



World Meditation

May all beings experience bliss and therefore be blissful

May all beings experience compassion and therefore be compassionate

May all beings experience humbleness and therefore be humble

May all beings experience harmony and therefore be harmonious

May all beings experience peace and therefore be peaceful

May all beings experience love and therefore be loving

This meditation is intended to heal the world, as with the others just **mean every word you say**. One who uses this meditation expands him/herself as his wishes are projected from the one to the collective in Oneness. **Meaning these words with heart and soul brings endless well-being to the meditator**. As you use this meditation you will notice subtle changes all around you which will enhance your days' experience.