



# Healing Beyond Borders

Educating and Certifying the Healing Touch ®

## Solstice (June 21) World Peace and Healing Meditation



Dear Healing Touch Community,

**June 21** marks the **Summer Solstice** in the Northern Hemisphere, the day of greatest light and the **Winter Solstice** in the Southern Hemisphere, the day of greatest darkness. During this period of greatest light in the North, there is the opportunity to appreciate and receive both the physical light and spiritual light that is infusing into the planet. During this period of greatest darkness in the South, there is the opportunity to travel within and discover the quiet, wisdom, clarity and purity of our hearts. As both light and dark, action and stillness, reside within our world, both reside within each of us. When both are gently respected and honored, they afford an opportunity to become clear, to act with wisdom, and radiate light and compassion.

Paris...Orlando... the plight of the refugees....it is sometimes more than the heart can bear. Even as we may struggle with understanding such tragedy, we are constantly reminded of the interconnection and oneness of all beings within this universe.

So, we will continue to focus upon healing, wholeness, sanity and beneficial action for this precious world.

Through **INTENTION**, *our world community can be a positive support and light for those who are suffering throughout our planet.*

We are all aware of the strength and power of **INTENTION** and the capacity for **HEALING** that is available through our Healing Touch work. Please join us in creating a **HUGE column of healing light and peace through Healing Beyond Borders**. Center and anchor the column in our Lakewood, Colorado office, so that from our organizational center, our healing light can build to a high intensity and extend throughout the world. May it be an instrument of healing conflict and strife, calming chaos and confusion, soothing loss and grief, including our beloved Earth and all beings whose lives have been touched by challenge.

### **Being Peace and Radiating Peace and Healing Through the World**

- Begin today.
- Repeat this meditation daily for a month, through July 21, 2016.
- Repeat as often as it enters your awareness.
- Maintain a peaceful state within yourself.

### **Speaking/Sharing Peace**

- Please forward this to as many people and contacts as possible throughout the world through emails, Facebook and twitter.
- This meditation sample can be viewed at our website [www.HealingBeyondBorders.org](http://www.HealingBeyondBorders.org) or at [World Peace, Gratitude, Healing Meditation Link](#)

### **Feeling Peace**

- Focus on yourself and check into your emotional state right now.
- Rate it 10 peaceful, to 0 agitated.
- Focus on your heart and breath.
- Breathe in for a count of 5 and out for a count of 5.
- Your breathing is slow, even and relaxed. Continue this breath.
- Begin to gently tap your feet, alternating feet, right and left, right and left.
- State to yourself, "Even though I feel (fill in the blank) I love and accept myself wholly and completely. I am peace. I am grateful. I am whole."
- Continue until you feel very grateful and peaceful, rating at a 10.

## Acting Peace

- Visualize oneself, one's community, and our world peaceful and whole

### **Be Peace. (Based on *Wisdom Quest*, Deepak Chopra on Peace)**

Let us continue our healing energy throughout this season in support and honor of all those who continue the work of Healing and Peace around the world who are in service and continuing to Spread Healing Light Worldwide.

### **Be Grateful. See it happening and manifested.**

With gratitude, love and light,

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## Healing Beyond Borders

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