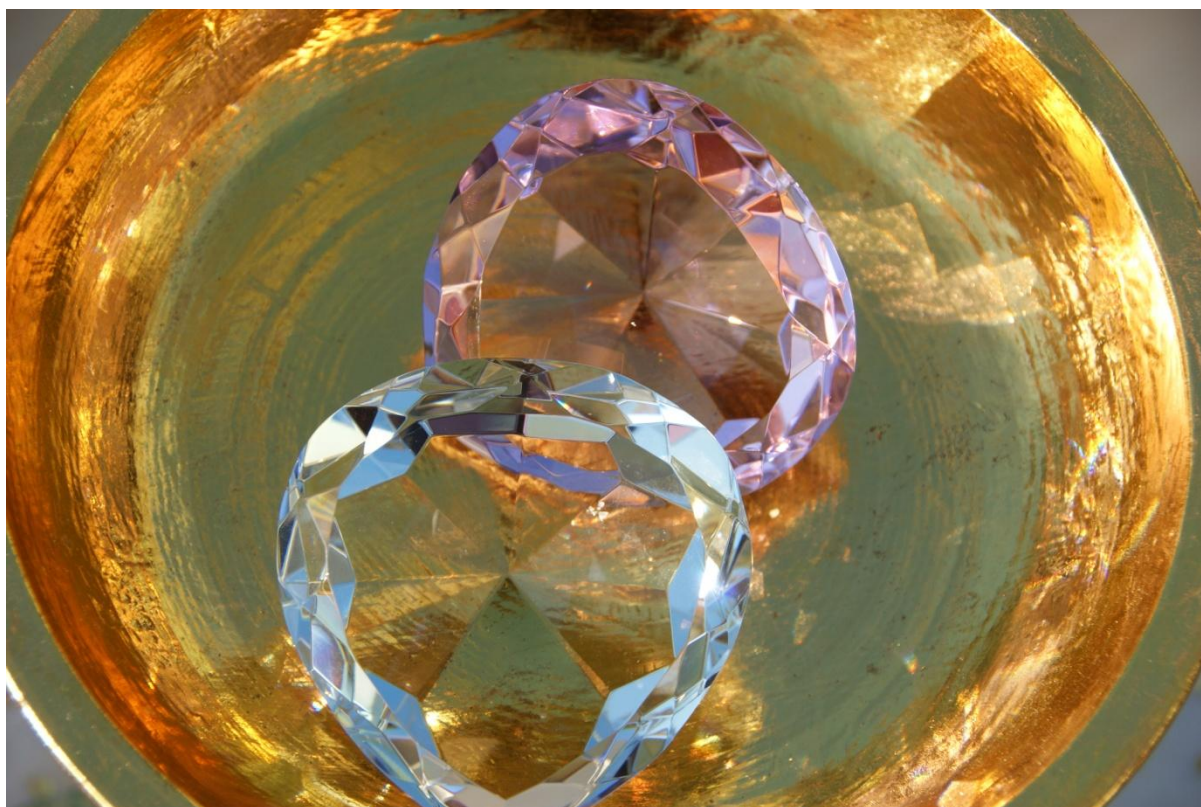


MEDITATION FOR 2012



I was given this technique in meditation the day I came home from Hawaii. It can be used in two ways, but a combination will work best for most people. It consists of using two core statements: “*There is Peace in my Heart*” and “*There is Peace in my World.*” They can be used as a running mantra at the back of the mind, to be continually repeated either when thought of, or more specifically and powerfully you could decide in the morning when you will bring them in – it might be every hour, on the hour, or every half hour or even every 15 minutes. The only thing I ask is that you celebrate every time you remember and DO NOT get annoyed with yourself when you forget – that is counter productive! It is amazing the effect this will have even used on its own. However, if you have practiced using the statements in a 10 or 20 minute focused meditation or contemplation, your subsequent mantras will have even greater effect.

Prepare for meditation in the usual way. Then begin with “There is Peace in my Heart.” Allow whatever else is going on to fall away as you focus on peace, no matter how slight or elusive it seems at first. Allow the thoughts, energy, sensations and positive emotion of peace to build, eventually fill your heart and suffuse your whole being, on every level. Feel it like the strongest, most

beautiful, unstoppable and invincible divine force, so powerful that nothing of a lower vibration can even exist in its presence.

When you are ready, when you feel that you have fully anchored the peace in your own heart, move on to the second statement, “There is Peace in my World.” As you repeat this to yourself, see what pops into your mind. Have every person, place, event or situation that comes to mind bathed in the overpowering energy of Peace. Know that there is nothing true Peace cannot transform. Although it seems important at the time, all that we experience here in this reality is a form of “maya,” or illusion. I remember 25 years ago a small boy made his way a half mile out of the village along country lanes to walk to my door. As I spoke with him I was wondering why he had come all that way – there was no obvious reason other than “small talk,” it seemed. Then his question hit me like a thunderbolt, “Do you think all this could be a dream God is having?” I smiled as the world stopped for a moment and we stood in unity. I have treasured and marvelled at the wisdom of that 7 year old boy ever since and bless the day he made his way to my door.

Continue to “drop” the statement “There is Peace in my World” into your mind. Whatever comes into your mind counts as your world - even if it is something you would never do, happening to people you have never met, in a place you will never see – as long as it exists in your head, it is in your world. No matter how disturbing the thoughts might be, continue the statement and continue infusing them with active peace until there is nothing but peace. This will sometimes be easier than others, it often changes day to day as you clear old energy. Don’t think you have regressed if you have a difficult or upsetting meditation one day, it is all part of the process. It is best to practice daily if you can. As you continue, you may well find that the people and situations around you change – it can sometimes seem miraculous but in fact, it makes perfect sense. As we are all one, whatever subtle or fundamental changes you make in “your world” will have resonance and effects externally. After all, within and without are the same place. Hence the saying, “Change your mind, change your life!”