

# WORLD PEACE MEDITATION

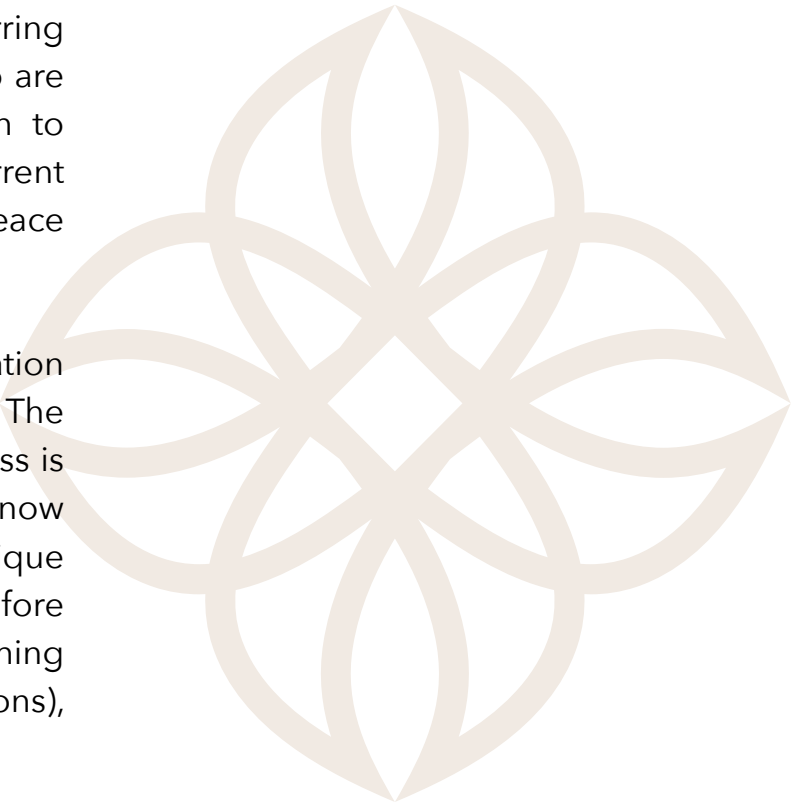
**Sound • Breath • Silence • Change**

There is a collective awakening occurring across the globe. Those on the planet who are motivated and aligned with the intention to create a different world can support the current evolutionary shift by practicing the World Peace Meditation (WPM).

The WPM is designed to increase the vibration of peace in the consciousness of humanity. The lack of peace in the collective consciousness is causing the chaos and suffering that we now see in the world. The WPM is a simple technique that those who have never meditated before can do with ease. It involves using breathing techniques, Vedic mantras (sound vibrations), and love for Mother Earth and humanity.

The impact of practicing the WPM in groups amplifies the healing and transformation that is needed to reestablish the balance between matter and spirit—first within ourselves, then in the world.

The WPM is taught globally by Sat Shree and based on the teachings and direction of his teacher Sri Atmananda.



*New Dharma*

A Paradigm for Spiritual Living

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