

# Welcome to a Special Live Event!

A Global Meditation on WAIS Divide  
(West Antarctic Ice Sheet)

Yamini Bala and the WAIS Microstructures  
Expedition

**27 December 2014**

Slides will be shown here

Exit the presentation

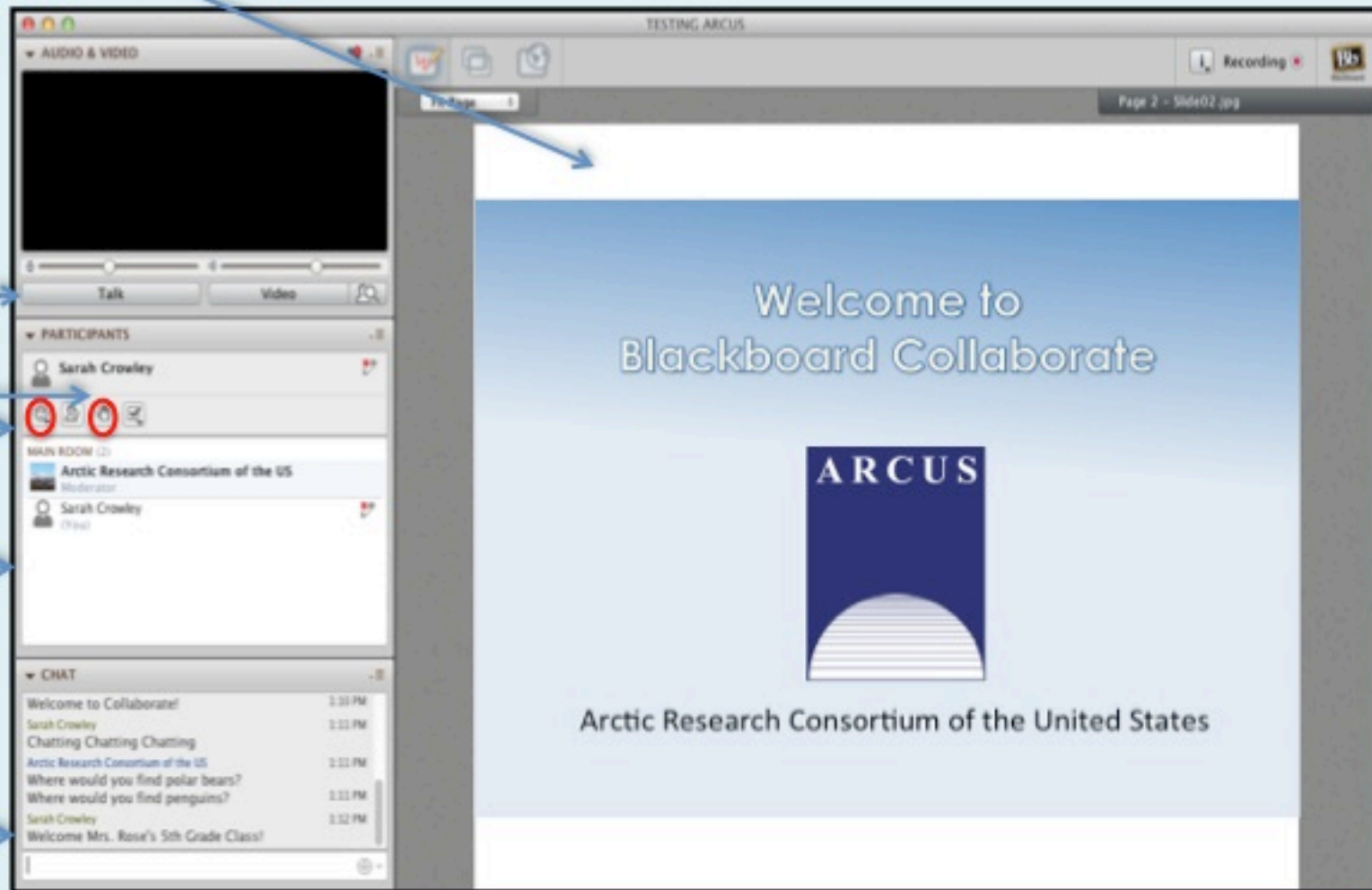
Click to Talk, Unclick to finish talking

Raise your hand to ask a question

Share with emoticons

List of all participants

Chat with one person or the entire group



The screenshot displays the Blackboard Collaborate interface. The main window shows a presentation slide titled "Welcome to Blackboard Collaborate" with the ARCUS logo and the text "Arctic Research Consortium of the United States". The sidebar on the left contains several sections: "AUDIO & VIDEO" with a "Talk" button and a "Video" button; "PARTICIPANTS" listing "Sarah Crowley" and "Arctic Research Consortium of the US" (Moderator); "MAIN ROOM (2)" with a list of participants; and "CHAT" with a list of messages and a text input field. Blue arrows point from the text labels on the left to the corresponding UI elements in the screenshot.

## Please Note:

- Participants using the telephone can mute/unmute by **pressing \*6** on the phone.
- Today's event will be recorded and archived.

# What is PolarTREC?

PolarTREC is a professional development experience in which K-12 teachers are paired with researchers for 2-6 week research experiences in the polar regions.

From 2010-2013, nearly 50 teachers from around the United States will join scientists in the Arctic and Antarctica to learn about science, the polar regions, and to share what they have learned with their students and communities.

# Global Meditation for Climate Change Action

with the Velvet Ice Team

# About Today's Meditation

- Ancient traditions and modern quantum physics tell us that all of life is connected through consciousness
- The Phyllis Krystal method helps us connect with and live from our Highest Inner Consciousness (Hi-C)
- Each symbol speaks to our subconscious mind
  - The Maypole is a symbol of connection to the Hi-C
  - The Hourglass is a symbol of openness and receptivity to the gifts of the universe
- Our mind is like an iceberg; the sub-conscious is submerged and much larger than we can see
- “The world is a manifestation of our mind.”  
~Buddha
- If we can train our thoughts to be more positive and loving, the world will follow



# Guidance for Meditation

- Be in a quiet room where you can focus;
- Sit comfortably in a chair with feet on the ground or on the ground in lotus position; hands like little bowls;
- Keep your eyes open or closed, as is comfortable;
- Images of the symbols will appear on the screen; the visualization exercises will be guided verbally;
- When the meditation has finished, you may hang up silently;
- If you have questions, remain on the line to discuss them at the end.

# The Maypole Symbol



# Hourglass Symbol





# Thank You!

- Thank you for joining us and lending your consciousness toward this effort.
- You may hang up silently when you are ready.
- If you have questions, please stay on the line to discuss them.

# Questions

## During the Presentation:

- Type your question in the text chat box

## At the End of the Presentation:

- Raise your hand with the “hand button”.
- PolarTREC staff will call on you.
- Speak loud and clear and directly into the phone to ask your question.

**Click on the Talk button to speak.**

**Unclick when you are done.**



TEACHERS AND RESEARCHERS  
EXPLORING AND COLLABORATING

# Upcoming Events

Watch for and register for upcoming events at [www.polartrec.com!](http://www.polartrec.com)

# Thank You!

*An archive of the event will be available shortly.*

<http://www.polar-trec.com/polar-connect/archive>

