

Peace Meditation

From Sola Community Peace Center

We listen for the sound of our singing bowl as it calls us into our meditation

1) We begin by taking 4 deep breaths, in through our noses and out through our mouths.....

(Say out loud)

*** One, we breathe in through our nose and out through our mouth**

*** Two, we breathe in through our nose and out through our mouth**

*** Three, we breathe in through our nose and out through our mouth**

*** Four, we breathe in through our nose and out through our mouth**

2) We continue to breathe in peace, into our hearts, into our minds, into our bodies, into our whole souls....

3) As we feel ourselves becoming even more peaceful, we begin to breathe out peace thoughts.....

*** We breathe in Peace, We breathe out Peace thoughts for our friends and our families**

*** We breathe in peace, We breathe out Peace thoughts for our neighbors, knowing everyone is our neighbor**

*** We breathe in peace, we breathe out Peace thoughts for our leaders here and around the world**

*** We breathe in peace, we breathe out Peace thoughts for all the places of war and violence, and people who don't feel peaceful today**

*** We breathe in peace, we breathe out Peace thoughts for our planet and all the life that it contains**

And we end by saying together "May Peace Prevail on Earth"

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Sola Community Peace Center offering life-

transforming peace programs in order to create a

more peaceful and just community and world.

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