

Earth Element

Mindfulness Worksheet

Date / Time:

So far today, have you brought kind awareness to your:

Thoughts? Heart? Body? None

To begin this Meditation, please bring kind awareness to

- why you chose this topic
- how your belly, chest, and head each feel when you reflect on this topic
- the emotions that you can associate with these visceral feelings
- the positive or negative impact of any stories you believe in regarding this topic
- the fact that many others are feeling similarly about this topic as you
- how you might feel with increased awareness around this topic
- when you can apply increased mindfulness to this topic in your day-to-day life



The elements that make up our bodies and our form are the same as those that make up the world around us.

These elements are constantly in exchange, and connect us to all other beings, and the earth around us.

Our pain and suffering arises in part because we forget that we are connected. We think we are separate. We think we're alone in our pain or unique in our desire for happiness.

When we see ourselves as separate from the world, we seek relief not from inside ourselves, but from the world "out there."

We mistakenly believe that in order to be happy, we need to get things, or we need the world to be a certain way.

But because we are connected, the world around us is a reflection of the world within.

Thankfully, the world within is the one we have the power to change. And because we are connected, when we change, so will our world.

The following meditation and exercise helps us remember the connection between ourselves and the people and places around us.

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EARTH ELEMENT MEDITATION

- Take a seat in a chair or on a cushion
- Ensure your spine is up tall, and that you're grounded comfortably
- Settle in by closing your eyes and focusing on the breath
- Bring your awareness to the gross form of your body, your outer silhouette
- Slowly guide awareness inward, past muscles, bones, organs
- Zero in on the tiniest detail of the molecules which make up "you"
- Remember that those molecules are the very same ones that make up the space and form all around you
- You and the earth upon which you sit, are made of the same building blocks
- Notice the exchange of molecules within and without. Use your breath, or a visualization
- Rest in the awareness that there's no separation between "you" and your world
- Let your breath, and the quality of your mind reflect the qualities of the world you'd like to live in
- Remain open, spacious, and free from needing anything around you to be different

WHAT DID YOU NOTICE?

Use the following prompts to further explore your experience with the above meditation.

Describe your general experience with the meditation.

Were you able to sense your form, your muscles, your bones, your organs?

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Do you think it would be someday possible to be aware of the physical body in detail such as this?

Describe the experience of visualizing the body on a molecular level.

Was there any resistance to dissolving the boundaries between “you” and the space around you?

Why do you think “you” is in quotes?

Describe a time when you and someone else saw the same world in two different ways.

What do you think makes this possible?

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When two people see the same thing differently, is one right and the other wrong?

How might it be possible to change your world by changing your mind?

Which one is easier; changing your own mind? Or changing the world?

REVIEW

On both a physical and energetic level, our form, and the form around us are built from the same building blocks. These building blocks are continually in exchange.

We experience this exchange through inhale and exhale breath, cellular turnover, eating and eliminating, and several different ways. We are not physically separate from the world around us in the ways in which we think we are.

We are in union with our world on an energetic level too. The world we see is unique to us, as viewed from the lense of our past experiences.

We cannot change the past that has made us who we are today, but by working to change our state of mind in the present, we can construct a different lense through which to view our future.

Changing our minds changes our world.