

PEACE IN THE PARK - GUIDED MEDITATION

October 2024

Welcome... and thank you for being part of this *Peace In The Park* Meditation. For the next 30 minutes together we're going to focus on bringing peace and light into our world... firstly by bringing ourselves into a greater state of inner peace, and then secondly by radiating this peace out into the world for everyone to be uplifted by.

Whether you're doing this meditation on your own, or whether you're with other people, know that you're making a positive difference simply by being here and being part of this energy.

And if at any time you find thoughts pop into your head while you're listening to the meditation, that's ok... simply acknowledge they're just thoughts, like clouds passing in the sky, as you gently bring your awareness back to the sound of my voice and the meditation.

So let us begin... Take a moment or two to get comfortable... and as you get settled... whenever you feel ready... gently close your eyes... or if you prefer, simply soften your gaze as you allow your eyelids to become heavier and heavier, more and more relaxed.

As you take a few slow deep breaths, take a moment now to set an intent for your meditation: That the energy of peace and light you're offering out today travels across the world for all to be touched by, for the greater good of all concerned.

Now, gently bring your awareness to your breathing. As you do, start to become aware of the rhythm of your breath. Notice how your breathing feels. Is your breathing fast, or more slow? Shallow, or more deep? Are you breathing into the upper part of your lungs, or more into the lower parts into your belly?

Feel into the rhythm of your breathing, as you gently invite your body to relax.

As you breathe in... and out... allow each breath to become even slower and deeper... more and more relaxed.

With each inhalation... breathe in fresh new energy... and with each exhalation... simply let go of all that no longer serves you.

As you allow your breathing to relax even further... notice if there's any parts of your body holding any tension.

With each breath imagine these areas simply relaxing and letting go... allowing any and all tension to slowly melt away and dissolve with each and every breath.

Now invite your breathing to find its natural rhythm.... Whatever feels comfortable for you.

And as you do, gently bring your awareness into your heart space... not the physical organ of your heart, but more the general area in the centre of your chest. If you find it difficult connecting with your heart space, you might like to bring a hand gently up to the centre of your chest as a way to help you connect more easily.

As you do, imagine breathing in and out of this area. Breathe in and out of your heart space... breathing a little slower and deeper than usual.

As you breathe in and out of your heart area, become aware of all the other people around the planet who are coming together to bring more light into our world... all the people in your local community... in your city or region... in your country... all the people around the world, be they present, past, or future... and imagine smiling and waving hello to everyone... and everyone smiling and waving back at you, as you feel everyone coming together and connecting now.

Once you've said hello... bring your awareness back into your body... back into your breath... and imagine way way up above you, you start to see a beautiful radiant bright white light. Imagine high up in the sky there's a beautiful radiant white-coloured light shining down over you... and as it does, you start to feel yourself being bathed in a beautiful warm energy of peace and love.

However you experience it... whether you think it... see it... feel it ... hear it... or whether you don't experience anything in particular at all... know that it's the power of your intent that matters most... so simply imagine yourself being bathed in this beautiful radiant white light that's shining the energy of peace and love down over you from way way up above.

Feel the warmth of its loving energy... and as you do, imagine the source of this light slowly starts to descend now... as it gently comes to rest at a point about one metre or three feet above your head.

Imagine the source of this light now resting above your head like a beautiful radiant star... filled with the energy of universal peace, of universal love.

As you do, imagine the light from this radiant star now gently starts to extend down, forming a column of white light that gently extends down into the crown of your head.

As this white light energy gently enters into the crown of your head... from here the column of white light continues to extend down through the centre of your body, down through the centre of your head to a point just behind your brows... from here it extends even further down into the centre of your throat area... and from here it extends down even further into the centre of your heart space where it comes to rest for a while. As you feel this column of radiant white light enter into your heart area, gently take three slow deep breaths, as you allow this energy of white light, of universal peace and love, to gently expand and fill your heart space.

From here imagine this beautiful column of radiant white light continues its journey as it travels down from your heart area, down into the base of your sternum, into your solar plexus area. From here the column of white light continues to extend down the centre of your body even further, down into your navel area just below your belly button... and from here the column of white light continues to travel even further down into the base of your spine... and as this radiant white light continues its journey and extends even further down... it travels down through your legs, down through the soles of your feet, all the way down into the Earth beneath you... as far down into the Earth as it needs to go for you to feel anchored and grounded in your energy... Breathe.

