



# home

Harmony on Mother Earth

21 May 2022, Online/International event

## Online Community Sharing for the Earth and Biodiversity Day

Collectively we will appreciate the Earth and its biodiversity through simple nature-centered meditation and movements. We will also have a sharing circle to share and connect with others as a group. Sharing at this gathering will be open to whatever an individual would like to share, from eco-anxiety and appreciation for the Earth to personal joys and challenges.

Links: <https://forms.gle/BA31w9sD9vVHnFhi7>

<https://tinyurl.com/mpmcrtmy>

Contact: Harmony on Mother Earth, [harmonyonmotherearth@gmail.com](mailto:harmonyonmotherearth@gmail.com)



### About Our Community

We are a budding (new) community of individuals with the shared intention to live in deeper connectedness with our world. We aspire to heal and regenerate our planet in our daily lives by nourishing joy, love, compassion, inclusiveness, peace, hope, and fearlessness in ourselves and those around us. We come together to share, connect with nature, and offer wholehearted care for the Earth.



### **Organizers and Contributors:**

We are individuals with various backgrounds (students, parents, wellness practitioners, gardeners, environmentalists) who care for the Earth in different ways and resonate with living in connectedness with the Earth. We organize and contribute to the care and growth of Harmony on Mother Earth as volunteers operating in simple ways (i.e. Google applications instead of websites).

### **Joining Us**

We are an independent group. We are open to anyone (i.e all ages, all locations).

There are no requirements, commitments, or pledges to join our group (i.e. you don't need to be a vegan or vegetarian!).

*Who would fit in well in our community? You will fit right in if...*

- you appreciate Earth in any way
- you're open to or you enjoy connecting with nature through activities such as meditations, movements/yoga, mindful eating
- you're looking to connect and share with others who enjoy and appreciate nature
- you're interested in or open to exploring ways to live more simply and sustainably
- you are interested in hearing about opportunities to support environmental initiatives

We warmly invite you to join us and bring along your personal life experiences:). Together we can be of support to each other and provide support for our planet!

*To join, simply contact us at: [harmonyonmotherearth@gmail.com](mailto:harmonyonmotherearth@gmail.com). We will include you on our email list and keep you informed about our gatherings!*

### **Background/Motivation:**

Our community was motivated by conversations among several individuals participating in various events during and after the COP26 climate conference in November 2021. These events involved a variety of different individuals and organizations including but not limited to environmental youth movements, nature groups, mindfulness retreats, wellness seminars, and independent media summits.

Participation in and conversations led to a realization that despite this difference in groups, there existed among the individuals a common:



- appreciation for the Earth
- intention to live consciously with a connected relationship to our planet
- desire to care for and protect our natural environment

We resonate (perhaps to different degrees, which is okay!), with the feeling that the *Earth is our home*. When we feel truly present with the Earth and in touch with living these shared values, *we feel at home*.

### **Community Gatherings**

#### **Accessibility:**

We value a community that is **inclusive and accessible** as possible to everyone. If you have any accessibility challenges with online gatherings (i.e. audio, visual, typing), please let us know how we can help accommodate to make our gatherings as accessible as possible for you. All requests will be kept confidential and will only be shared with organizers. Feel free to contact us, and we would be happy to assist. To reach out to us, please send us an email at:

[harmonyonmotherearth@gmail.com](mailto:harmonyonmotherearth@gmail.com)

#### **Events:**

From time to time, our community will organize events open to the public. Our first event was the **Earth Day 2022 Celebration: Joy and Peace in Us, Joy and Peace on Earth**. Some organizers and contributors of the community were also involved in the Singapore-based Collective Meditation for Climate Justice online event on the Global Day of Action held on November 6, 2021, during the COP26 climate conference. Both events were attended by more than 50 individuals across over a dozen different countries, creating collective peace for our planet. If any outside groups or organizations are interested in collaborating or partnering for events, please contact us at: [harmonyonmotherearth@gmail.com](mailto:harmonyonmotherearth@gmail.com)

