



Peace Begins with Me

Want to know what you can do to contribute to the world's peace and healing? We are part of a collective consciousness. So when our minds are peaceful, we contribute to the collective's feelings of peace. I learned this technique that I wanted to share. It's something you can do alone, with your kids or your whole family.

If you'd like to set the tone with music, open YouTube, Pandora or Spotify and search for meditation music. If you do it in the morning or daytime, choose some uplifting music that encourages positive energy. If you want to do this before bed, choose music that encourages rest or sleep.

Sit on the floor in a cross-legged or on your heels.

Close your eyes and take a nice calming breath, inhaling and exhaling slowly preferably through your nose.

Say the word "Peace" as you touch your thumbs to your index fingers.

Say the word "Begins" as you touch your thumbs to your middle fingers.

Say the word "With" as you touch your thumbs to your ring fingers.

Say the word "Me" as you touch your thumbs to your pinky fingers.

Repeat several times. Smile knowing that you are sending waves of peace forward.

Sending peace and love to all of you and your families!