Now bring your awareness into your heart space... and as you do, imagine this beautiful white light starts to gently expand within your heart space. Imagine this peace-filled energy of white light gently expanding in all directions... front and back... left and right... up and down... as this beautiful light starts to fill your entire body. As this white light fills your body, imagine it continues to expand even more... beyond your body, filling your entire energy field about one metre or three feet in all directions with its beautiful energy... until you are surrounded in a bubble of radiant white light, a beautiful bubble filled with

peace and love. Imagine bathing in this beautiful bubble of universal peace and love, as you breathe it in on every level of your being.

If there's any areas of your life which might benefit from receiving some of this peace-filled energy now, imagine breathing this radiant white light into these areas of your life. Maybe its an area of your body that might be in need of some healing... maybe its a relationship... or an aspect of your work... or finances... or any area of your life... simply take a moment now and imagine breathing this white light into this area of your life.

And if there's any people in your life, or in your local community, who might benefit from receiving some of this energy as well, bring them into your awareness now... maybe you're aware of someone who's experiencing difficulties or challenges at the moment... or maybe you have a pet or know of an animal who might be in need of receiving some loving energy. If so, gently hold them in your awareness now, as you imagine offering this energy of loving peace and light to them.

Now, continue to breathe this beautiful radiant white-light energy of universal peace and love in and out through your heart area, and as you do imagine this energy radiating out even further now... expanding beyond your body now... expanding beyond your energy field... softening and expanding even further now out across your local area.

And from here, imagine this white light of universal peace and love expands even further again, extending out beyond your local area, out across the entire city or region you're currently in.

And as this white light of peace-filled energy continues to expand even further now in all directions ... imagine it radiating out beyond your city or region, extending out across the entire country you are in.

And from here imagine this beautiful white light continues to radiate even further out beyond your country, as it gently flows in all directions, covering our entire planet with its beautiful light-filled energy.

As you do, imagine the energy you're radiating out, gently joining with the energy being offered by all the other people across our world who are coming together to share more peace and light... as slowly... bit by bit... our entire planet is gently surrounded in the most beautiful wave of energy, of white light, of universal peace and love.

As you do, continue to breathe this light-filled energy in and out through your heart space in all directions for the next few minutes now... inviting it to flow across our planet to wherever it is needed, for the greater good of all.

Now, imagine you are now rising way way up above our planet, to a point where you are now looking down upon our world... and as you do... imagine seeing this beautiful white light energy surrounding our planet gently start to change colour, as it becomes the most beautiful gold coloured light. Imagine our planet being surrounded in a beautiful golden light... and as you do, imagine all life forms upon our planet being touched by this beautiful golden glow.

As you see the Earth beneath you bathed in this beautiful golden light-filled energy, take a moment now to imagine what it would be like to be living in a world where all beings are living together... side-by-side... in harmony and balance... with mutual care and respect for each other... in celebration of our differences, our interconnectedness, and our shared humanity. Imagine how beautiful it would feel.

As you do, take some time now to feel gratitude and thankfulness for having connected with this beautiful energy... and with so many beautiful souls across our planet who have come together to bring more light into our world... as you allow the feeling of gratitude and appreciation to fill your heart and your entire being with even more love and peacefulness than before.

As you do, feel the corners of your mouth gently curve upwards as you smile and notice how much calmer and more relaxed you now feel... how much lighter and brighter you feel on every level.

With each breath, feel more and more enlivened and refreshed now, as you gently start to bring your awareness back to the sound of my voice... back to the space you are in... as you gently bring your energy and awareness back into your body... back into the present... into the here and now... becoming more and more aware of the sounds around you, as you feel your feet connecting with the Earth beneath you... feeling more and more grounded... as you take a few slow deep breaths now... giving your fingers and toes a bit of a wriggle... having a bit of a stretch, feeling more and more energised and refreshed as you do... and whenever you feel ready, gently open your eyes... as you smile and set the intent to take this beautiful radiant light-filled energy with you throughout the rest of your day and the week ahead. Enjoy!