

INDIVIDUAL PEACE MEDITATION

International Theosophical Centre Naarden

(Start with a moment of silence)

Irrespective of time and country, mentally link up with all those who are also using this Peace Meditation.

Visualise the Planet Earth in all its beauty.

Visualise the world as a living unit,

Every continent with its unique place and purpose in the Great Plan.

Focus on: Asia, N. America, S. America, Europe, Africa, Oceania, and Antarctica.

In the spirit of cooperation, I greet the planetary archangel,

The great angels of the continents,

And the national angels of all countries across the world.

Come to our aid that we, the human and angelic, may work closely together.

Encircle all places with your love, your compassion, your peace, and your protection.

(Stay with this for a while with full attention)

In silence or say aloud:

May wars between nations be relegated to the past.

May your gracious powers and light uplift the consciousness of all beings,

Heralding a new age on earth of cooperation, of brotherhood and of peace.

There is One Life, One Will, and One Brotherhood of Nations.

May the Spirit of Unity and Love, that knows no barriers,

make Brotherhood in the world a living reality.

(Close with a moment of silence)