Twitter Thread by Black Lotus

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How can we make this world a better place in ~10 mins & help manifest our dreams?

#Mindfulness #mentalhealth #motivation

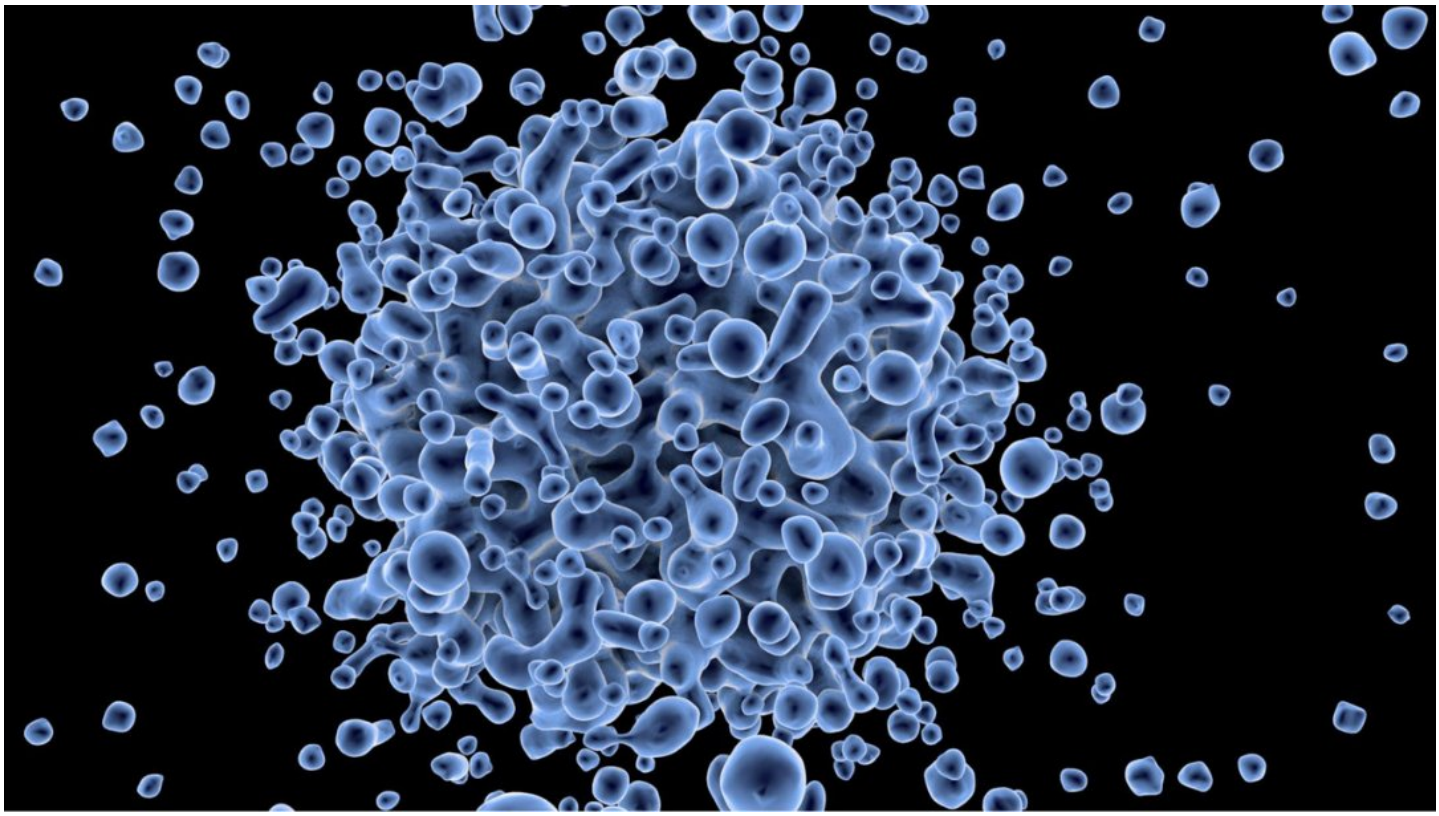


We are about to share a secret!

Essentially, what is a lifetime of struggle for an average human, is simply a momentary effort for the universal consciousness.



Each one of us is like a cell in the Universal Body. On our own, our existence is infinitely small. On a collective scale though, every individual is critical to the existence of the universe.



A tiny prick by a needle, anywhere on our body, is enough to draw our attention. In much the same manner, we can seek the attention of the universal body.



This is called the "Pin-Prick Effect" - a term coined by Om Swami.

