

Meditation about non-violence

The facilitator can ask the participants to sit in a relaxed manner, play soft, gentle music and start speaking in a soft but loud enough voice.

I can sit peacefully and allow my mind to rest. I send cool and soft vibrations to my body

In silence, I visualize in front of me our beautiful blue planet. I go deep within and experience my own potential of peace. From this inner experience of peace, I become aware of my capacity to extend this peace towards our planet, all its habitants and its matter. I become aware of my inner world . I can feel the power of my inner love and peace brush away the darkness of pain and sorrow from within myself. The violence of fear and relationships can be transformed by the deep beauty of love and the strong softness of peace.

Light overpowers darkness, just like the sun illuminates the light. So, for one more minute, in silence, I use the powerful images of my own inner world to dissolve the darkness and ugliness of violence.