

Reconnecting with the Planetary CommUnity

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I invite you to exercise your whole being for a few moments. Awake your thinking and sensual capacities and, guided by your intuition, conceive the planet that you inhabit as a living entity. Try to visualize it as an immense organism of which you are one of the trillions of tiny creatures that constitute it. This organism has been referred to differently by numerous people throughout the course of time, but in this particular case we will use the name *Gaia*. Gaia is an inconceivably old sentient organism in which transformation, creation, and innovation take place in a network of interconnected cycles entangled to an astonishing planetary *commUnity*.

You are part of the active *commUnity* of creatures that relate in exquisite and complex ways with each other and to the environment. You and the other members of the community exchange all kinds of things in order to keep on living, such as gases, fluids, matter, and energy. This robust and diverse *commUnity* has evolved through time and space to become one with the environment. Some members die but others emerge, some compete and others co-operate.

Your *commUnity* extends almost everywhere. Some inhabit the land, from the high snow-peaked mountains where oxygen is scarce, passing through valleys and forests all the way to the coasts: the beautiful places where the oceans caress the land. Some live in the waters, in the warm and cozy oceans bathed with sunlight, happily navigating here and there. Some others live in the polar regions where temperatures are

low but food thrives, growing bigger than their allies in the tropics, they rejoice. Some others even live in the air! They cruise the skies and dance with the winds, gliding up and down through clouds and rain, they embody freedom. Life is the name of your community, and in these places it expresses in a vast and beautiful repertoire of shapes and forms, varying in colour and size and in almost every aspect you can imagine.

Some have feathers, some have fins, and others have limbs. Some of you don't even move, but all in your own right have a place and quest to fulfill. Your own body is formed by a myriad of other creatures that co-operate and share tasks to produce your whole self.

It's an active and exciting life, the one you have in your community, full of innovation and always exploring beyond the limits. You feel ecstatic being one with your community, with Gaia. You fully experience the integrity of your community; the concept of loneliness seems completely alien to you. Inside and outside, you are accompanied by a myriad of creatures, your allies, who witness your chimeric nature.

Since you play an active role in the great planetary web of life, you are able to transmute and go and travel the skies as a hawk, dive and visit the oceanic depths as a whale, or crawl the land as a snake. You can even live in the boiling waters of a geyser or visit the deeper layers of the mantle as a rock, disintegrate, and come back in a gaseous form to eventually regain your solidity. It is an amazing experience to be in *commUnity*.

Lately you have been feeling a bit awkward. You have a sensation of superiority and consequently act in a way that you think you can control the other members of your *commUnity*. Disrespect and cruelty are the order of the day, and killing your allies has become a personal habit. Your self-centred hunger has blinded you to a point that you have entered into an amnesic state, not being conscious of your community membership.

Time has passed and your self-indulgence has grown with no end. You don't feel the unity at the core of your community anymore, you feel detached from it. You are in the strange position of being part of the planetary *commUnity* without feeling you are. You behave as if you're above them all. You don't go and cruise the skies or visit your fellow beings on the snowy mountains anymore.

A good day, a burning sensation in your chest traps your attention. You notice that your ingratitude towards your allies has mutated into a slight heartache that accompanies you wherever you go. At that moment you

whisper to yourself: “I will mend what I’ve been doing.” But you are not willing to stop the atrocities you’ve been involved in, and in your stubbornness you believe you’re going to help all your allies by controlling them. The situation has become even worse and the ecocides are a common part of your routine.

Maybe you never embodied the unity and solidarity within your community. Perhaps you never caught a glimpse of the creative force that drives the web of life, always on the move, always flowing. It could be that you never believed that your community’s diversity is vital for its existence and evolution. Or maybe you never understood the interconnectedness within all life and between what’s seemingly “out there”.

Suddenly a powerful feeling ignites a universal revelation within you: there’s no fragmentation in the cosmic flow of evolution. Bacterial entities invented the very processes that you live through and even merged to create beings like you. The luminous sun bathes and infuses vital energy that sets in motion the planetary dance of life. The green organisms produce invisible entities that enable your existence and your own exhalations contribute to cloud formation and temperature regulation. You are baffled by all this natural wisdom.

Each and every presence has a deep effect upon Gaia and Gaia has a great influence in all the creatures. It is not possible to evolve in an insular state because when you harm your community, Gaia, you hurt your own flesh.

You might remember this little visualization exercise the next time you engage in the activities of your life and you might be compelled to look around you. Your organic essence might push you to embody Gaia once more and make present the unity by remembering the symbiotic presence of your allies. A sudden lightning might clarify your “natural place” in the web of life and the reverence and respect that it deserves. You will be able to listen to the silky whisper of the wind telling you to open your eyes and embrace your nature.

Your awareness will inform you of the keynotes and tempo of the planetary symphony and of the other beings’ efforts to attune to it. You’re not alone in the quest of realigning your acts to the planetary *commUnity*. Some people still dream the forgotten dream of co-operation, evolution, unity, and harmony. You’ll know that some are still capable of being the fog that travels a dense green jungle, to wander around the soil as a worm, or cruise the skies like a cloud to later condense and fall as rain to make the flower blossom and the rock dissolve. You will feel that each part of your being is a totality in its

own right and an unquestionable knowledge of the connection that each part and totality has with the enormous being we all comprise, Gaia, will pervade you.

Gaia is life and environment, Gaia is a planetary being constantly evolving from the interactions of creatures like you and I. With every act you perform, every breath, every step, every heartbeat, you are actively creating this collective being of planetary dimensions.

You might feel a flapping in the middle part of your body caused by the awakening of the latent seed that inhabits all living creatures. This seed carries within it an ancient wisdom of organic awareness and transformation recorded by the workings of the cosmos. Its flapping will announce the beginning of a process of belonging and reconnection to your interconnected planetary *commUnity*.