

15 min on Mondays at 1:30PM PDT ~ Sept 19 – Dec 31, 2022

World Peace Meetings

with Arathi Ma ~ www.arathima.com



Please, sit and bring yourself into a peaceful state. You may breathe and ground yourself by putting all inner conflict, such as worry, fear, judgements of any kind to rest for the next 15-30 min. Let everything be and bring yourself into the most peaceful state you can muster. Let go. Let go of everything, the world as you know it. Let go. And just Be.

These meetings are about doing less than doing more to elevate consciousness to Supreme Peace.

Continue to sit and melt into this Peace, which already exists within you as your inner nature.

Sit like this for 15 min or longer as you wish. At the end take a deep breath and then share Peace with the world via your outbreath and intention.

You may share this information with anyone who wants to participate.

Thank you! Arathi Ma