

A Globe Meditation

Now seems to be a great time to send healing energies out to the entire world. A tool that I use is a GLOBE. As I hear about wars, disasters, fighting, and suffering, I hold the globe in my arms like this picture:



Don't we all need LOVE? Consider having love, compassion, and caring for everyone—friends, enemies, and strangers. Send love and healing to all the perpetrators and the victims, suicide bombers, those who are blown up and injured, murderers and those who are murdered, rapists and those who are raped—to everyone who is suffering. I will also kiss the globe over the various countries and also use my hand like *Reiki* to send healing energies to the different parts of the world.

I also try to remember each day, a DAILY REMEMBRANCE:

See your unborn wholeness and trust it to emerge.
The fundamental nature of my mind is pure.
Within me is an inexhaustible source of love, wisdom and power.
The purpose of all spiritual practice is to uncover and make contact with this.

When ignorance is removed unlimited wisdom, compassion and power arise.
It is the mind's conditioning that limits our understanding of who we are and what we can become.
I will cleanse my mind of faults and develop beneficial qualities. This removes obstacles to my progress and creates beneficial conditions. Recognizing the interconnectedness of all I will strive to be my best and to manifest my potential.
Ever dedicated, to benefiting all people.
I will think, speak and act as a loving being. By Lama Yeshe www.lamayeshe.com

May all people be free from suffering and the causes of suffering.
May all people be happy and have the causes of happiness.
May all people be free!

How does my loving nature naturally express itself? See myself—each day—with every interaction, in every situation, naturally exuding the following qualities:



I envision these qualities and send them out first to myself, and then to all other beings on earth.

Don't look around and see what the world needs.
LOOK at what you need to truly come alive and give that to yourself,
because what the world needs is... "truly alive people", and give that gift to the world!

Have an awesome life! Love and hugs, ☺ Bob Wilson www.balancedweightmanagement.com Meditation section