gratitude for this time to be here in communion with one another...

Last month, I listened to an interview with a prodigious musician, in which he explained how he became a great musician. He said: 'Nature is my teacher; the Universe I music; we are each a galaxy'. I wish he could be here with us, elaborating on his thoughts. The musician was Vangelis who scored the theme music for the film, 'Chariots of Fire'.

Let's remember we are fortunate...we are alive...we are breathing...we are breathing...we are living...today, now, from all over the globe, we come, presencing with one another, in communion...deepening our sense of the Deeptime perspective...

As we become aware of our connection to Universe, with all of Universe, animate and inanimate, from 14 billion years ago to now, we realise we are in fact Light Beings...

We are nourished by Light...Light...processed by friends...processed by animals...we are Light Beings...

May we, as Deeptimers be aware that we are part of the consciousness of evolving Universe...  
May we allow our lights to shine in the world...Thank you.



*'Mary Of The Cosmos'* by Bernadette Bostwick DTN member. Used with permission.

## **Resources**

1. Deeptime Network, [www.dtnetwork.org](http://www.dtnetwork.org)
2. Contemplation and World Order, Thomas Berry Essay  
[http://thomasberry.org/wp-content/uploads/Berry\\_Contemplation\\_and\\_world\\_order.pdf](http://thomasberry.org/wp-content/uploads/Berry_Contemplation_and_world_order.pdf)  
  
Website for Thomas Berry  
<https://thomasberry.org>
2. Dadirri – Inner Deep Listening – [click here](#)
3. The website of Gesturing Towards Decolonial Futures: <https://decolonialfutures.net>
4. Healing and Revisioning with Belvie Rooks (16:42 min) – go to <https://vimeopro.com/yalefes/journey-of-the-universe-materials/video/89358874>  
and use password JOTU2014
5. Insight Dialogue, by Gregory Kramer – [click here](#)
6. Journey of the Universe website: <https://www.journeyoftheuniverse.org/>
7. Leading Meditations in Deeptime, by Margie Abbott – [click here](#)
8. The website of Matthew Fox: <https://www.matthewfox.org/matthew-fox>
9. The website of the Pachamama Alliance: <https://pachamama.org>
10. The website of Resmaa Menakem: <https://www.resmaa.com>
11. Tara Brach - Mindfulness teacher, scholar, writer and psychotherapist: <https://www.tarabrach.com/new-to-meditation/>
12. Where The Horses Sing, Emergence Magazine Essay, Llewellyn Vaughan-Lee  
<https://emergencemagazine.org/essay/where-the-horses-sing/>
12. Wild Church Network  
<https://www.wildchurchnetwork.com>