

A Simpler Variation of the TS Group Meditation

Purpose: To come together as individuals, tuning into a group meditation at a certain time of the day to uplift and transform that area of life in New Zealand which is our chosen focus of meditation .

Do this every morning between 6:00am and 7:00am with the optimal time being 6:30am. If this time period is not possible, you can participate at another regular time daily. Your participation will still add to the effect of the Whole. It is about keeping a daily appointment to participate in this work. Knowing that you are participating in a focused meditation with many others allows you to draw strength from the other participants as well as contributing to it yourself.

- Approach this work with purity of intent to be of service in the upliftment of New Zealand, on all levels of life and consciousness.
- Relax body and mind, and be at peace.
- Tune in with participating members who are not physically present.
- Focus on your inner being as a unified wholeness connected in unity with the group, expressing that wholeness to the surrounding area. In other words, expanding your own consciousness, as participators in and not just channels for, that wonderful higher energy.
- Chant the sacred word Om three times. "Om - - Om - - Om"
- Visualise the downpouring of a ray of Light on yourself and others in the group.
- Direct your thoughts to unity. Allow your focus to centre on New Zealand. Invoke the power and the blessing of the Lord of Love (or similar expression for the highest spiritual healing Reality you can conceive), saying the words clearly.
- In your own words ask for peace, unity and healing to all in New Zealand. Invoke Divine Power in Unconditional Love to touch all beings in New Zealand, bringing Wisdom, Love and Healing at all levels.
- Visualise Love and Wisdom flowing through New Zealand and all who live here.
- So Let It Be!
- As the glorious power descends, project it with all the energy and concentration of your will upon the nation. Visualise New Zealand being flooded and transformed by it.
- Take time in silence, to carry out this process. Acknowledge the other people in your group.
- Close by saying the following invocation of Unity:

O hidden Life, vibrant in every atom,
O hidden Light, shining in every creature,
O hidden Love, embracing all in oneness:
May all who feel themselves as one with Thee,
Know they are therefore one with every other.

Chant: "Shanti, Shanti, Shanti, Om, Om, Om"

Declare the work to be finished and closed.