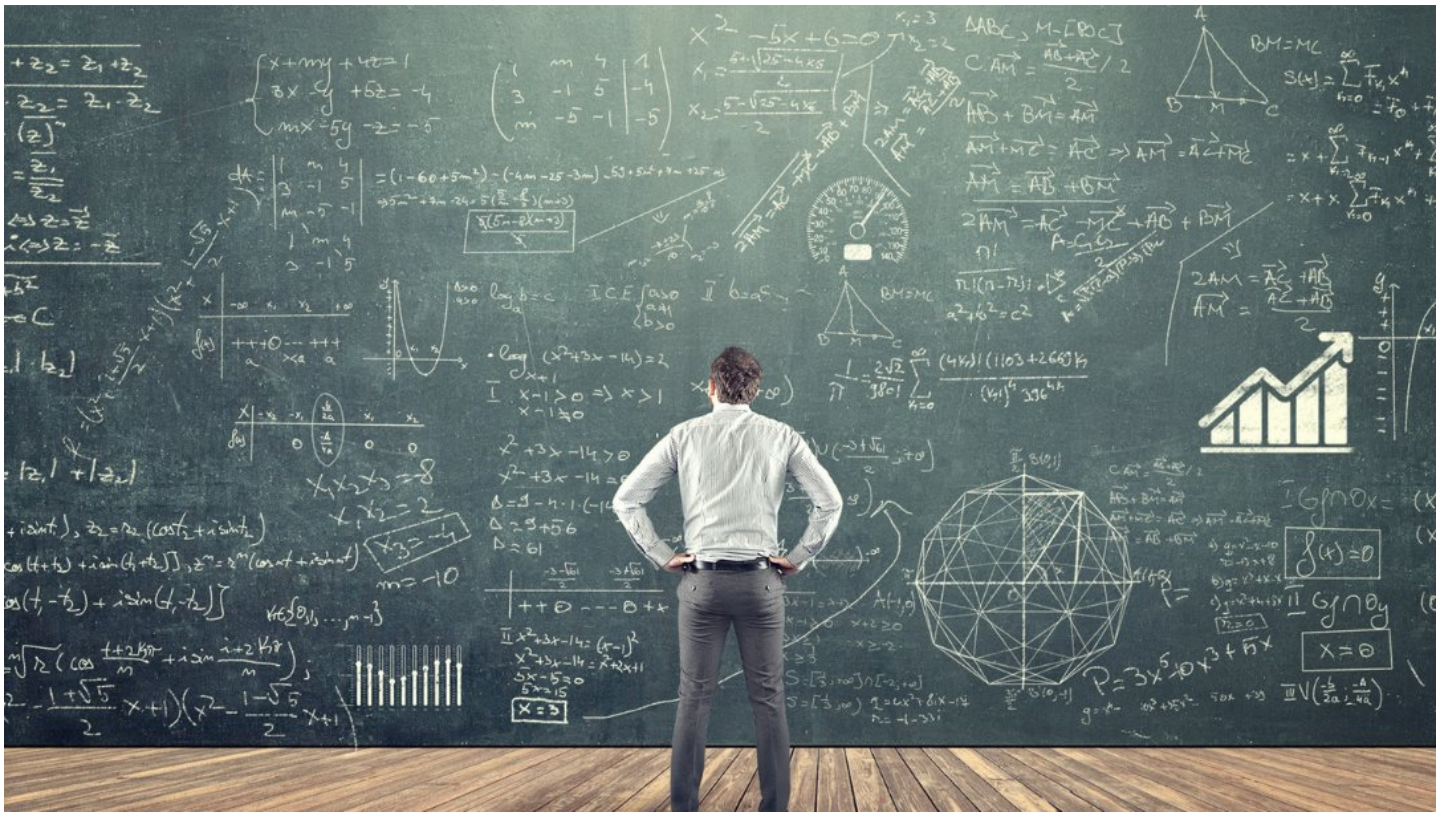
If even 8000+ people meditated on the same theme at the same time, for even 5 mins, we would attract universal consciousness to bring in a shift on a global scale.

https://t.co/iVvYM2lwiW

This will help raise the level of global happiness, personal peace & prosperity will rise too. With more & more happy people around, our world will naturally become a better place.



The science of group meditation is well documented.
When 1000 meditated in Jerusalem on world peace, war deaths in Lebanon went down by over 75%.
In 2007-2010 (US), the homicide rate dropped by 21.2% & violent crime by 18.5% with just 1% of people meditating in crime hit areas.



With this in mind, we are initiating a Live Global Meditation every alternate Sunday at 8:30 AM IST, starting from the 17th of Jan.

The meditation will be guided by an expert & will be video streamed, live.

Click on https://t.co/USFX1Ucs71 to know more.

What is Live Global Meditation?

Global Meditation is an initiative by Black Lotus to facilitate a group of people across the world to meditate simultaneously on a given topic at the same time to bring in a positive shift in global consciousness.

(Click https://t.co/USFX1Ucs71)

How to participate in Live Global #Meditation?
Click YouTube link https://t.co/LUHHABGSMy , click 'Set Reminder' bell icon & at the scheduled time, sit in your favorite pose, and meditate.

You are welcome to invite your friends & family.

Come, let's #meditate together.

