

# Global Meditation

## Sowing Light and Love in the Middle East

Beloved souls,

To help alleviate the current turmoil in the mind and heart of humanity, you are hereby invited to join in a one-hour globally synchronized meditation this coming Saturday, October 28, starting at [19:44 UTC](#), 30 minutes before 20:14 UTC, which will be the maximum of the full moon [lunar eclipse](#).

As most people know by now, a profound convulsion is rocking the very fabric of our collective sense of humanity and goodwill following the October 7 attack by Hamas militants against Israeli citizens, whose government has since lashed out with the full force of its military power and with the support of its Western allies.

You will find in [Seeking The Truth](#) (11 pages) additional perspectives to complement this brief introduction.

Click on this [LINK](#) to find your local starting time (look for a city close to where you live) for this meditation. No mp3 recording is provided for this meditation. Please select a musical background of your preference for this meditation, or simply remain in silence, using the meditation method that best suits you.

*Here is first the gist of what is suggested to hold in our soul's mind and heart during this meditation so as to help cancel out the waves of vitriolic hatred emanating from the countless people directly affected by this ongoing tragedy.*

### Sowing Light and Love in the Middle East

Our civilization is at a critical crossroads in its ongoing transition towards a gilded future where Love, Peace and Harmony will prevail between all embodied souls, and with all of Nature and our sentient, living planet.

*Where some are bent on sowing hatred, we are sowing Light and Love.*

*Where Light shines, darkness has no place to hide.*

*Where Love rises, hatred dwindles.*

Our mission is simply to go deep within our higher Self to telepathically connect with other meditating souls around the world and beyond to unleash the power of Source in us all to heal, appease and awaken the still sleeping ones.

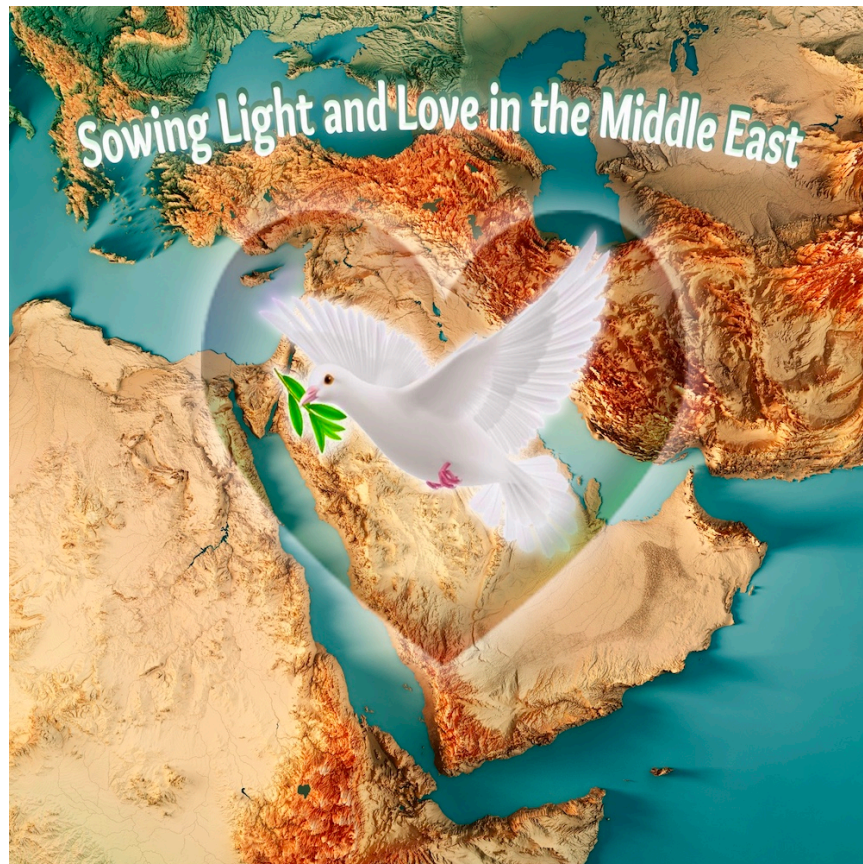
This is not a matter of personal will, of course. Our human personage is to be quiet, uninvolved and silently observant of what is to transpire during this hour of collective energy channeling from Source.

There is therefore little else to add to set the stage for what will unfold through us, as One.

We simply need to trust that once our discursive mind is duly settled in silence, intuitive guidance will show us, moment by moment, where to direct the power of our attention and how to modulate the co-creative Force of our Universoul.

Hold no expectations for specific results. Let Source flow through your sentient, collaborative being, and ride the tsunami of Love that will arise from the deep ocean of our Oneness.

*May the Power of Love restore Light on Earth,  
for the Highest Good of All... as One.*



To help grow the number of participating souls, please share this with as many souls as you will be inspired to communicate this.

This invitation comes from the **Global Meditation Focus Group**, active since April 2000. For more information and to subscribe, please visit this [webpage](#).

The following is taken from [HERE](#) and is offered as a complement to further our personal and collective understanding of the vital importance of our deepest intentions and prevailing feelings.

## **The Influence of Intentions on World Peace**

Like wind in the leaves, the mutual feelings of crowds and nations stir us to action, and shape our daily lives. The depth of emotion felt within each of us is a part of the intensity of feelings elsewhere in the world.

Our interconnectedness is a fact of life from the most basic instinctual levels to the highest intellectual spheres. All states of mind set into motion the trends of action for the next moment, the next hour and even the next decade. Despair or delight are contagious things, traveling from person to person in a never-ending stream. They flow across international boundaries and know no cultural barriers.

Just as the quality of emotions and intentions of a person molds the events of their personal lives, so too do the collective feelings and intentions of humanity continuously shape international relations. We cannot escape this natural law, but we can take advantage of it to chart a better future.

We can consciously hold those states of mind which create world peace, and thereby set into motion the psychic winds of change that may contribute in improving the human condition.

When we finally realize that our thoughts and emotions have a profound impact on the external physical world, the people of all nations will then break free of the historical cycles of warfare still plaguing the planet today. They will use the power of deeply felt intentions to create a mutually beneficial world.

The planetary conditions we see before us are a mirror of our own inner state. They are a reflection of both inner chaos and growing wisdom, and the test of our evolutionary fitness will be determined by which of these we choose to cultivate.

The wars and civil strife going on *right now at this moment*, are but the collective symptoms of the inner unrest we all feel much of the time.

Although the faces of generals and politicians may change, it is this same phenomena of inner struggle we see today which has been witnessed throughout history. Warlike intentions give rise to international disaster. History repeats itself, because our own inner hostilities and dissatisfactions keep repeating themselves.

To recognize this fact is the first and most critical step for world peace. To truly progress we must stay focused upon benevolence and goodwill, with the full knowledge that any intentionally held hostility is ultimately self-destructive.

The body of humanity to which we belong is an indivisible collective, and it is important to view it as such. For our own sake and self preservation, we must provide aid to our neighbors and other countries with an enthusiasm born of this spiritual understanding.

It is our duty to *intend* benevolent, progressive relations into place, and to *know* that there is simply no alternative for our survival and prosperity as a species. This is how love, understanding and peaceful relations with our neighbors and between nations will come to be.

This material is archived [HERE](#).

It is also available on Facebook [HERE](#).

Une version française est disponible [ICI](#).