



One Earth Sangha

The Magnitude of This Moment

A Guided Meditation with Konda Mason

Konda Mason offered this practice to participants in our September 2025 EcoDharma Exploration. Visit the program page for the full recorded gathering, as well as additional resources: [A Path Towards Trust & Equanimity](#).

I invite you, wherever you are, to come into your own stillness in the space that you have arrived in, whether you are standing, seated, lying down, just find that stillness that is around you and within you.

I invite you to close your eyes or to look downward, whatever is most comfortable for you as you take that dive inward into this internal terrain that we each have.

So I'm inviting you to become really present right now in this moment. Becoming aware of the body and allowing the body to be relaxed and yet alert at the same time. And letting go of whatever it took to get here emotionally or mentally. You're here now. Let's just let it go and become fully present right here, right now, knowing that you are here and we are all here together.

So then just allow the body to let go. Notice any places that you're holding tension, taking a breath, exhale and just drop it. Let it go. Relax, dropping the shoulders, relaxing all the muscles in the face, the belly, the back, legs. Just feel the grounding of your feet on the floor or wherever they are. Get yourself rooted. Letting go, but then again, still staying alert and relaxed.

Letting go of any tension, physical, emotional, just let it drop right now and begin to feel the presence of the breath inside your body. Just noticing it without



One Earth Sangha

manipulating it in any way. Just noticing where is it most predominant in your body right now. Sometimes it's the belly, sometimes it's the chest. Different places. Just noticing.

Feeling the breath at the tip of the nostrils, if you can, brings a real presence. We're going to allow this breath to be your anchor. And if the breath doesn't work for you, you can find another anchor. Maybe it's your hearing, touchstone. That's something that could bring you fully present.

Just breathe, let go, relax.

There's nothing to do.

There's no place to go.

Connecting with the breath and the Earth, feet planted.

And becoming aware of the space that you are sitting in or lying in or standing in, this space around you, the room, without opening your eyes. Just becoming aware that you are in this space, on this Earth.

And now I want to invite you to bring your full awareness to something that has become very important to us as humans. It's been called actually the most important photo ever taken. And it is that photo that we call Earthrise. It's that blue marble, the Earth, that picture of the Earth, the blue and the white, and the real marble looking Earth. That photograph Earthrise, that iconic photo that was taken in 1968, the Apollo mission.



We all know that. We know, we've seen it. Prior to that we had never seen the Earth before this photo. Imagine that. This swirling white and blue, beautiful, hanging in space. We had never seen it. We did not have a true picture, image, of our planet. So I invite you to bring that image, that incredible moment of capturing that photograph. Imagine you in that spaceship, looking out, looking back and seeing this magnificent image that no human on the planet had ever seen. You are seeing something no one has ever seen before. Wow. Just breathe that in, the magnitude of this moment.

We've had that image so long in our lives. We don't realize that there was a time before that when we didn't have that image.

The beauty, magnificence, the unimaginable, our planet Earth.

Take a breath.

I invite you to move into the future, to zoom into the Earth now. Zoom in, in your mind's eye to a place that you know or have seen in your lifetime that is the most beautiful, most gorgeous, breathtaking place that you have witnessed. There's so many. Think about one or two, but hold onto an image of that. Where is that place? Overwhelming beauty.

Notice how it makes you feel. Maybe there's smells, there's sounds. Take it all in.

There's no pollution.



One Earth Sangha

And our human failings have not harmed this Earth.

And now you have a sense of the entire Earth in this future where the entire Earth is beautiful and healed. It's all been rectified by the work of so many humans, including yourself, humans that have showed up before it was too late.

And you are one of them.

And now imagine seeing all these humans and animals and beings and life enjoying the Earth. All kinds of humans from different ethnicities and countries, religions, backgrounds, everyone. The array of the beauty of humans, colorful, as colorful as the planet. Everyone is nourished, fed, able to express themselves fully. Life is equally good for everyone.

Humans wearing purples and yellows and orange and pinks and lavenders, a rainbow of bright colors, ethnic clothing, styles, scarves, hats. There's music and dancing, and just a festival of beauty, of humanity and Earth, harmony, love.

And we're all feeling it in our hearts right now. This peaceful beauty arising in our hearts, opening up our sense doors, the sounds and the hearing of the birds, the sound of water, smells of the ocean, the rich brown soil of the Earth, replenished, microbes, living happily in the soil.

Feel your feet on this Earth.

Beautiful humans and beautiful planet in harmony.



One Earth Sangha

Yes, this is the world we have worked so hard to achieve. We've done this work and we can rest now. Your heart is full, giving thanks for those who have joined you in this regeneration.

You could take a full breath.

Let's take in a deep breath now together. Fill it out. One more deep breath. This time feel the love and the joy of the world and in balance. Life regenerated everywhere. We can breathe in the joy and breathe out any more worry and sorrow.

This is good. Take it all in.

Taking in our last deep breath in together and letting it out.

Really feeling the possibilities. What is possible? Feel it in your body.

What's possible? What's possible?

Last deep breath in. Letting it out.

This time, allow yourself to gently begin to open your eyes. As you do, look around the room knowing what is possible, what we can do together.

So welcome everyone. If we can't see it, we can't do it. If we can't see it, we can't do it. We have to be able to see it.