

Meditations and Reflections for XR work

These are a series of meditations and reflections recorded for XR for support, resourcing and renewal by XR rebel Simon 'K2' Mckibbin

The below recordings can be found on Soundcloud under "Extinction Rebellion Meditations & Reflections - Support, Resource & Renew" at: <https://soundcloud.com/simon-mckibbin/sets/extinction-rebellion>.

Content

- 1. XR Brief Introduction to these Meditations and Resources**
A quick guide to using these practices for emotional strength, clarity, and connection in times of crisis.
- 2. XR Organic Body Grounded Awareness For Soothing**
A calming practice to help you feel settled, steady, and connected to your body.
- 3. XR BREATHE Front Line Action Support**
A breathing-based support tool for staying calm and focused during high-stress direct action.
- 4. XR Reflective Meditation Resourcing And Preparation For Protest Action**
A guided space to gather your inner strength, clarity, and purpose before stepping into protest.
- 5. XR Comfort Meditation Safety Security From Anxiety Fear And Panic**
A gentle meditation to ease fear and create a sense of inner safety when things feel overwhelming.
- 6. XR Grounded Aware Presence GAP Short**
A short reset to help you feel centred, calm, and steady in any moment.
- 7. XR Grounded Aware Presence GAP Long**
A deeper, longer practice for building inner steadiness and resilience from the ground up.
- 8. XR The meaning of Violence and Nonviolence in Co-liberation through Presence**
An exploration of how our actions and attitudes can either harm or help collective freedom and justice.
- 9. Soothing Meditation for anxiety and fear & other strong emotions**
A gentle guide for calming emotional storms and finding balance inside yourself.

10. **XR Be Water Reflective Meditation**
Inspired by water's adaptability, this meditation supports fluidity, flexibility, and calm in action.
 11. **XR Treasure Of Your Universe Presence Attunement**
A practice to tune into the quiet strength and wisdom already living inside you.
 12. **The Essence of Nonviolent Communication beyond Superficiality and Technicism**
A look at how true connection goes deeper than words — into honesty, empathy, and real understanding.
 13. **Meet Uncertainty and Fear with Safety Resourcefulness Resilience Presence Meditation**
A steadying meditation for facing the unknown with courage, adaptability, and inner support.
 14. **Do we stand on thin or thick Ice? Uncertainty Truth and Safety**
A reflection on navigating danger and uncertainty with awareness and care.
 15. **Embodied Relational Community Compassionate Connection Attunement**
A practice to help us feel and build deep, caring connection with others in our movement.
 16. **Intuition and The Shape of Being Breathed by the Universe**
An invitation to listen to the quiet wisdom that guides us beyond logic and control.
 17. **Sensing as a Foundation for Intuition just Noticing Playcise**
A playful practice to notice your body's signals and let them guide your next steps.
 18. **Coming Home to our Sense of Agency Through Presence Attunement**
A way to reconnect with your power to choose, act, and care — even in chaos.
 19. **What the Body is Noticing and Letting it Rest In Itself**
A meditation to slow down, listen to your body, and let it rest into natural ease.
 20. **Presence as a Protective Cloak of Safety Balance and Wellbeing**
A practice to wrap yourself in calm, balance, and steadiness — like a cloak of inner safety.
 21. **Story of the Lost Horse & Something in us Knows how to Come Home Attunement**
A story and reflection about how we can trust something deep inside to find the way home.
 22. **Transformative Conflict a creative response to fear and anxiety on the front line**
Tools for turning conflict into connection and creativity, even in high-pressure protest situations.
 23. **Being The Change Transformative Community & Language that Connects & Disconnects**
Explores how our words and ways of relating shape the kind of world we're creating together.
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