

July 17th 2008: Guided Global Meditation

This is a mini version of the Grace Light meditation. You will be doing this on July 17, 8pm PT / 11pm ET. This is also a fantastic thing to forward to friends! 📧

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Set up an altar with incense, candle light and glass of water mixed with a pinch of sea salt. This will absorb any negative energy from the environment. Then sit in front of the altar.

Close your eyes, visualize a vortex of light right above where you are sitting. This vortex brings in Grace Light. Grace Light comes down through the opening and drenches the entire area where you are sitting. It enters into your body, mind and soul. You are completely filled with this Grace Light.

Now visualize a thin channel that runs along the spinal column, in the middle of the spine. The channel is a very thin tube of light starting from the bottom of the spine, going through the chakras up to the 3<sup>rd</sup> eye, through the crown chakra, out the top of the head into the infinite sky. Focus attention on this thin channel. This is called the Sushumna, the central channel, your soul connection to the universe. Let your mind energy, which thinks thoughts, move into the Sushumna and go up through the spine into the sky.

Now visualize Grace Light pouring down from heaven and drenching you.

ARUT PERUM JYOTI  
ARUT PERUM JYOTI  
TANIP PERUM KARUNAYA

ARUT PERUM JYOTI  
ARUT PERUM JYOTI  
TANIP PERUM KARUNAYA

The Grace Light which is the light of God, which is a very compassionate energy, is healing your body, mind and soul. Your relationships are healed, your diseases are healed, the ignorance latent in the mind is healed. Your heart blossoms with unconditional love for all existence, you wish peace for everyone and the world at this hour. Peace, Peace, Peace. Peace to the body, peace to the mind, peace to the soul, peace to the environment. Peace, Peace, Peace.

Om Shanti Shanti Shanti  
Shanti Shanti Shanti

Keep your eyes closed and slowly come back to yourself. Take your time.

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Remember this is only a mini meditation that you will be doing yourself. The Grace Light Inductions, Intentives and Immersion are more formal programs for you to receive the Grace Light. To hear pronunciation of the chant, go to: <http://www.thegracelight.com/data/files/ArutPerumJyoti.mp3>