



Global Meditation Request



This is a plea for every citizen of the world to participate in uniting, at the same times, one day per month, in good wishes, visualizations or prayers, to help heal yourself and our troubled world.

Most people are not aware of the full scope of what is happening in our world, but I think that most people can feel that something is horribly wrong. This meditation is a small thing that we can all do, in order to help ourselves and others as well as the Earth and its atmosphere. . .no matter what our spiritual belief is. Please let your Heart participate. The power of visualization and prayer can not be overstated. The more we practice, and the deeper we focus, the more powerful this experience can be. So, please also think about making this a daily practice, which includes other things that you feel a need to improve in your own life.

On the following dates and times, please sit or lay in a peaceful place to deeply wish, visualize or pray for the things listed below. You can do all three or the one that best fits your belief system.

Day; The first day of every month (And every other chance you get)

Times; 7:00am, 12:00pm, 7:00pm and 12:00am - Eastern USA time (Preferably at all four times, but at least two.)

Duration; At least 16 minutes at each time (More is better. Do what you can.)

The Visualization; Imagine large beams of pure white Light flooding down from the sky, entering into the top of your head and filling your body, clearing your mind of all negative influences, filling your Heart with Love. Then imagine the Light shining into your home and community. . .expanding until it is surrounding and filling the whole Earth. . .washing out the dark with pure healing Light. **Imagine the Heart, mind and soul of humanity to be immediately set free from all that harms, controls and suppresses.**

You can also add in white Angels floating in with the Light - Angels that reach out to people in need - Angels that hug people who need hugs, console people who need consoling, heal people who need healing...etc. Don't forget to imagine at least one of those Angels holding you. You need it too. Let Love hold you for a while. Let it touch your Heart. Know that you are Lovable, no matter what. You deserve that Love. (Do this for as long as you can and then also do the prayer and/or wish if it feels right to you.)

The Prayer; Pray for Love and Light to fill your body, especially your mind and Heart so they can be free of negative influences. **Pray for the Heart, mind and soul of humanity to be immediately set free from all that harms, controls and suppresses.** Please also pray, from the depths of your Heart, for the immediate end of all that harms the Earth and its atmosphere. Pray for darkness to be replaced with Light throughout the world. . .and in every possible way. Try to picture this happening. (If it feels right to you please also do the visualization.)

The Wish; Wish for humanity to be immediately set free from all that harms, controls and suppresses. Also wish, from the depths of your Heart, for the immediate end of all that harms the Earth and its atmosphere as well as humanity. Wish for the bad and harmful to be replaced with good and helpful throughout the world. Wish for Love to fill your own Heart and help you to be all that you can be. Wish for your own mind, and that of others, to be free from all negative influences. Try to picture this actually happening or think of what things will be like when it does. (if it feels good to you, you can also wish for the things listed in the visualization and prayer.)

All you have to do is add it to your schedule, do it and encourage others to join in. This may seem trivial to some, but not if you help them to realize that Hearts, which are touched will also do other things to help our troubled world. . .and we need all the help we can get. We can heal the world. We can. Lets do it.

I hope to meet you there. . .in that place where Hearts are touched, Love comforts and heals, Peace abounds and Freedom is free.



Please print and share this with as many people as possible.

Thank you