



Heal the world through Meditation on the Twin Hearts

The time has come for us to make a collective effort to radiate positive change. The simple and powerful guided Meditation on Twin Hearts, designed by Grand Master Choa Kok Sui, founder of Modern Pranic Healing and Arhatic Yoga was used to bless and heal the city of New Delhi and the Earth.



With the grace of the Great Ones, and the spiritual hierarchy, a meditation event titled “Prayer for Peace” was held on 16th August, 2015, at Thyagaraj Stadium in New Delhi.

In the few months preceding, 70 healers from the school of Pranic Healing joyfully went out at every opportunity to spread the word about this event. They distributed flyers to morning walkers in parks and at market places, held talks in schools, residential colonies and even corporate offices.

The aim behind organizing the Prayer for Peace was to encourage large numbers of people to gather and bless the city of New Delhi and NCR. When human beings think negatively, these thoughts impregnate the aura of our planet eventually manifesting as disease of the planet, i.e. Floods, famine, tsunamis, earthquakes, volcanic eruptions etc. Collective meditation helps to bless the planet and reduces negativity by transforming it into peace, love and tranquility, thereby healing the Earth and its inhabitants. An added benefit is that the collective consciousness of the planet is impregnated with the idea of large groups meditating together seeding this thought pattern to be picked up by groups all over the world to gather in large numbers to bless and heal the Earth. Apart from these larger changes, collective meditation is like being under a waterfall of energy that can deeply cleanse the group of meditators of all deep rooted negative thoughts and emotions

In keeping Prayer for Peace a neutral platform for all spiritual schools to come and participate, heads of various institutions of different faiths were invited. Dignitaries from several spiritual schools attended the event and each one of them experienced the powerful energies that were harnessed by the collective meditation.

The Chinmaya Mission in Delhi offered their full support by installing hoardings outside their premises for a full week before the event for free. The head of the mission Swami Nikhilananda Saraswati and his followers attended in large numbers. Other distinguished guests in attendance were the Vice

President of ISKCON, head of the Jain Muni Ashram, National Trustee of the Baha'i temple Dr. Merchant, Rabbi Ezekiel Malekar, as well as representatives from Gurudwara Bangla Sahib, Art of Living, Sivananda Yoga Ashram and Amritanandmayi Maa's ashram.

The event also attracted the participation of people uninitiated into any form of spiritual practice, including 60 blind school children, a large group of students and teachers from the city's schools, and 70 factory workers.

It was an event that saw the coming together of over 2,500 people from all societal, religious and educational backgrounds braving the heavy rain and waterlogged roads to participate in the Prayer for Peace. The event began with the lighting of the lamp, a short bhajan, chanting of mantras from different religions, followed by the powerful Meditation on the Twin Hearts. The assembly sat in complete oneness throughout and meditated in silence.

The sentiment after the event has been a resounding 'Encore' with many spiritual leaders of the city unequivocally supporting a follow up event.

May Prayer for Peace, be blessed by the Great Ones with full and complete success on all levels.

So be it.