

# HEALING THE PLANET

*It's a blessing to be part of healing this divine entity.*

by Leigh Taylor Young



PHOTO BY BETTY BENNETT

*Leigh Taylor-Young is an accomplished actress (her most recent TV role was on "Dallas" as Kimberly Cryder), a mother, and a peace activist, to name a few occupations. Over the years she has done a number of meditations that are available through MSIA on audio cassette tapes. One of her most memorable meditations is on healing the earth, a subject dear to her heart. She will be doing a new meditation on healing the earth for the Conference for Individual and World peace in Los Angeles. We recently caught up with her at her home in Beverly Hills, and asked her to share with us about herself and her work, and about visualizing the earth at peace.*



As a young girl I had a specific experience that it is possible to have peace on this planet. I was traveling across the country by car - which it

**Leigh Taylor-Young, above, shares her vision of peace on the planet.**

sometimes seemed I had to do a great deal with my parents – and as usual, I was sitting alone in the back seat daydreaming. I had a visualization of the planet, a knowingness that if we all stopped and visualized loving at the same time, or had the same thought of loving at the same time, it could bring peace to the planet. I remember getting that in a very powerful way.

My connection with visualization, as well as expressing through my voice, is something that brings aspects of my ministry together. It's deeply fulfilling for me. I have a very powerful sense of visualizing the planet healed and expressing that as a meditation so people can anchor an experience of peace inside themselves, so that peace can become a newer reference point than discord. People often have difficulty visualizing peace, as we've been conditioned for so very long economically and socially. We need to reframe that.

It's a time to be reasonable, to let go of right-wrong viewpoints, which are of course separation. I think it's time for each of us to make a decision to step past right-wrong to the win-win. In my own

consciousness I am truly uncomfortable now with anything less than win-win. It's a new reference point that's been built over many, many years as a temple inside me. That temple is strong enough now, through practice, that it does not vibrate or feel well in a won-lose situation. Anything

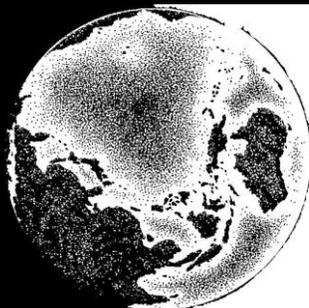
less than win-win doesn't create well-being for me. I used to somewhat curse my sensitivity because it seemed uncomfortable. Now I see my sensitivity as that as that which sets me on a course to finding as quickly as I possibly can what is going to create and build my well-being.



As they say at the University of Santa Monica, and as J-R has certainly said a lot, loving is not an emotion, it's a choice and a decision, and I think peace is the same. We have a responsibility to peace, and we may not always feel like it. To choose peace even when we don't feel like it is a commitment to the better world in ourselves and others.

I'm doing work for the Better World Society, which Ted Turner created. What I like very much about Ted Turner is he actualizes his vision. He's outrageous enough to do what he says he's going to do, and he's also outrageous enough not to be terribly concerned with what people think, which I highly admire.

The theme of the Better World Society is "harnessing the power of media to bring forward programming that reveals the issues that as a family of man we are all dealing with." The focus is solutions, not just endless discussion of the problem. They have a mission statement that says in part, "The Society deliberately uses television and other media to consciously explore and chart alternative paths to a sustainable future and



urges individuals to make decisions, personal and public, that will put our societies on these paths. The Society believes that we cannot work toward a sustainable future if we cannot first imagine it.” That’s where I want to contribute my talents – providing some of those images of alternative paths that lead to peace, to a better word.



An important part of the process of visualizing peace is continually remembering and awakening to the fact that this planet is a living, breathing aspect of our lives. Inside of me there’s no separation between me and the earth. I am so deeply touched because a Christlike aspect of this planet is that Mother Earth, no matter what we do to her, always gives back. She doesn’t know how to do otherwise, and as much as we pervert the energies, the earth will seek to find a way to counter it. Maybe it’s my emotional nature as an actress, but I experience the pain of the planet, and I very deeply experience the loving that’s given back to humankind. The earth is so pure, and even though in its checks and balances it can look so violent, it remains pure.

I see us, in terms of our potentiality, as magnificent, tender caretakers of this planet. One of the images I saw at the Windermere Visionary Evening, is that Windermere could be a planetary reference point for *living peace*, in all dimensions, and in all life. My experience was that through our openness to be students to all life there, we can literally be taught by all life there – for example the devic forms. They could possibly give us their wisdom of what it is to cooperate with all forms of life.

I see Windermere as a place where nothing but loving can exist. Most of us know the saying “Let there be peace in

the world and let it begin with me.” At Windermere, I see many individualized beings becoming a greater body, which then become a spiral of energy that could become a beacon to other systems as well as a beacon and a magnet for peace on this planet. The fact that Windermere exists will create a powerful, uplifting resonance for the rest of the planet.



As we awaken more to our Soul we can create more peace inside of ourselves. I’m becoming very sensitive to how I communicate with people and how I put my energy out. I have this woman who works for me – she’s a beautiful soul and she doesn’t speak very good English. I was sharp with her in a communication recently – instantly the feedback I got was that I was inflicting on her with my energy. I’ve known this, but somehow this time it was very powerful. The light of her beingness is so simple and beautiful and pure that I got it back instantly. I got that that kind of negative energy is like electrons and protons and they inflict. We really are powerful, and we can use that to inflict or to create peace.



It’s our responsibility to take that tremendous power of loving and healing that we have, that we bring from the Soul, back into this level. Many of us are working with not wanting to be on this planet, but we’re here, so let’s make the best of it. I work with that part that wants to go, and say to myself, “My beloved, we’re only here for a very short time. It is in God’s hands, and it’s a blessing to be part of healing this divine entity that is our earth and to bring forward the divine love here.



It’s important to bring peace into our work, too. I have a room in my house that I set up to be an office, and a real sanctuary for me, and I often do

my spiritual studies and s.e.’s there – but I found I was always doing my office work in the kitchen. I couldn’t get why I did not want to work in that room. Finally I got that I didn’t want to permeate my sanctuary with the energy of my work – many phone calls a day and all that, so I made a sign that said, “My work here is my Soul’s expression.” I have had to work on bringing the parts together. That has helped heal me and now I work in there much more. I had to look at the division I was making between work and play. This separation between work and play, or work and spirit, seems to be a very common modern malaise.



My commitment to peace is, no matter what I’m doing I will be loving. Because God’s doing it, I’m working on not striving anymore, because that is Leigh’s will. I’m not into efforting and the struggle anymore. That was Leigh’s will. I’ve done it and I got exhausted. It’s very exhausting doing your own will – it’s called how to burn out everything fast. I have mastered doing Leigh’s will, and I’m retiring. There’s so much joy and relaxation in letting it go. I don’t have to worry. Somebody else is doing it. I just have to cooperate and listen well. Again, no matter what, I’m listening, attuning myself to the loving, to God’s will. I don’t even think it takes time to listen, I think that’s an illusion. I used to think that. Now, it’s just called, “I’m listening to God.” It’s just like a switch from unconscious to conscious. “Okay God, I want to do what you want.”