

A World-Wide Call to Intentional Healing of the Earth, Ourselves and All Others

For decades, Rachel Carson and other visionaries concerned about the effect of pollution on earth and its population recognized and warned about the environmental devastation now facing us today. Millions of chemically injured around the world are the final evidence of this environmental catastrophe. Power and greed have brought us to this place, and we have felt powerless to stop it due to our physical limitations. However, we are more than our physical limitations.

Recently I have been inspired by many teachings on the power of intentional thought, energy healing, and raising of consciousness. These energies are transformational, and unlimited.

Then a few nights ago I was inspired by one of the Everyday Super Hero stories. The act of one woman, Irania Martinez Garcia, transformed the city dump in Guantanamo into an eco-friendly garden by separating organic and inorganic materials. The organic material was used as compost for the garden and the inorganic matter was stripped down to its core and recycled or re-sold. Her action was first just a thought – an intention to manifest a reality. And this thought inspired her and others to action. No “thing” ever manifests without first being preceded by a thought. Have any of you ever accomplished something that was not been preceded by an intentional thought?

Our physical limitations may prevent the millions of us from showing up for demonstrations at the various city halls or capitols around the world at a specific time, but we can use the power of the energy of our mind (thoughts) – sometimes called prayer – at a specific time to make a difference. But we have a better resource for effecting change – conscious energy. Thoughts are energies that vibrate through the universe, whether negative or positive. They either raise the consciousness through the emotion of love or lower it through the emotion of fear.

I believe there is an awakening of consciousness right now and with very little effort, the global MCS community could harness the power of our thoughts and make a difference. By a very conservative estimate at least three percent of the earth's 6 billion people have been chemically injured. Therefore, at a minimum we are at least 18,000,000 strong.

Many have researched the power of raising our consciousness. All is created through the power of two thoughts – *love and fear*. One physicist, David R. Hawkins, M.D., Ph.D., author of “Power vs. Force,” writes: “The difference in power between a *loving* thought and a *fearful* thought is so enormous as to be beyond the capacity of the human imagination to comprehend ... even a few loving thoughts during the course of the day more than counterbalance all of our negative thoughts.” Energies vibrate from 20 (shame) to 700+ pure enlightenment, with critical consciousness being 200. He has shown that one person with an energy vibration of neutrality counter-balances (positively affects) the energy of 90,000 individuals with an energy level of 200 or below. Potentially, the 18,000,000 plus individuals in the MCS community has the potential to counterbalance 16 billion people (or nearly 3 times the earth's population) vibrating below critical consciousness! There is no limitation when we raise our consciousness and thus raise the consciousness of others.

Therefore, I would like to propose to the MCS community around the world that we set aside

just one minute (more if you like) at a given time on January 1, 2008 (noon PST in the U.S. & other countries to decide their own time) to send an intentional healing of the earth, ourselves and all others. Everyone should choose wording with which you feel comfortable as long as it is consistent with promoting this healing.

If you have no wording you would like to use, I offer something like the following which is fashioned after the 2,500-year-old Buddhist Loving Kindness Meditation.

“May all of the earth’s inhabitants be filled with Loving Kindness toward themselves, all others and the earth.”

“May the earth and its inhabitants be well in body and in mind.”

“May the earth and its inhabitants be safe from inner and outer dangers.”

“May the world leaders promote peace and healthful practices for the healing of the earth and its people.”

“May all be happy and truly free.”

This post likely will generate a lot of thoughts – and hopefully participation. However, your decision whether to participate in this event is your personal choice and does not need to be discussed with me.

My hope is that January 1, 2008 will be just the first of several days we work together to raise global consciousness. Together we can make a difference!

Betty Kreeger

“Be the change you wish to see in the world.” (Mahatma Gandhi)