

Meditation 1 - Peace Generator

Peace Generator. Close your eyes, relax. And begin to breathe deeply, in and out. As you continue to breathe deeply, think about this. Everything in nature has a unique quality and character which it gives to the world. The sun emits light. Fire radiates heat. A rose releases its perfume into the surroundings. Continue to breathe deeply in and out at your own comfortable pace.

We humans are complex beings, and what we transmit into the atmosphere is our feelings. Sometimes feelings can be a little negative, so it's helpful for us to remember our positive qualities. Hope, happiness. Friendliness. Love. Peace. Let's focus on peace, and radiate peace into your surroundings. As soon as you feel peaceful, you're transmitting peace into the atmosphere. Automatically. Peace is within you. At the centre of you. Continue to breathe deeply as you connect with your peace. Enjoy generating peace for the next 2 minutes.

Peace is your natural state and you can find it whenever you remember your peaceful centre. Keep generating peace all day. It'll make a big difference to you and everyone around you. Thank you for sharing your peace.

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