

# RESONATING WITH THE EARTH

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Zen leadership: uses our whole self to serve life

When our sense of separation is in charge,  
we use life to make our self feel safe.

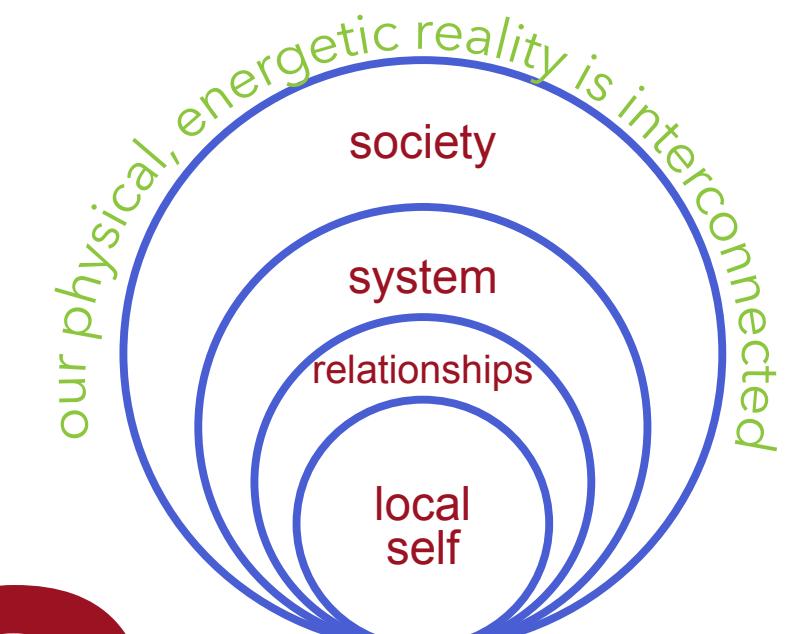
Adrienne  
Alexandra  
Florence  
Glynnis

**Q** how has your relationship  
with the earth changed?

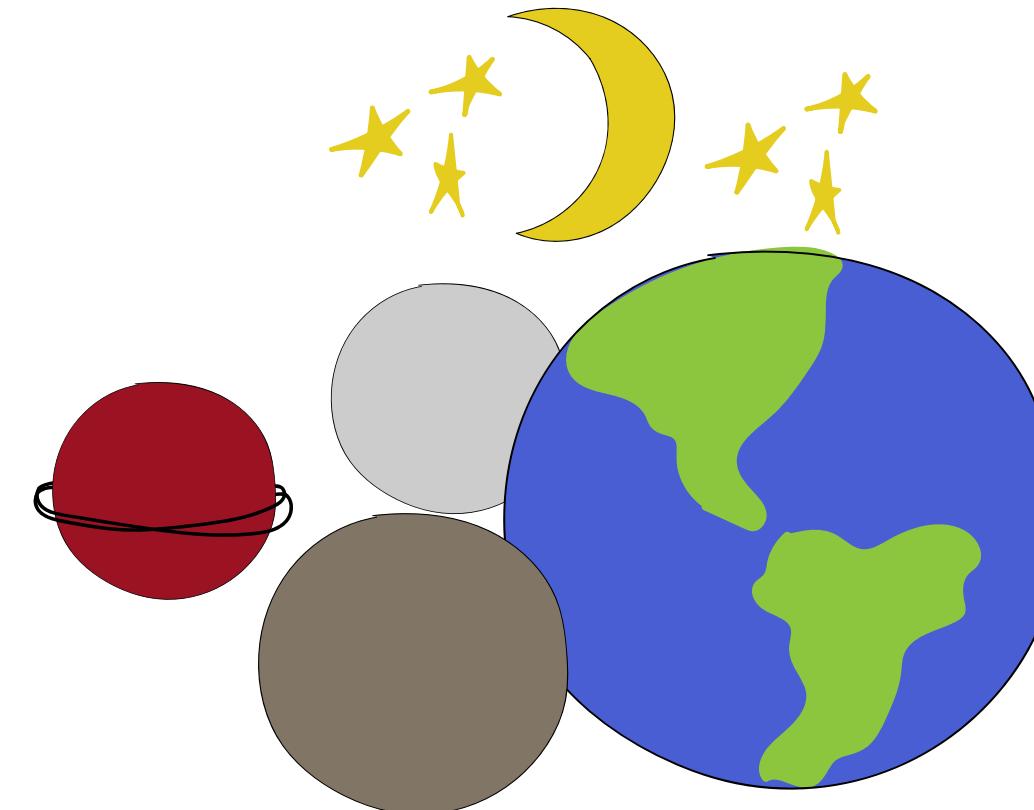
- a journey by feel
- on a quest to feel “right”
- feelings of dis-ease in my body
- zen put me in my body
- an awareness of connection
- a sense of trust
- meditative practices helped me settle into my body
- noticing that humans are actually at the bottom of the pyramid in terms of elements needed for the earth to survive
- going out on the land has taught me so much
- zen helped me step out of my (rural) bubble to realize that not everyone understands the food cycle
- no one wakes up intending to negatively impact the earth
- acceptance: see clearly
- enormous conflict
- 89 million miles
- what causes change?
- Covid-19 has been such an accelerator
- our carbon footprints (from travel and other things)

how can we  
accept  
HUMAN nature?

in pictures



we are both energy & matter  
to make a difference is to bring energy through us INTO things that matter



“the true human body is the entire universe.”

Omori Sogen Roshi

**Q** how has your awareness impacted your life ?

- changing my sense of what is comfortable
- I've learned to be much more patient with others who are not in the same place, thinking: “how do I bring the right energy to this conversation?”
- No, no, maybe yes - is where many people are.
- what is my work to do?
- what can I let flow through me?
- there is less posturing now (with our current isolation).
- you can spiral downward or you can invent a way forward:  
- connecting people  
- catalyst for connections
- we cannot pretend anymore leaving my ego behind lets me see so many possibilities
- feeling so connected to the earth
- connecting to gratitude
- it's not hard to know what “the right thing” to do, is
- “I know what to do”
- “I don't have to second-guess myself anymore”
- An abundance of creativity is everywhere



hara breathing

- key energy center
- opens lower chakras
- gut-level feeling (it's not just a metaphor)
- when we align with gravity, it allows us to bear the load of living  
- feel the energy shift (grounded, calm, stillness of energy, awake, connectedness - to myself, the earth, and then to others)
- this slows the nervous system and invites us to find a deeper space  
- provides

**Q** what is your best piece of advice ?

do body practices  
breath and grounding practices  
the connection we are searching for is already here; learn to notice



Start where you are: land, water, food  
go outside - nature is a great healer

I am a terrible practitioner of meditation but I can be in nature, feeling the healthiness of the earth.

Being in nature is the key.  
I struggle with meditating regularly  
I do the breathing outside  
Nature as teacher  
Observe. Observe. Observe.  
Don't judge those who are using the earth (farmers, hunters) just listen.  
Listen.

?

