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# LIGHT UP THE WORLD MEDITATION

offered by Golden Lotus Spiritual Healing

**i** Our world is transitioning culturally, economically, & environmentally. Support the change you wish to see by contributing your prayers, meditations, and intentions to this vigil being held from September 22, 2020 through January 22, 2021.

You can join daily or weekly from anywhere in whatever way helps to create the Light, Love and Hope you wish to see in the world. To help get you started, below is a recommended way to connect with the Light and everyone else participating in our vigil.

1. Sit or lie down in a comfortable position.
2. Breathe deeply and relax, connecting with your body.
3. Say to yourself silently or out loud—“ It is my intention and heartfelt desire to connect with the Light Up the World Meditation Vigil and everyone participating at this time. I open my heart, soul, mind and body to become a conduit for Divine Light, Divine Love and Divine Hope to move through me and into our beautiful and deserving world. Thank You for the blessing of support to me/us right now.” Feel free to add specific personal intentions as well.
4. Relax and allow all of the goodness to move through you and out into the world. Breathe and let go into your experience. There may be levels of deepening in your connection over time. Your breath is the key to relaxing and allowing the energies to move through you comfortably and easily.
5. Stay with this process until you feel complete or reach the end of your pre-determined time.
6. Set your intention to be released from the Higher Light and Collective Energy for now. Slowly bring yourself out of trance. Ground yourself with a few deep breaths.
7. Give thanks in whatever way feels good to you.
8. Drink some water or have something to eat in order to fully re-engage with your physical body.

Share your light and energetic vibrations with the world around you! And, practice again soon!