



Global Healing Day

Global Silence & Apology Ritual

A short ceremony for synchronised global participation

(for homes, schools, gatherings, forests, temples, workplaces, or online)

Opening Invitation (Facilitator)

Today, across the Earth,
people are pausing together.

We pause
to remember that we are one human family
living within a vast community of life.

We pause
to honour the pain carried by the Earth,
the grief of species lost,
and the wounds carried across generations.

We pause
to remember that healing begins
when we are willing to see, feel, and listen.

The Apology

Please place one hand on your heart
and one hand toward the Earth.
In your own words, or silently within your heart,
offer these words:

Together

To the forests,
the rivers,
the mountains,
the oceans,
the animals,
the plants,
and the unseen living worlds
We are sorry.

We are sorry for the harm our species has caused.
We are sorry for the suffering that has been experienced.
We are sorry for the wounds that have been created.
We are sorry for what has been lost.

Today we remember that we belong to the Earth.
And that what we do to her, we do to ourselves.

The Silence (2–4 minutes)

Let us now enter a moment of shared silence
with people across the world.

In this silence we:
honour sorrow and grief
listen to the living Earth
open our hearts to healing

(2–4 minutes of silence)

Closing Commitment

As we leave this silence,
we remember that apology is only the beginning.
Healing comes through the choices we make
every day.

Together we say:

All

In all our choices,

We remember.
We restore.
We walk in kinship with the Earth.

www.globalhealingday.world