

MEDITATIONS FOR WORLD PEACE

Breathing in is my connection to God.

Breathing out is my awareness of the universe and all the people in it.

Breathing in, I pray that I can feel this connection to God all day long.

Breathing out, I pray that I can feel this connection to all human beings all day long.

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I am just one of many meditating for world peace today.

I am just one of many making a contribution in the world today.

I am not less or more, but an important ONE

and that gives me a great deal of peace and joy!

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NAMASTE

I honor the place in you in which the entire universe dwells.

I honor the place in you which is of love, of truth, of light, of peace.

When you are in that place in you,

and I am in that place in me,

we are one.

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From Peace in Our Hearts Peace in the World by Ruth Fishel