



AIHM Earth Week 2020 Gratitude

I am grateful for the beauty all around me, to experience living in the present every day.

I am grateful for the springtime natural world. It demands nothing.

I am grateful for the emergence of new life that springs forth from the tips of tree branches, the fresh new grasses, the beautiful spring wildflowers and the rain and rivers that sustain them all. The emergence of new life gives me hope and lights up my soul with joy.

I give thanks to the trees. For their breath.

I am grateful for the redwood forests. They give me a sense of effortless growth. They make me feel at peace.

I give thanks to the snails and their spiral, mobile homes. They remind me to take things slowly, or as they come, to keep moving forward, and the spirals of time, the cycles of life.

I am grateful for the Earth for taking a break to rest and to restore herself; for the sounds of nature, for a time of peace and healing.

I am grateful for the rippling, constant flow of water. Her sounds, even stillness are soothing, relaxing.

I am grateful for the earth and her life giving air. I feel appreciative and grateful.

I am grateful for the resilience and interdependency that nature demonstrates. I am grateful at how powerful I feel as part of the natural network. I am small, and yet, a child of the universe, with an important role as does everything around me.

I am grateful for wide open spaces, high mountain peaks and the changing of the seasons. They ground, center and connect me reminding me of both my significance and insignificance and my place in the order of things; calm, free.

I give thanks to Mother Earth for all her beauty, her health giving plants and for cleaning the air.

I give thanks for water, flowing water, turbulent water, waves of water, splashing water, swimming in water, playing with my grandchildren in water. Water sustains food, sustains me.

I am grateful for the sound of lapping water. It brings we peace, joy and happiness; opening my soul, calming.

I am grateful for the beauty of lakes and mountains. Each day I feel joy waking in her beauty.

I give thanks to water. Water is life.

I give thanks to the wind for the wind is new every moment.

I am grateful for the trees, oceans, beaches, mountains and snow. Nature makes me feel happy and relaxed; her beauty inspires.

I am grateful for clean, fresh, lake water. Is sustains me, cools and refreshes me, it reflects the world back to me.

I am grateful for plants, water and bees. Their beauty move me. Plants and water are life.

I give thanks for beauty and abundance, the sounds of gulls and water. I feel balance and harmony, serene and at peace.

I am thankful for plants for they keep my environment clean, nourish my body, and give beauty. Digging in soil connects me to the Earth.

I am grateful for the fungi and the green of nature for they make me feel nurtured, connected, that puts my soul at rest.

I am grateful for the amazing blue panorama of sky that make me feel part of a huge and beautiful universe, a knowing of oneness.

I am grateful for birds, for they gift me with wonder and a sense of connection to the natural world; a connection with deep geological time.

I am grateful for the beaches and oceans. When I stand on the beach, or look out at a sunrise or sunset where the sky meets water, I am filled with gratitude, I feel the presence of God.

I am grateful for the otter's play and its reminder to simply be present.

I am grateful for the soft blowing trees and their life giving gift of oxygen. I am grounded in awe of being alive, the beauty, the magic.

I am deeply grateful for the cold, crashing Pacific Ocean. She is so beautiful, and so thrilling and at times, so truly dangerous. Not to be taken lightly. To be honored, enjoyed, and deeply respected for her power. I feel deeply inspired by her enormity her incredible life giving, nutrient rich waters; her colors, sounds and scents.

I am grateful for the sound of the wind in the trees, across the land. It gives me a feeling of peace and groundedness. I remember who I am.

I give thanks for the flowing stream, the lovely smells the green all around all bringing peace, balance and grounding. I feel connected to source.

I am grateful for the oneness of being with the energy of the ocean tides.

I am grateful for wildflowers and their signal of rebirth. They bring me joy, peace and a reassurance that balance will be restored.

I give thanks for the earth that nourishes me with food, beauty, people and love.

I am grateful for the boundless wisdom our earth holds, to heal the damage we inflict on her, and to still nurture and heal us. I feel embraced.

I am grateful for light. Light is life, light is truth, light is energy. It is consciousness itself. With light, we flourish.

I am grateful for the web of life. Feeling the sun, seeing the wind move the trees and watching the birds I know that I'm part of something larger. I feel affirmed. Free.

I give thanks for the rising sun at dawn. In this moment of beauty as the world awakens, I am made aware of the gift of another day, of the majesty!

I am grateful for the rowdy wood frogs in the pond and for the birch tree that shares its sap. The spring sap is a tonic that revitalizes me and the frogs a sign of continuity and hope.

I am grateful for the song and visits of the bannaquit bird and the sense of the need to give back.

I am grateful for rich, bio-diverse forests and the interconnectedness of the plants and animals. When I am in a forest I feel connected, nurtured and at one with that home; it helps me relax, breathe and be present in the moment.

I give thanks for the smells and sound of the salt air and seagulls at the beach. They make me feel calm, and alive.

I am grateful for my connection to the Divine and all of creation. They make me feel supported, connected, joyful.

I am grateful for fluffy clouds and dramatic sunsets, the magnanimity and wisdom of trees. They make me feel small, give me perspective.

I give thanks for the majestic mountains, snow, winter and fresh air. They make me feel alive, open and grounded.

The following invocation was created from online submissions from friends and members of the Academy of Integrative Health and Medicine. On occasion, to create a flow and sense of consistency, words may have been slightly altered, added, or omitted. This is but one version.

A collaborative project of One Sacred Earth.