#### **Sharing Circles:**

For those who attended the Earth Day Celebration event, there was a segment called "Voices for Earth". This segment, in which individuals shared in their own words and mode of expression, is the basis of our Sharing Circle gatherings. **Sharing Circles are an opportunity for everyone to**



**share their experiences, thoughts, and feelings in any way they wish to express themselves** (i.e. normal words or creative expressions such as poems). **Our Sharing Circle gatherings will focus on 1 of 3 different circles:**

### ***Space Circles***

Space circles will be a time where individuals will have the **freedom and space to share whatever is on their minds or in their hearts**. The topic will be open and more of a free flow. **It will be a time for listening compassionately to others**. Often individuals like to share challenges or difficulties they're going through, emotions such as frustration, anger, or despair, as well as happiness and joys in their lives. Like all our circles, the space circles are a safe environment that is confidential, nonjudgmental, and without unsolicited advice (see sharing guidelines below)

### ***Simple Circles***

Simple circles will be a time where individuals will have an **opportunity to share their thoughts and feelings about different environmentally-friendly behaviors**. The topic/environmentally friendly behavior for each Simple Circle will be based on the interests of those who join the gatherings. **Individuals can share their personal ideas or personal experiences in what they are individually doing/want to try doing to live more simply regarding the topic**. Individuals may also address questions to the group about the topic. Example topics: reducing waste/plastics, growing food/buying local, reducing home energy consumption, etc. Like all our circles, the simple circles are confidential, non-judgmental, and without unsolicited advice (see sharing guidelines below)

### ***Support Circles***

Support circles will be a time where individuals will have an **opportunity to share their ideas about how we can offer support to the collective environmental movement**. The topic for each Support Circle will be based on the interests of those who join the gatherings. **Individuals can share about their involvement with or knowledge of specific environmental advocacy groups, climate initiatives, or "Earth-care" workers**. Together as a community, we can discuss how we can offer support such as helping raise awareness, offering skills, etc. Example topics: Fossil Fuels/Students for a Fossil Free Future, Local Conscious Food Systems, Deforestation, etc. Like all our circles,





support circles are environments of listening compassionately and nonjudgment (see sharing guidelines below)

### **Format of Sharing Circle Gatherings (2 hours)**

#### *Connecting with the Earth*

Nature-based activities guided by a facilitator such as earth meditations, land appreciations, grounding movements, slow walking, mindful eating, etc.

#### *Small Breakout*

Small breakout rooms (i.e. 3 – 4 individuals) sharing in response to an open question related to our lives and nature (i.e. things we like about nature)

#### *Sharing Circle*

Sharing as a larger community with a focus on one of the three circles

*Note: format of Sharing Circle Gatherings is subject to change and evolve to better fit the interests and needs of community members*

### **The Five Sharing Circle Guidelines (applies to all 3 Circles mentioned above)**

#### **1. Listening and Speaking Compassionately**

During our sharing circles, we practice both listening and speaking compassionately. This means we listen to others to provide them with an environment where they can be seen and heard without any judgment or direct response. When participating in sharing circles, we do our best to provide our complete attention with our mind and body to the person speaking. This means we avoid multitasking or doing something else as someone is speaking. We offer others our compassion through our presence, attention, and acceptance. To contribute to a supportive atmosphere, we invite everyone to take 2 to 3 deep breaths after someone has finished sharing, to allow time for the previous person's sharing to be fully received and settled.

When speaking, we share our own life experiences. This means we speak from the first person (I, my, etc.), rather than speaking about someone else (you, they, etc.). We also speak in a way that is inclusive of everyone in the sharing circle. This means at the beginning of our sharing we introduce our name and where we are joining from. We may also like to use a small greeting. For example, "Hi everyone, this is Joel and I'm



calling from the Philippines” or “this is Sheila speaking from Belgium, nice to see everyone today”. We encourage everyone to do this every time, regardless if there are any newcomers or not. You’re also welcome to share the pronouns you use when introducing your name. When we are finished speaking, we invite everyone to close their sharing by expressing their thanks. For example, “thank you, everyone, for listening”. This allows us to feel some gratitude for the listening by others, acknowledge the presence of others, and provide a signal to the group that we have finished sharing.

