

## Sample Meditation for Heart of Peace

Invitation: Welcome Everyone!

We are here to share with you an opportunity to engage in powerful prayer remembering the words of Ernest Holmes, "Peace is the Power at the Heart of the Divine."

Set Up and Meditation:

Today we celebrate the United Nations International Day of Peace. This meditation will lead us to inner peace – and that is then exhibited in our world.

How do we activate that Power to bring more Peace to the Planet, peace to those places where there is the appearance of discord, disharmony anywhere in the world? We know the secret of powerful prayer...we are using a power that has already entered everywhere. You use the Power at the very center of your own being. This is the place where you meet the Divine Presence.

When we come together in community and individually embody inner peace, surrendering to the Peace that is always present, not only are we raising our own consciousness to one of more peace, but the consciousness of the planet as well. We create a spiritual chain reaction by aligning with that power at the Heart of the Divine, surrendering, resting in that presence. As we engage in this collectively, in a group, this power is magnified, synergy occurs, and there is more peace. The Collective Consciousness of the planet is continually raised to one of Peace through the joining of hearts in this knowing the Peace that Is, that Peace is Now.

We invite you to join us in this practice, a collective meditation for Peace. As we apply the spiritual principles we know so well, as we rest in the awareness of our Oneness with Source, we embody this peace. We experience inner peace.

We begin with the word, a guided visualization and move into silence. We remain in silence to focus on this experience of inner peace, about 7-8 minutes. Each one simply connects with Source and surrenders to that deep Peace within which is our true nature. If thoughts that are not peaceful come into our awareness, we simply release them and return to the awareness of that Oneness. I will ring a bell to signal that the silence is complete. Then we will then enter a time of contemplation of the words of Ernest Holmes to amplify this consciousness of peace.

Lastly, we will end with words of gratitude and a blessing.

So now we invite you to mute yourselves and remain muted throughout the silence.

It is taught in all spiritual traditions that we cannot give what we do not already possess, so we will begin our experience of World Peace through a visualization of peace in our own hearts.

I invite you to relax and allow the chair to support your body as you focus your attention on your breath.

As we breathe, gently, easily, we breathe in the Presence of God, which surrounds and suffuses all of life.

As we breathe out, we release tension and external concerns. Relaxing into the Oneness which saturates our very essence, we fully experience the God-Self, recognizing that fear, anxiety, discord, and conflict lose all meaning.

Continuing to breathe gently and deeply, we breathe in the atmosphere of love that is created by our presence here together.

As we breathe out, we release the illusion of separation and feel our Oneness with the Divine.

We are, individually and collectively, the Heart of peace, glowing with love and compassion for all life.

We are one Mind intending one outcome, peace for all life.

We now move into silence, stillness to embody this inner peace. When anything that is not peace enter your thoughts, simply recognize it and let it go and move back to that experience of peace, the peace which rests at the heart of the divine. Rest in the peace that is. Take a deep breath and rest in that peace.

*Ring the chime/bell to begin*

*Close the silence with the bell after 8 minutes.*

### **Peace of Mind Reading**

(From: **Ernest Holmes, a Treatment for Peace of Mind**

SOM 264.3 – 265.2)

We cannot be in peace until we know that the Spirit is the only cause, medium and effect in our lives. There is no past, present and future to It. ...The mind must come to know and to realize all these truths if it is to have real and lasting peace. ...

“Be still and know that I am God. ... I am the Principle of Peace within me. I am the manifestation of Love within me. My mind is poised in peace and beauty. All sense of fear or doubt is gone. I rest in calm trust and rely on the Law of Spirit to bring good into my experience.

“I contend with none, argue with none, and am filled with wonderful peace and light. There is no uncertainty about my future and no fear as a result of my past. I live in an eternal Now

which is filled with good alone. Goodness and beauty follow me. Peace and joy accompany me. Happiness and wholeness fill my entire being with the realization of love and perfection.

“...This inner mind of mine is now Divine and complete. It has no worries and no fears. It is whole, complete and satisfied. ...God is in all, over all, and through all.

“...I am the spirit of confidence. I am poised in love and reason. I am the perfect law of truth and the complete presence of beauty. ....” (End)

Closing:

This inner peace is now touching and transforming people everywhere.

We are One with all life, all people. Let us be and stay in gratitude giving great thanks for this embodiment of Peace which each one is right now. We know that it is now moving through the Mind of all people everywhere. It is moving the world to more peace, more harmony.

And so it is.