

## Earth Charter Meditation

*by Sue Gould*

To our higher self, to others, to One of the infinite names,  
to the breezes, to Mystery.

May I find the strength and flexibility to respect Earth and life  
in all its diverse life forms;  
To treat all living beings with respect and consideration;  
To care for the community of life that I can touch with  
understanding, compassion, and love.

May I find the honesty and commitment to work in whatever  
large and small ways that I can find  
To build democratic societies that are just, participatory,  
sustainable, and peaceful;  
To uphold the right of all, without discrimination, to a natural and  
social environment supportive of human dignity, bodily  
health, and spiritual well being; and  
To support economic development that is equitable and  
sustainable.

May I stand up, even when it may wound me,  
to promote a culture of tolerance, nonviolence, and peace.

May I always retain my awareness that all non-living substances  
and every living being  
Are interdependent with each other;  
And may all my actions be bounded by the desire  
To secure Earth's bounty and beauty for the present and  
future generations.