## **2. Everything That Is Shared Is Confidential or “What is said here stays here”**

Confidentiality is essential for the safety of the group. Whatever someone says in the sharing circles should not be repeated outside to others. If we want to talk to someone about what they said in the group, we first ask if it is OK. Sometimes a person does not want to talk more about what they have shared, so asking if it is okay is a respectful way to allow the person who shared to decide and avoid putting that person in an uncomfortable position. If the person says they would rather not talk more about what they have shared, we respect that decision without holding it against them or feeling personally offended in any way.

## **3. Avoid Giving Advice, Even If It’s Asked for**

When sharing, we avoid commenting on what others have said. As many people have the intention to want to help others, it is common to have the feeling of wanting to offer advice or suggestions to others. If we relate or resonate with another sharing, we can mention that. However, we do not share by advising someone else regarding what they have said.

Even if someone asks for advice, we may want to avoid giving it. This is because sometimes when giving advice we may inadvertently hurt others by speaking in a way that conveys some judgment, disagreement, or criticism. If someone asked for advice, and the situation relates directly to an experience we have had and we wish to share that experience, we can share this experience with the entire group. While sharing in this manner, we still refrain from passing any judgment, refrain from direct crosstalk, and avoid saying what another person or group of people should do.

## **4. When Sharing Speak to the Entire Circle**

When we share, we address all the individuals present in the sharing circle. We do not engage in any crosstalk with another person. If we ask a question, we ask the whole group. If we answer a question, we speak to the whole group and not just the person who asked. If we ask a question, we should not expect a direct answer, a prompt



answer, or any answer at all. Individuals might have something else they would like to share or might not have an answer for the question. When someone feels ready to address the question asked, it might be addressed.

### **5. Avoid Sharing for a Second Time and Be Aware of the Group Size and Time**

After we have shared in a sharing circle session, we refrain from sharing a second time. This is to ensure all individuals in the sharing circle have an opportunity to speak and provide an opportunity where we can benefit from listening to all individuals. Sometimes the format of the sharing circle will involve individuals inviting another person to share after the person has finished sharing. This is to help manage the limited time we have for a gathering. If your name is called upon and you do not wish to share, that is acceptable, and you may simply say “pass” and invite another individual to share next. If you passed in the beginning, you are still allowed to share later. When sharing, we encourage you to be aware of the number of individuals in the circle and the time remaining to help ensure all individuals have an opportunity to share. Therefore, we are encouraged to share “not too much and not too little” for the size and time of the sharing circle. Near the end of the time, the facilitator will decide if there is more time to share and may offer an opportunity for those who have not spoken to do so.

### **Off-Line Sharing and Community Input**

#### **Community Forum:**

We will be setting up an online community forum to share resources, ask questions, and connect in between gatherings. You may check back here periodically for up-to-date details about the community forum. In addition, you can look out for announcements regarding the community forum shared at community gatherings and in future emails.

#### **Providing Input and Help:**

Our community is very much intended to be an evolving group and a co-creation by different individuals. We want to provide the opportunity for everyone’s voice to be heard and for anyone to provide contributions to the community.



If you'd like to provide any input about our community and our gatherings, and/or you are interested in being involved beyond just joining or supporting our community (for example by offering resources, volunteering as a facilitator, etc.) we would love to hear from you!

We will be setting up a form that you can fill out to provide any input. You may check back here soon for accessing the form. In addition, we will share the input form in future emails.

If you'd like to get in touch, you may also email us at any time at:  
[harmonyonmotherearth@gmail.com](mailto:harmonyonmotherearth@gmail.com).

# We are home