



Global Synchronized Meditation

for peace and harmony

Go to www.facebook.com/meditate4change or www.BetheChangeMeditate.com for the live feed.

Or join in on your own. This guide gives you the sequence of meditation we'll be following. The leader online will say a few words about the power of meditation at the beginning. You could read something inspiring and uplifting.

Make sure you are sitting comfortably, either on the floor or on a chair, so that you can enjoy the silence of your inner altar of peace. Relax. Straighten your spine, raise your chest and open your heart to omnipresent goodness.

PREPARATION for MEDITATION

Let's begin with energizing the body and mind. Close your eyes. Take a quick breath in through your nose and tense your whole body until it vibrates — to a count of six, keeping your attention at the point between your eyebrows.

Then as you throw your breath out, release all tension to a count of six. Let's repeat this exercise three more times together.

Now, focus our attention on our breath, and do some measured breathing to calm ourselves for silent meditation. To a count of 4. Inhale 1, 2, 3, 4. Hold 1, 2, 3, 4. Exhale 1, 2, 3, 4. Inhale repeat 3 times. Now release control of your breathing.

OPENING PRAYER

Put your focus at the point between the eyebrows, your spiritual eye. Sample prayer:

Great spirit, Divine Mother, Omnipresent Goodness...Teach us to melt the fancy-frozen boundaries of family, society, and national identity with the warmth of our love and understanding. Help us to open our hearts and radiate peace and harmony to all beings.

VISUALIZATION

Bring to mind the whole planet (or PLACE of conflict and anything you know about it). Allow your feelings about the trauma in the world (or that PLACE) to rise. Notice where your body tenses in response. Accept your feelings as completely natural.

THANK YOU for being the change we all wish to see in the world.



Now, imagine your feelings about the trauma in the world (or PLACE) are in a pitcher of water. Pour it on the ground in a pool. Now feel the warmth of the sun shining on you and the pool of water. The water is heating. See the steam rising. Release your feelings with the steam with upward and outward through your spiritual eye. As you release, slip into silent meditation.

SILENT MEDITATION

We'll meditate in silence, according to your practice, for :40 minutes.

AFFIRMATION

End your meditation by bringing your awareness to your heart.
Connect with the peace at the center of your heart.

Feel the peace and allow it to expand and fill your heart, body and your whole being.
Absorb yourself in peace, the essence of who you truly are.

Surround the world in Divine Light, starting where you are and radiating out and around...your temple, your home community, your state...visualize each in bathed in light...your country, your continent, the world. Send your heart's peace and love, joining the brilliant Divine Light, into the world (or PLACE). See your light, completely enveloping the world (or PLACE), healing all hearts, minds and souls.

Please join me in repeating this affirmation. (Leader, keep your cadence slow. Pause after each line, slightly longer after each "I am the change.")

I open my heart and radiate peace and harmony.
I am the change.
I open my heart and radiate peace and harmony.
I am the change.
I am peace, and harmony.
I am truth.
I am power.
I am love.
I am the change.

CLOSING: Peace and Harmony Prayer

Lord, fill the world (PLACE) with peace and harmony, peace and harmony. (repeat 10x)

Now visualize yourself in a divine light and repeat:

Lord, fill me with peace and harmony. (repeat 3x)

Let's end by rubbing the hands together and chanting AUM three times, as we radiate peace and harmony to PLACE: AUM, AUM, AUM.

AUM, peace, amen.

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