

## MEDITATION FOR WORLD PEACE & HEALING SCRIPT

William Bloom 2024

### **18.00 - <Centering>**

We close our eyes and allow ourselves to drop down into our bodies.

Our bodies know how to be at ease.

Like sitting in your favourite armchair or sofa at home . . .

Or sitting at your favourite cafe people-watching . . .

Or out in nature watching clouds . . .

Dropping, sinking down into our bodies . . .

Move your feet just a bit to help you anchor down . . .

Notice the subtle sensations of your clothes against the skin of your thighs . . .

Notice the subtle sensations of your clothes moving against the skin of your chest and stomach as you breathe . . .

Your eyes are soft and kind . . .

Your heart warm and open . . .

And you take three or four very soft, slow, quiet breaths down into your stomach . . .

Slow and quiet now . . .

I will be silent now for a few minutes as we each settle down into our bodies . . .

And connect with each other across the landscape . . .

Heart to heart.

5 MINUTES SILENCE

### **18.10 <Send Peace and Healing>**

Stay in the silence . . .

For the next few minutes, we send peace and healing to wherever there is conflict and suffering . . .

Calmly, patiently, we send peace and healing . . .

5 MINUTES SILENCE

### **18.15 <Prayer & Mantras>**

Stay in the silence . . .

For the next few minutes we each in our own way, according to our culture and tradition, say our prayers and mantra for peace and healing. . . .

5 MINUTES SILENCE

**18.20 <Receive Inner Peace and Healing>**

Stay in the silence . . .

For the next few minutes, so that we ourselves may model peace and healing . . . we allow ourselves to accept inner peace and healing. . .

We breathe it in . . .

Deep into our bodies . . .

Deep into our hearts . . .

Deep into our minds . . .

We accept inner peace and healing.

5 MINUTES SILENCE

**18.25 <Ends>**

Slowly . . .

Gently . . .

Stretch . . .

Thank you everybody.

Thank you for community.

Thank you for love.

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